

Resources...

The Emotion Coaching Parent – Gottman Institute, Seattle WA
<http://www.gottman.com/parenting/research-on-parenting/>

The Teen Brain - A Frontline/PBS series
<http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/>

Mind Positive Parenting: <http://drdavewalsh.com>
Book: WHY Do They Act That Way: A Survival Guide to the Adolescent Brain for You and Your Teen David Walsh PhD

Ackerman, Mary Alice. Conversations on the Go - Clever Questions to Keep Teens and Grown-Ups Talking. Search Institute, 2004.

Cline, Foster, and Jim Fay. Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood. Pinon P, 2006.

Deak, Joann, and Teresa Barker. Girls Will Be Girls: Raising Confident and Courageous Daughters. Hyperion, 2002.

Fay, Jim, and Dawn Billings. From Innocence to Entitlement: a Love and Logic Cure for the Tragedy of Entitlement. Love and Logic P, 2005.

Gottman Phd, John, and Joan Declaire. The Relationship Cure: a Guide to Strengthening Your Marriage Family and Friendships. Three Rivers P, 2001. Raising an Emotionally Intelligent Child. Simon and Shuster, 1997

Kastner, Laura S. PhD and Jennifer Wyatt. Getting to Calm: Cool-headed Strategies for Parenting Tweens + Teens. Parent Map, 2009.

Lynch, Amy, and Linda Ashford. How Can You Say That? Turning Hurtful Words Into Conversations That Heal. Pleasant Company, 2003.

Metzger, Julie and Robert Lehman. Will Puberty Last My Whole Life? Real Answers to Real Questions from Preteens About Body Changes, Sex, and Other Growing Up Stuff. Sasquatch, 2012.

Metzger, Julie. This is Me – A Girl’s Journal. Sasquatch Fall 2014.