

# Parenting



## Books

1. **Raise Your Kids Without Raising Your Voice** by Sarah Chana Radcliffe, HarperCollins (2009) ISBN:9781554682508
2. **Kids Are Worth It! Raising Resilient Responsible Compassionate Kids** by Barbara Coloroso, Penguin Canada (2010) ISBN:9780143175438
3. **Unconditional Parenting: Moving From Rewards and Punishments to Love and Reason** by Alfie Kohn, Atria (2006) ISBN:0743487486
4. **Scream Free Parenting: Raising Your Kids By Keeping Your Cool** by Hal Edward Runkel, Oakmont Publishing (2005) ISBN:0975998110
5. **Your Baby and Child** by Penelope Leach, Knopf (2010) ISBN:9780375712036
6. **The Big Book of Parenting Solutions: 101 Answers to Your Everyday Challenges and Wildest Worries** by Michele Borba, Jossey-Bass (2009) ISBN:9780787988319
7. **Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents** by Christine Carter, Ballantine Books (2010) ISBN:9780345515629
8. **Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens** by Laura S Kastner and Jennifer Wyatt, Parent Map (2009) ISBN:9780982345405
9. **Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind** by Michael J. Bradley and Jay N. Giedd, Harbor Press (2003) ISBN:0936197447
10. **Respectful Parents, Respectful Kids: 7 Keys to Turn Family Conflict into Cooperation** by Sura Hart and Victoria Kindle Hodson, Puddledancer Press (2006) ISBN:9781892005229
11. **Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids** by Kim John Payne and Lisa M. Ross, Ballantine Books (2010) ISBN:9780345507983
12. **Parenting Teens With Love And Logic** by Foster Cline and Jim Fay, NavPress Publishing (2006) ISBN:9781576839300

## Websites

<http://www.canadianparents.com>  
<http://www.kidshealth.org>  
<http://www.parenthood.com/>

## About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centre at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

## Family Resource Centre

The Family Resource Centre's mission is to help families and the community to become active participants in their own health and medical care. The Family Resource Centre offers resources to understand and cope with illness and hospitalization, to learn more about your child's health, to help other family members learn how to help the patient and themselves, and to learn more about wellness, prevention and the human body.

The centre has a wide collection of books, DVDs, pamphlets and online resources about the problems and concerns that bring patients to McMaster Children's Hospital. Services provided include:

### **Check-out**

Borrowing privileges are available to families, staff, and community members.

### **On-line Resources**

In addition to books, DVDs and pamphlets, much health information is available through the Internet. The family Resource Centre can help you to find these resources, as well as information from our consumer health information database.

### **Audio-visual Materials**

Your health-care provider may suggest that you view a particular DVD, or you may want to browse our collection.

For more information visit [www.mcmasterchildrenshospital.ca](http://www.mcmasterchildrenshospital.ca)

*The Family Resource Centre,  
where knowledge grows.*

