

# GENERAL PARENTING BOOKS



## Nutrition:

***The Cleaner Plate Club*** (2011)

Bader, Beth J PC 641.5622 BAD

***Good Food to Go: Healthy Lunches Your Kids Will Love (and Actually Eat)*** (2011)

Bradshaw, Brenda J PC 641.53 BRA

***Fearless Feeding: How to Raise Healthy Eaters From High Chair to High School*** (2013)

Castle, Jill J PC 613.2083 CAS

***Food Fights: Winning the Nutritional Challenges of Parenthood Armed with Insight, Humor, and a Bottle of Ketchup*** (2012)

Jana, Laura J PC 613.2083 JAN

***Parents Quick and Easy Kid-Friendly Meals*** (2012)

Parents Magazine J PC 641.555 PAR

***The Dinnertime Survival Cookbook: Delicious, Inspiring Meals for Busy Families*** (2013)

Ponzek, Debra J PC 641.555 PON

***Portion Size Me: A Kid-Driven Plan to a Healthier Family*** (2012)

Reid, Marshall J PC 613.2 REI

***Give Peas a Chance: A Foolproof Guide to Feeding Your Picky Toddler*** (2013)

Samela, Kate J PC 613.2083 SAM

## Health:

***Concussions and Our Kids: America's Leading Expert on How to Protect Young Athletes and Keep Kids Safe***

(2012)  
Cantu, Robert J PC 617.1027 CAN

***Vaccines & Your Child: Separating Fact from Fiction*** (2011)

Offit, Paul J PC 614.47 OFF

***My Child is Sick!: Expert Advice for Managing Common Illnesses and Injuries*** (2011)

Schmitt, Barton J PC 618.92 SCH

***The Portable Pediatrician: Everything You Need to Know About Your Child's Health*** (2011)

Sears, William J PC 618.92 POR

***The Smart Parent's Guide to Getting Your Kids Through Checkups, Illnesses, and Accidents*** (2010)

Trachtenberg, Jennifer J PC 618.92 TRA

## Family Recreation:

***Fun with the Family Metro New York: Hundreds of Ideas for Day Trips with the Kids*** (2010)

Blanks, Mary Lynn J PC 917.47 BLA 2010

***Fun with the Family Upstate New York: Hundreds of Ideas for Day Trips with the Kids*** (2010)

Blanks, Mary Lynn J PC 917.47 BLA

***Fun Family: 1,100 Things To Do with Your Kids on Long Island & Beyond: Includes Over 450 Free Activities*** (2010)

Bryce, Linda Reid J PC 917.4721 BRY

***Outdoor Parents, Outdoor Kids: A Guide to Getting Your Kids Active in the Great Outdoors*** (2010)

Buchanan, Eugene J PC 796.083 BUC

***15 Minutes Outside: 365 Ways to Get Out of the House and Connect with Your Kids*** (2011)

Cohen, Rebecca J PC 796.5 COH

***Family Fun Night: Over 300 Great Nights with Your Kids!*** (2009)

Copeland, Cynthia J PC 790.1 COP

***Let Them be Eaten By Bears: A Fearless Guide to Taking Our Kids Into the Great Outdoors*** (2013)

Hoffmeister, Peter Brown J PC 790.1 HOF

***100 Places That Can Change Your Child's Life: From Your Backyard to the Ends of the Earth*** (2012)

National Geographic J PC 910.202 ONE

***Beyond Disney: The Unofficial Guide to Universal Orlando, Sea World, and the Best of Central Florida*** (2014)

Sehlinger, Bob J PC 917.5924 SEH

***Wild Play: Parenting Adventures in the Great Outdoors*** (2011)

Sobel, David J PC 796.5 SOB

***Fodor's Walt Disney World with Kids*** (2014)

Wiley, Kim J PC 917.5924 WIL

## Play, Activities, and Games:

***Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul*** (2010)

Brown, Stuart J PC 155.418 BRO

***The Art of Roughhousing: Good Old-Fashioned Horseplay and Why Every Kid Needs It*** (2010)

DeBenedet, Anthony J PC 649.57 DEB

***50 Fantastic Things To Do With Preschoolers*** (2013)

Featherstone, Sally J PC 372.21 FEA

***Everyday Play: Fun Games to Develop the Fine Motor Skills Your Child Needs for School*** (2010)

Isbell, Christy J PC 372.21 ISB

## Guidance and Discipline:

***Your Defiant Child: 8 Steps to Better Behavior*** (2013)

Barkley, Russell J PC 649.64 BAR

***The Happy Child: Everything You Need to Know to Raise Enthusiastic, Confident Children*** (2010)

Blair, Linda J PC 649.1 BLA

***From Pampered to Productive: Raising Children Who Know How to Work*** (2012)

Bowen, Debbie J PC 649.1 BOW

***You're Not the Boss of Me: Brat-Proofing Your Four-to-Twelve-Year-Old Child*** (2010)

Braun, Betsy Brown J PC 649.64 BRA

