

Title	Author	Overview
<p>NurtureShock <i>New Thinking About Children</i></p>	<p>Po Bronson &amp; Ashley Merryman</p>	<p>A resource for parents in understanding child development in a whole new way. Looks at topics such as the effects of praise, sleep, understanding race and color, children’s lying and cheating, gifted programs, kindergarten, siblings, teenage rebellion, self-control in children, parental involvement, and the myths about language development. Eye-opening!</p>
<p>A Mind In The Making <i>The Seven Essential Life Skills Every Child Needs</i></p>	<p>Ellen Galinsky</p>	<p>Connecting neuroscience and child development in a way that teachers and parents can actually use. It is filled with ideas on helping children learn seven life skills in a developmentally appropriate way: Focus &amp; Self-control, Perspective Taking, Communicating, Making Connections, Critical Thinking, Taking On Challenges, Self-directed, engaged learning. Great concepts and ideas!</p>
<p>Big Body Play <i>Why Boisterous, Vigorous,, and Very Physical Play Is Essential To Children’s Learning &amp; Development</i></p>	<p>Frances M. Carlson</p>	<p>This book takes a brand new look at the importance of active and even rough physical play in young children. It defines the idea of Big Body Play, discusses the benefits, looks at implementation and safety guidelines, and outlines ideas and best practices. Very enlightening!</p>
<p>The Developing Brain <i>Birth to Age Eight</i></p>	<p>Marilee Sprenger</p>	<p>This book is aimed primarily at early childhood educators, but has value for parents too. It covers brain development in an easy-to-understand way. Each chapter tackles an age group and shows what’s happening in the brain and how that affects a child’s physical, cognitive language, social, and emotional development. A Great reference guide!</p>
<p>Touchpoints <i>Birth to Three – or - Three to Six Your Child’s Emotional and Behavioral Development</i></p>	<p>T. Berry Brazelton, M.D. Joshua D. Sparrow, M.D.</p>	<p>This book look at the social and emotional development of young children, and the importance of spending time on these as opposed to academic achievement in young children. This comprehensive guide tackles a large variety of issues that affect social and emotional development such as childcare, chores and responsibilities, computers, television, and toys, manners, loss and grief, honesty, humor, sleep, divorce, and many more. Essential!</p>
<p>What’s Going On In There? <i>How the Brain &amp; Mind Develop in the First Five Years of Life</i></p>	<p>Lise Eliot, Ph.D.</p>	<p>This book is a very detailed look at the development of the brain, starting <i>In Utero</i>. A fascinating look at the brain’s step-by-step growth and discusses the senses, motor skills, language, self-control, emotions, memory, intelligence, and stress, amongst others. There is quite a lot of science in this book., but very readable and one of the best resources available!</p>
<p>How To Behave So Your Preschooler Will Too!</p>	<p>Sal Severe, Ph.D</p>	<p>This book is filled with tips and strategies that help you navigate some of the behavioral challenges experienced by parents of preschoolers. Based on the theory that adults are the main models of behavior for children, Severe focuses on parental actions to steer children’s behavioral learning. Great book!</p>