



Northwest Arkansas
Pediatric Clinic, P.A.
A MANA Clinic

Books We Like

1. Happiest Baby on the Block *By Harvey Karp*
This is a must for parents of a newborn.
2. Touchpoints *By Dr. Brazelton*
Goes through the major developmental milestones for the first few years.
3. Healthy Sleep Habits, Happy Child *By Marc Weissbluth*
This book is not a page turner, but has some really useful information on sleep. Very helpful for newborn through the teen years.
4. The Epidemic *By Robert Shaw*
Excellent book on discipline and limit setting.
5. 1-2-3 Magic *By Thomas Phelan*
Easy to use and highly effective discipline technique.
6. How to get Your Kid to Eat, but not too Much *By Ellen Satter*
The only book on feeding your child you will ever need. Covers feeding from newborn to teen years.
7. Love and Logic Magic for Early Childhood *By Jim Fay*
Excellent book about teaching your child the natural consequences of their actions.
8. What's Going on in There? *By Lise Elliot*
This book is great for helping you understand how your child's brain is developing during the first 6 years. There may be more detail than some parents want, but for those interested this is a great book.
9. Raising Great Kids *By Drs. Cloud and Townsend*
Great book to help you out of the daily challenges of parenting and help you see the big picture. This book is written from a Christian perspective.
10. AAP Caring for Your Child from Birth to Age 5