Conscious Parenting Resource List

Reading material for parents and children
Compiled by: Leah Young
www.balancedlivingwithleah.com

Secular morality/Character education/Conscious Parenting:

For parents:

- **Raising Freethinkers** - Dale Mcgowan
- **Parenting Beyond Belief** - Dale Mcgowan
- **Raising an Emotionally Intelligent Child** - John Gottman
- **The Intentional Family** - William J. Doherty
- **The Gifts of Imperfect Parenting** - Brene Brown
- **Parents in a Pressure Cooker** - Jane Bluestein (raising teens)
- **Teen Proofing** - John Rosemong
- **Real Love in Parenting** - Greg Baer
- **The Entitlement Trap** - Linda and Richard Eyre
- **The New six-point Plan to Raising Happy, Healthy Children -** John Rosemond
- **The Fail Safe Formula for Helping your Child Succeed in School**- John Rosemond
- **The Conscious Parent -** Shefali Tsabary
- **The Awakened Family -** Shefali Tsabary
- **Out of Control -** Shefali Tsabary
- **Amightygirl.com** - Extensive resource lists of amazing books for girls of all ages
- **Valuesparenting.com** - Incredible website with a variety of resources
- **Resillienceguide.org** - Valuable resource website
- **Freespirit.com** - Developmentally appropriate book lists for mental health, interpersonal skills, emotional management and modern technology

For Kids:

- **What Do You Stand For?** One for teens/one for younger kids - Barbara A. Lewis
- **The courage to be yourself** - Al Desetta M.A.
- **Wisdom Tales from around the world** - Heather Forest
- **Maybe Right, Maybe Wrong: A guide for young thinkers** - Dan Barker

Raising wee ones:

- **Making the Terrible Twos Terrific** - John Rosemond
- **Toilet Training without Tantrums** - John Rosemond
- **Healthy Sleep Habits Happy Child** - Marc Weissbluth

Technology:

- **Parenting Well in a Medial Age** - Gloria De Gaetano
- **Unselfie** - Michele Boarbo
- **Lost Connections** - Johann Hari
- **Cinderella Ate my Daughter** - Peggy Ornstein
- **A smart girl's guide to the Digital World -** American Girl publishing.
- **Ted Talk - Can flip phones end our Social Media addiction?** - Collin Kartchner
- **Screenagerers**, a documentary
- **The Social Dilemma,** a documentary
- **The Great Hack,** a documentary

Sexuality/ Positive Sexuality:

- **Girls and Sex** - Peggy Ornstein
- **Boys and Sex** - Peggy Ornstein

- Award winning series for kids on bodies, sexuality, and puberty. (To be read with your child)
    - **"It's not the stork" Intro to bodies/sexuality ages 4 and up** - Harris and Emberly
    - **"It's so amazing" Next in series, more details on bodies/sexuality -** Harris and Emberly
    - **"It's perfectly normal" Final book covering puberty and sexuality-** Harris and Emberly

- **"The care and keeping of YOU"** books 1 and 2
- **Asking About Sex & Growing Up:** A Question-and-Answer Book for Kids - Cole
- **LGBTQ**: The Survival Guide for Lesbian, Gay, Bisexual, Transgender, and Questioning Teens - Madrone
- **@sexpositive_families** - The IG account
- **@sixminutesexed** - The IG account

Managing tough Feelings:

- **Untangled**, Guiding teenage girls through the seven transitions into adulthood - Lisa Damour (parent read)
- **Worries are not Forever** - Elizabeth Verdick
- **Sometimes when I'm sad** - Deborah Serani
- **The Feelings book** Care and keeping of your emotions - American Girl
- **When a friend dies** - Marilyn E. Gootman, Ed.D.
- **Tear Soup: A recipe for Healing after loss** - Schwiebert

Life Skills

- **Getting it together -** American Girl
- **Get organized without losing it! -** Fox, Laugh and learn series
- **The struggle to be strong -** Desetta
- **Listening to my Body** - Gabi Garcia
- **Listening to my Heart** - Gabi Garcia
- **Speak up and get along -** Scott Cooper

Self Discipline/control

- **How to Take the Grrr Out of Anger** - Elizabeth Verdick (laugh + Learn Series)
- **The survival guide for kids with behavior challenges -** Thomas McIntyre, Ph.D.
- **Take charge of anger -** Gil Hasson
- **Put your worries away -** Gil Hasson
- **Mindset Power** - Shannon Anderson
- **The Resilience Breakthrough** - Christian Moore

Recommended Reading list of values-based, non-religious, Children's books complied with contributions from followers of the @parenting.aftermormonism IG account:

1. **I Wish you More** by Amy Krause Rosenthal
2. **What Do you Do with an Idea** by Kobi Yamada
3. **What Do you Do with a Problem** by Kobi Yamada
4. **What You do Matters** by Kobi Yamada
5. **What Do You do with a Chance** by Kobi Yamada
6. **Maybe: A Story about the Endless Potential in Each of Us** by Kobi Yamada
7. **ISH** by Peter H. Reynolds

8. **Say Something** by Peter H. Reynolds
9. **Be You** by Peter H. Reynolds
10. **I Am Peace** by Susan Verde
11. **I Am Love** by Susan Verde
12. **I Am Human** by Susan Verde
13. **I Am One** by Susan Verde
14. **Stone Soup** by Jon J. Muth
15. **Goodnight Stories for Rebel Girls** by Francesca Cavallo
16. **Wonder** by R.J. Palacio
17. **How Full is your Bucket** by Tom Rath and Mary Reckmeyer
18. **Ordinary Mary's Extraordinary Deed** by Emily Pearson
19. **The Adventures of Mali and Keela** by Jonathan Collins
20. **I Am Enough** by Grace Byers
21. **A Girl Like You** by Frank Murphy
22. **A Boy Like You** by Frank Murphy
23. **The Youngest Marcher**T by Cynthia Levinson
24. **V is for Voting** by Kate Farrell
25. **Thank You Body, Thank You Heart** by Jennifer Harper
26. **What Should Darla Do** by Adir Levy and Ganit Levy
27. **What Should Danny Do** by Adir Levy and Ganit Levy
28. **A Kids Book About Gratitude** by Ben Kenyon
29. **Bad Girls Throughout History** by Ann Shen
30. **Rad American Women A-Z** by Kate Schatz and Miriam Klein
31. **Vote for our Future** by Margaret McNamara and Michah Player
32. **A Kids Book about Racism** by Jelani Memory
33. **I Dissent** by Debbie Levy and Elizabeth Baddeley
34. **Be Kind** By Pat Zietlow Miller and Jen Hill
35. **The Rabbit Listened** by Cory Doerrfeld
36. **Please, Please the Bees** by Gerald Kelley
37. **Buddhism for Kids** by Emily Grittith Burke