



## Summer Reading Selections for Parents

### Lower School and Middle School

“How To Raise An Adult” by Julie Lythcott-Haims

“Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men” by Leonard Sax M.D., Ph.D.

“Girls On Edge: The Four Factors Driving the New Crisis for Girls--Sexual Identity, the Cyberbubble, Obsessions, Environmental Toxins” by Leonard Sax M.D., Ph.D.

“Why Smart Kids Worry and What Parents Can Do to Help” by Allison Edwards

“What to do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety” by Dawn Huebner

“Teach Your Children Well: Why Values and Coping Skills Matter” by Madeline Levine

“The Self-Driven Child” by William Stixrud

“Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls” by Lisa Damour Ph.D.

“Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood” by Lisa Damour Ph.D.

“The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults” by Frances E. Jensen, MD and Amy Ellis Nutt

“The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion, and Connection” by Brené Brown Ph.D. (audiobook)

“Masterminds and Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World” by Rosalind Wiseman

“Queen Bees and Wannabes, 3rd Edition: Helping Your Daughter Survive Cliques, Gossip, Boys, and the New Realities of Girl World” by Rosalind Wiseman

### Mindset and Social, Emotional Development

“Mindset: The New Psychology of Success” by Carol S. Dweck, Ph.D.

“Grit: The Power of Passion and Perseverance” by Angela Duckworth

“The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Succeed” by Jessica Lahey

“How to raise a child with a high EQ” by Lawrence E Shapiro

“Smart Parenting for Smart Kids: Nurturing Your Child’s True Potential” by Eileen Kennedy Moore, Ph.D. Mark S Lowenthal, Psy.D.

“Mind in the Making: The Seven Essential Life Skills Every Child Needs” by Ellen Galinsky

“Play: How It Shapes the Brain, Opens the Imagination and Invigorates the Soul” by Stuart Brown, M.D.

“Becoming Brilliant: What Science Tells Us About Raising Successful Children” by Roberta Michnick Golinkoff Ph.D. and Kathy Hirsh-Pasek Ph.D.



## Summer Reading Selections for Parents

### Discipline and Guidance

“The Whole Brain Child” by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

“No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind” by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

“Easy To Love, Difficult To Discipline: The 7 Basic Skills For Turning Conflict Into Cooperation” by Dr. Becky Bailey

“Parenting with Love and Logic” by Foster Cline and Jim Fay

### Education

“Project Based Learning: Preparing Students for Tomorrow, Engaging Them Today” by John Larmer

“Reading Magic: Why Reading Aloud to Our Children Will Change Their Lives Forever” by Mem Fox

“Mathematical Mindsets” by Jo Boaler

### Technology and Safety

“The Whole Brain Child” by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

“No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind” by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

“Easy To Love, Difficult To Discipline: The 7 Basic Skills For Turning Conflict Into Cooperation” by Dr. Becky Bailey

“Parenting with Love and Logic” by Foster Cline and Jim Fay

### Outdoor Education and Wellness

“Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder” by Richard Louv

“Vitamin N: The Essential Guide to a Nature-Rich Life” by Richard Louv

### Inspiration

“Love Does” by Bob Goff

“Everybody, Always: Becoming in Love in a World full of Setbacks” by Bob Goff

“Daring Greatly: How the Courage to be Vulnerable Transforms the Way We Live, Love, Parent and Lead” by Brené Brown

“Fun On the Run: 324 Instant Family Activities” by Cynthia L. Copeland