



Recommended Book List - Infants & Children

Check out these books at your local library or book store:

Infant Development

- Caring for Your Baby and Young Child.* (1998) Stephen Shelov, Robert Hennemann & Catherine DeAngelis (eds).
- Consumer Reports Guide to Baby Products.* (2001) Sandy Jones.
- Everything You Need to Know About Your Baby from Birth to Age Two.* (1992) William & Martha Sears.
- Infants and Mothers: Differences in Development.* (1994) T. Berry Brazelton.
- Smart Toys: For Babies From Birth to Two.* (1981) Kent Garland Garland Burt & Karen Kalkstein.
- The First Relationship: Infant and Mother.* (2000) Daniel Stern.
- The First Twelve Months of Life Your Baby's Growth Month by Month.* (1995) Frank Caplan & Theresa Caplan.
- The New First Three Years of Life.* (1995) Burton L. White.
- The Nursing Mother's Companion.* (1999) Kathleen Huggins.
- What to Expect the First Year.* (1996) Arlene Eisenberg, Heidi Murkoff & Sandee Hathaway.
- Your Baby and Child: From Birth to Age Five.* (1997) Penelope Leach.
- Your One-Year-Old: The Fun Loving, Fussy 12-24 Month Old.* (1995) Louise Ames & Frances Ilg.

Toddler/Pre-Schooler Development

- The Magic Years: Understanding and Handling the Problems of Early Childhood.* (1996) Selma Fraiberg.
- The Second Twelve Months of Life.* (1979) Frank Caplan & Theresa Caplan.
- The Toddler Busy Book. 365 Creative Games & Activities to keep your 1 ½-3 year old busy.* (2000) Trish Kuffner.
- Toddlers and Parents: A Declaration of Independence.* (1989) T. Berry Brazelton.
- Toddler Play: 100 Fun Filled Activities to Maximize Your Toddlers Potential.* (2001) Wendy Masi.
- Where Did I Come From?* (1990) (for Preschool on up) Peter Mayle.
- Your Two-Year-Old: Terrible or Tender.* (1997) Louise Ames & Frances Ilg.
- Your Three-Year-Old: Friend or Enemy.* (1993) Louise Ames & Frances Ilg
- Your Four-Year-Old: Wild and Wonderful.* (1997) Louise Ames & Frances Ilg
- Your Five-Year-Old: Sunny and Serene.* (1995) Louise Ames & Frances Ilg

School-Age Development

Caring for your School-Age Child: Ages 5-12. (1999) Edward L. Schor, MD. (ed)
Your Six-Year-Old: Loving and Defiant. (1981) Louise Ames & Frances Ilg
Your Seven-Year-Old: Life in a Minor Key. (1987) Louise Ames & Frances Ilg
Your Eight-Year-Old: Lively and Outgoing. (1990) Louise Ames & Frances Ilg
Your Nine-Year-Old: Thoughtful and Mysterious. (1991) Louise Ames & Frances Ilg
Your 10-14-Year-Old. (1989) Louise Ames & Frances Ilg

Adolescent Development

Caring for Your Adolescent Ages 12-21. (1991) Donald E. Greyandus, MD. (ed)
Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships. (1998) Ruth Bell.
What's Happening to Me? (1990) Peter Mayle.
What's Happening to My Body? Book for Girls: A Growing-up Guide for Parents & Daughters. (2000) Lynda Madaras.
What's Happening to My Body? Book for Boys: A Growing-up Guide for Parents & Sons. (2000) Lynda Madaras.

Medical Care/Nutrition

Complete Baby & Child Care. (2001) Miriam Stoppard.
Dr. Mom: A Guide to Baby and Child Care. (1987) Marianne Neifert, MD
First Year Baby Care: An Illustrated Step-By-Step Guide. (1996) Paula Kelly, MD (ed)
Guide to Your Child's Nutrition. (1999) Loraine Stern, MD & William Dietz, MD (eds) (American Academy of Pediatrics)
How to Get Your Kids to Eat...But Not Too Much. (1987) Ellyn Satter.
Guide to your Child's Allergies & Asthma. (2000) Michael J. Welch, MD (ed) (American Academy of Pediatrics)
Taking Care of Your Child: A Complete Parent's Guide to Complete Medical Care. (1993) Robert Pantell, James F. Fries & Donald M. Vickery.
The Baby Check-Up Book. (1982) Sheila Hellman.
The Well Baby Book. (1991) Miles & Nancy Samuels.

Parenting/Discipline

Guide to Your Child's Sleep: Birth through Adolescence. (1999) George J. Cohen, MD (ed) American Academy of Pediatrics)
Solve Your Child's Sleep Problems. (1986) Richard Ferber, MD
Children Can Cooperate: A Practical Guide to Teaching Problem Solving. (1992) Elizabeth Crary.
Children the Challenge. (1991) Rudolf Dreikurs.
Designer Kids: Consumerism & Competition: When is it All Too Much? (1990) David Walsh & Austin Gillespie.
Discipline Without Tears. (1973) Rudolf Dreikurs, Pearl Cassel & David Kehoe.
How to Discipline with Love. (1987) Fitzhugh Dodson.
How to Talk so Kids Will Listen and Listen so Kids Will Talk. (1999) Adele Faber & Elaine Mazlish.

Little People: Guidelines for Common Sense Child Rearing. (1997) Edward Christophersen.
Parent Effectiveness Training: The Proven Program for Raising Responsible Children. (2000) Thomas Gordon.
Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent and Energetic. (1992) Mary Sheedy.
The Difficult Child: A Guide for Parents. (2000) Stanley Turecki & Leslie Tonner.
The Manipulative Child: How to Regain Control & Raise Resilient, Resourceful & Independent Kids. (1998) E.W. Swihart Jr., MD & Patrick Cotter, Ph.D.
Without Spanking or Spoiling: A Practical Approach to Toddler & Preschool Guidance. (1993) Elizabeth Crary.
Respectful Parenting. (2003) Ada Alden.

Family

Father's Almanac. (1992) S. Adams Sullivan.
Having Twins: A Parent's Guide to Pregnancy, Birth, and Early Childhood. (1991) Elizabeth Noble.
Living with the Active, Alert Child: Groundbreaking Strategies for Parents. (1993) Linda Budd.
Mother's Almanac. (1992) Marguerite Kelly, Ella Parsons, Elia Parsons & Rebecca Hirsch.
Siblings Without Rivalry. (1998) Adele Faber & Elaine Mazlish.
Working and Caring. (1992) T. Berry Brazelton.