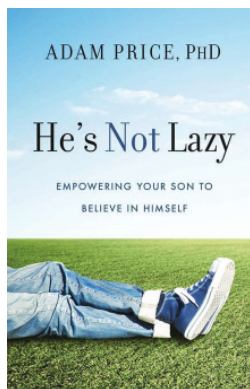
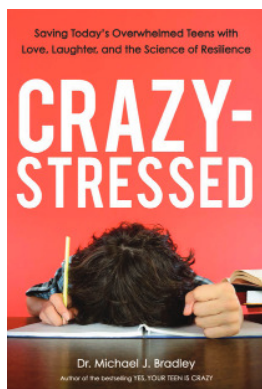
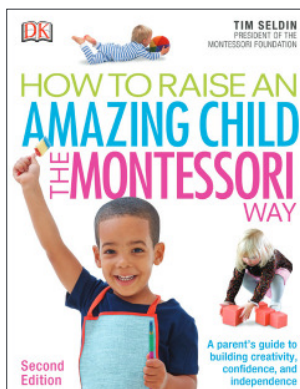


parenting

By Julianne Smith

BRING ON THE SUMMER READING! Libraries across the country are moving from traditional summer reading programs to “Reading Plus” models designed to attract young people who don’t self-identify as readers by providing incentives for STEM program attendance, community involvement, and more. Early literacy initiatives, lunch programs, and Maker/Tinker exercises keep our library staff and buildings humming with movement meant to feed curious minds. With federal funding cuts looming ominously, it is more important than ever that libraries continue to offer the services our communities desire and demand. The shift from “collections to connections” challenges librarians everywhere to reinvent our spaces and programs as well as service models and policies. These changes will reinforce the value of libraries to our neighbors and beyond, ensuring that the vitality of lifelong learning remains a possibility for us all.



Learning kindness, partnership, & respect; new studies focus on the brain and underperformance

Baker, James A. (Jim). Positive Parenting 101: A Handbook for Parents Undergoing Divorce. Bayou. Aug. 2017. 102p. index. ISBN 9781886298354. pap. \$24.95; ebk. ISBN 9781886298675. CHILD REARING

Complete with a companion online course, consultant Baker’s guidebook gives parents and caregivers strategies for responding to the needs of children during and after divorce. The first portion of the book is dedicated to developing parenting skills in general, followed by information specific to children within the context of divorce. Baker not only addresses the most common issue of

children feeling that they are to blame for the breakup, but he also validates the emotions parents experience as well, such as embarrassment, guilt, anxiety, and fear of damaging their children. He explores how best to handle arrangements such as custody, visitation, and how to inform children about the divorce and move through the grief process. Chapters are readable, nonjudgmental, and each concludes with a helpful quiz. **VERDICT** Although this is truly a workbook, libraries may want to acquire anyway since patrons can take the quizzes on separate paper. Recommended for public library collections.

Bradley, Michael J. Crazy-Stressed: Saving Today's Overwhelmed Teens with Love, Laughter, and the Science of Resilience. AMACOM. Apr. 2017. 288p. notes. index. ISBN 9780814438046. \$17.95; ebk. ISBN 9780814438053. CHILD REARING

According to adolescent psychologist Bradley (*Yes, Your Teen Is Crazy*), teens are more stressed today than they

have been in 50 years. Combine mood swings, impulsiveness, and lack of sleep with present-day triggers of increased academic demands and social media consumption, and many youths may feel like they are spiraling down a path of depression and anxiety. Bradley begins this work with a look at the neuroscience of a teenage brain, examining how this work-in-progress sometimes lapses into poor judgment and produces angry outbursts. Part 2 offers critical strategies for parents to help their kids build resilience. The final section is a veritable toolbox of approaches and contains phrases for parents to use that not only enable empowerment in youth but also help to pave the way for stronger communication and even greater sanity for mom and dad. **VERDICT** Bradley’s work offers valuable case studies, quotes, and a bit of humor that guides readers through to the end. Recommended.

Ellis, Biz & Theresa Thorn. You're Doing a Great Job: 100 Ways You're Winning at Parenting. Countryman Pr. Apr. 2017. 160p. ISBN 9781682680056. \$17.95; ebk. ISBN 9781682680063. CHILD REARING

Authors Ellis and Thorn found each other amid the chaos and too often disappointing early years of parenting. Tired of what they found to be society’s uppity and unreasonably high expectations for parents, they joined forces to produce the podcast *One Bad Mother*. This offering, similar in spirit, provides 100 affirmations for moms everywhere by tapping the lowest hanging fruit: “Your kid pooped in the tub and nobody died. Poop in the tub happens to all of us at some point...but, it wasn’t the end of the world. You just handled it. Good job!” Although the narrative is only mildly entertaining in spots, the presentation is excellent. Pink- and blue-colored pages, darling icon-like images, and compelling fonts and layouts make the book a pleasure to peruse. **VERDICT** Libraries can pass, but this may serve as a terrific baby shower gift.

Hicks, Randall. Parenting: 50 One-Minute DOs & DON'Ts for Moms and Dads. Wordslinger. Jun. 2017. 97p. ISBN 9780979443053. pap. \$9.95; ebk. ISBN 9780979443060. CHILD REARING

Julianne Smith received her BA in English and her MS in Information from the University of Michigan. She has been a librarian for over 20 years and an LJ reviewer for nearly ten. She currently serves as Assistant Director, Ypsilanti District Library, MI. Parenting consumes much of her time outside of work, and it's a good thing she writes this column because her twins give her a run for her money on a daily basis