

Suggested Reading list: Provided by John Stirling, MD

“Nuts and Bolts”: *Combining plenty of practical advice with a window on the child’s world.*

- Dr. Spock’s Baby and Child Care, by Benjamin Spock and Michael Rothenberg (Simon & Schuster)
- Your -----Year Old, by Louise Bates Ames, PH.D. & Frances L. Ilg, M.D. (Dell) A series of age specific books.
- Little People, by Edward R. Christophersen, PH.D (Westport Publishers, Inc., Kansas City, MO.) A practical approach to the “normal” problems of parenting.

Personality: *Books on developing the self.*

- Any book by T. Berry Brazelton (for example, Infants and Mothers and Doctor and Child, both published by Dell’s Delta book division).
- Your Child’s Self-Esteem, by Dorothy Corkille Briggs (Doubleday). A classic. Still reads well, though more of a textbook.

Communication: *This series of amusing, easy-to-read books has been a lifesaver in the home and the practice.*

- Liberated Parents, Liberated Children, by Adele Faber and Elaine Mazlish (Avon).
- How to Talk So Kids Will Listen & Listen So Kids Will Talk, by Adele Faber and Elaine Mazlish (Avon).
- Siblings Without Rivalry, also by Adele Faber and Elaine Mazlish (Avon).

Problems: *It doesn’t always work. A few practical books on coping.*

- When Your Child Drives You Crazy, by Eda LeShan (St. Martin’s Press, NY) A good, practical reference book on behavior.
- Living With Children, by Gerald R. Patterson (Research Press, Champaign, IL.) A programmed learning text for parents, on behavior modification techniques.
- The Difficult Child, by Stanley Turecki, M.D., and Leslie Tonner (Bantam) A child psychiatrist talks about temperament.



This material has been suggested as parenting resources from Pediatricians in Vancouver. The list is by no means an exhaustive list, but it includes some of the books they rely on for their patients and families. The resources listed have not been reviewed or endorsed by the American Academy of Pediatrics.