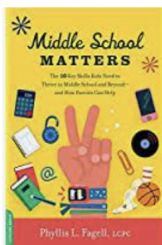




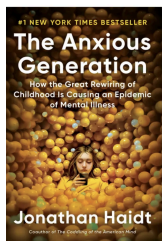
Parenting Book Club 2024-2025

The Discovery School's parenting book club is run by Ellen Baughman, school counselor and licensed therapist. The book club will read (or listen to!) a book each month by leading and emerging voices in the fields of child development, mental wellness, and parenting. The goal of this book club is to further build community with Discovery families while exploring pertinent parenting topics. We will discuss what we learned, liked, disliked, and questioned, from each of our chosen books, as well as have an open forum for sharing our parenting frustrations, successes, and stories.

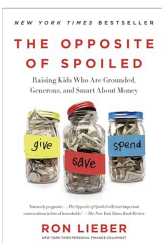
Our book club selection was created with input from faculty and parents and starts off with a favorite of our head of upper school, Heather Oulton Rousseau, *Middle School Matters: The 10 Key Skills Kids Need to Thrive in Middle School and Beyond - and How Parents Can Help* by Phyllis Fagell. Feel free to purchase a physical copy of each book, download on audible, rent from our local library, or rent from Libby.



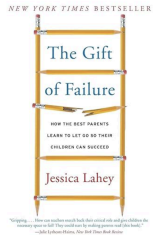
August 13th, 2024, Following Middle School Orientation 11:30-12:30:
Middle School Matters: The 10 Key Skills Kids Need to Thrive in Middle School and Beyond - and How Parents Can Help by Phyllis Fagell



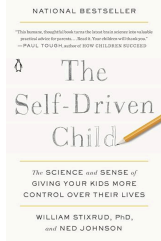
October 1, 2024: *The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness* by Jonathan Haidt



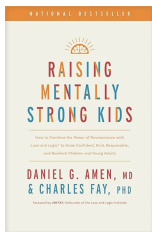
December 3, 2024: *The Opposite of Spoiled: Raising Kids Who Are Grounded, Generous, and Smart About Money* by Ron Lieber



February 4, 2025: *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed* by Jessica Lahey



April 1, 2025: *The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives* by William Stixrud and Ned Johnson



May 6, 2024: *Raising Mentally Strong Kids: How to Combine the Power of Neuroscience with Love and Logic to Grow Confident, Kind, Responsible, and Resilient Children and Young Adults* by Daniel G. Amen and Charles Fay