

General Parenting Books



Nutrition

[Good food to go: healthy lunches your kids will love \(and actually eat\)](#) (2011)

Bradshaw, Brenda E.

J PC 641.53 BRA

[End the mealtime meltdown: using the table talk method to free your family from daily struggles over food and picky eating](#) (2022)

Meyers, Stephanie

J PC 613.2083 MEY

[Healthy choices, healthy children: a guide to raising fit, happy kids](#) (2011)

Brizee, Lori S.

J PC 613.2 BRI

[It's not about the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating](#) (2014)

Rose, Dina

J PC 613.2083 ROS

[The no-cry picky eater solution: gentle ways to encourage your child to eat and eat healthy](#) (2012)

Pantley, Elizabeth

J PC 613.2083 PAN

Health

[My child is sick! : expert advice for managing common illnesses and injuries](#) (2022)

Schmitt, Barton D.

J PC 618.92 SCH

[Mama Doc medicine: finding calm and confidence in parenting, child health, and work-life balance](#) (2014)

Swanson, Wendy Sue

J PC 649.1 SWA

Family Recreation

[15 minutes outside: 365 ways to get out of the house and connect with your kids](#) (2011) Cohen, Rebecca P.

J PC 796.5 COH

[Family fun night! : \[over 300 great nights with your kids!\]](#) (2009)

Copeland, Cynthia

J PC 790.1 COP

[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

[50 fantastic things to do with preschoolers](#) (2013)

Featherstone, Sally

J PC 372.21 FEA

Guidance and Discipline

[Your defiant child: 8 steps to better behavior](#) (2013)

Barklay, Russell A.

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

[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

[The 5 principles of parenting: your essential guide to raising good humans](#) (2024)

Pressman, Aliza

J PC 649.1 PRE

[The everything parent's guide to positive discipline: a constructive approach to raising a kind, cooperative, and respectful child](#) (2011)

Bowers, Ellen

J PC 649.64 BOW

[Gentle discipline: using emotional connection-not punishment-to raise confident, capable kids](#) (2017)

Ockwell-Smith, Sarah

J PC 649.64 OCK

[Good inside: a guide to becoming the parent you want to be](#) (2022)

Kennedy, Becky

J PC 155.924 KEN

[Ignore it! : how selectively looking the other way can decrease behavioral problems and increase parenting satisfaction](#) (2017)

Pearlman, Catherine

J PC 649.1 PEA

[Parenting a defiant child: a sanity-saving guide to finally stopping the bad behavior](#) (2007)

Hall, Phillip S.

J PC 649.64 HAL