

Pediatric Solutions Recommended Book List

Sleep Issues

- Solve Your Child's Sleep Problems by Richard Ferber, MD
- Healthy Sleep Habits, Healthy Child by Marc Weisbluth, MD

Parenting/Discipline for the Young Child

- Unconditional Parenting: moving from rewards and punishments to love and reason by Alfie Kohn
- 1-2-3 Magic by Thomas Phelan, PhD
- The Blessing of a Skinned Knee by Wendy Mogul, PhD
- Have A New Kid by Friday by Kevin Leman, PhD

Parenting/Discipline for the Adolescent

- Get Out of My Life: but first could you drive me and Cheryl to the mall? By Anthony Wolf, PhD
- The Blessing of a B-Minus by Wendy Mogul, PhD
- Mindset by Carol Dweck, PhD
- A Fine Young Man by Michael Gorian

Parenting for Children with Behavioral Issues

- The Defiant Child by Douglas A. Riley, PhD (Oppositional Defiant Disorder)
- The Explosive Child by Ross Greene, PhD
- The Out of Sync Child by Carol Stock Tranowicz, MA (Sensory Processing Disorder)
- SOS Help for Parents: A practical guide for handling everyday behavior problems. By Lynn Clark

ADD/ADHD Resources

- Taking Charge of ADHD: The Complete Authoritative Guide for Parents. by Russell A. Barkley
- Smart but Scattered: The Revolutionary “Executive Skills” Approach to Helping Kids Reach Their Potential. by Peg Dawson & Richard Guare
- The ADD/ADHD Answer Book. by Susan Ashley, PhD
- www.chadd.org