***How to Unspoil Your Child Fast: A Speedy, Complete Guide to Contented Children and Happy Parents*** (2010)

Bromfield, Richard J PC 649.7 BRO

***Twelve Principles of Effective Parenting: Surviving the Tween Years*** (2011)

Celio, David J PC 649.125 CEL

***Give Me, Get Me, Buy Me!: Preventing or Reversing Entitlement In Your Child's Attitude*** (2010)

Corwin, Donna J PC 649.7 COR

***The Entitlement Trap: How to Rescue Your Child with a New Family System of Choosing, Earning, and Ownership*** (2010)

Eyre, Richard J PC 649.7 EYR

***The Secrets of Happy Families: Improve Your Mornings, Rethink Family Dinner, Fight Smarter, Go Out and Play, and Much More*** (2013)

Feiler, Bruce J PC 306.85 FEI

***Keeping Your Child in Mind: Overcoming Defiance, Tantrums, and Other Everyday Behavior Problems by Seeing the World Through Your Child's Eyes*** (2011)

Gold, Claudia J PC 649.64 GOL

***10 Mindful Minutes: Giving Our Children and Ourselves the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives*** (2011)

Hawn, Goldie J PC 158.1 HAW

***Growing Happy Kids: How to Foster Inner Confidence, Success, and Happiness*** (2012)

Healy, Maureen J PC 649.1 HEA

***The Idle Parent: Why Laid-Back Parents Raise Happier and Healthier Kids*** (2010)

Hodgkinson, Tom J PC 649.1 HOD

***Good Kids, Tough Choices: How Parents Can Help Their Children Do the Right Thing*** (2010)

Kidder, Rushworth J PC 649.7 KID

***Minimalist Parenting: Enjoy Modern Family Life More by Doing Less*** (2013)

Koh, Christine J PC 649.1 KOH

***Parenting Your Powerful Child: Bringing an End to the Everyday Battles*** (2013)

Leman, Kevin J PC 649.64 LEM

***Setting Limits with Your Strong-Willed Child: Eliminating Conflict by Establishing Clear, Firm, and Respectful Boundaries*** (2013)

MacKenzie, Robert J. J PC 649.64 MAC

***Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*** (2012)

Markham, Laura J PC 649.1 MAR

***If I Have to Tell You One More Time: The Revolutionary Program That Gets Your Kids to Listen Without Nagging, Reminding or Yelling*** (2011)

McCready, Amy J PC 649.64 MCC

***Reconnected Kids: Help Your Child Achieve Physical, Mental, and Emotional Balance*** (2011)

Melillo, Robert J PC 618.92 MEL

***When You Say "Thank You", Mean It: And 11 Other Lessons for Instilling Lifelong Values in Your Children*** (2010)

O'Donohue, Mary J PC 649.7 ODO

***Talk with Your Kids: 109 Conversations About ethics and Things that Really Matter*** (2013)

Parker, Michael J PC 649.7 PAR

***Mindful Parent, Happy Child: A Guide to Raising Joyful & Resilient Children*** (2011)

Placone, Pilar J PC 649.1 PLA

***Ain't Misbehavin': Tactics for Tantrums, Meltdowns, Bedtime Blues and Other Perfectly Normal Kid Behaviors*** (2011)

Schafer, Alyson J PC 649.64 SCH

***Mean Moms Rule: Why Doing the Hard Stuff Now Creates Good Kids Later*** (2012)

Schipani, Denise J PC 306.8743 SCH

***Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Calm, Cool and Connected*** (2012)

Stiffelman, Susan J PC 649.1 STI

***Your Children Are Listening: Nine Messages They Need to Hear From You*** (2011)

Taylor, Jim J PC 649.1 TAY

***Cleaning House: A Mom's Twelve-Month Experiment to Rid Her Home of Youth Entitlement*** (2012)

Wyma, Kay Wills J PC 649.1 WYM

### **Boys/Girls:**

***Bringing Up Girls: Practical Advice and Encouragement for Those Shaping the Next Generation of Women*** (2010)

Dobson, James J PC 248.845 DOB

***The Everything Parent's Guide to Raising Boys: A Complete Handbook to Develop Confidence, Promote Self-Esteem, and Improve Communication*** (2010)

Erwin, Cheryl J PC 649.132 ERW

***Boys Should Be Boys: 7 Secrets to Raising Healthy Sons*** (2009)

Meeker, Margaret J PC 649.132 MEE

***When Big Issues Happen to Little Girls: How to Prepare, React, and Manage Your Own Emotions So You Can Best Support Your Daughter*** (2010)

Munroe, Erin J PC 649.133 MUN