

## NWAPC Recommended Books

1. Happiest Baby on the Block by Harvey Karp. This is a must for parents of a newborn baby.
2. Touchpoints by Dr Brazelton. This 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 no too Much by Ellyn 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 Eliot. This book is great for the 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.
11. The Worried Child by Paul Foxman, Ph.D.. This book is Written for parents and anyone who wants to help, this guide provides detailed lists, skill exercises, sample dialogues and case studies, and also covers the importance of adequate rest, sleep, and exercise.
12. Dancing With Fear by Paul Foxman, Ph.D.. This book explains why and shows how to recover from anxiety.

### **Behavioral Health resources by Dawn Huebner, Ph.D.:**

13. What to Do When You Worry Too Much, A kid's guide to overcoming anxiety
14. What to Do When You Grumble Too Much, A kid's guide to overcoming negativity
15. What to Do When Your Brain Gets Stuck, A kid's guide to overcoming OCD
16. What to Do When Your Temper Flares, A kid's guide to overcoming problems with anger
17. What to Do When You Dread Your Bed, A kid's guide to overcoming problems with sleep
18. What to Do When Bad Habits Take Hold, A kids guide to overcoming nail biting and more