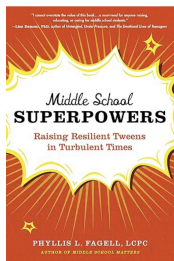




Parenting Book Club 2025-2026

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. Feel free to purchase a physical copy of each book, download on Audible, rent from our local library, or rent from Libby. We will share book summaries ahead of time to catch you up so you are able to come join in the discussion, even if you were not able to read the book. We will share specific dates and times at the beginning of the school year.

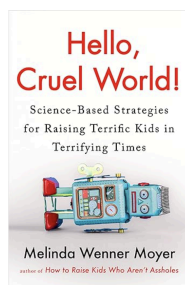


September 24, 2025 5:30 pm

[Middle School Superpowers: Raising Resilient Tweens in Turbulent Times by Phyllis L. Fagell](#)

-Ideal for Parents in UE and MS

-We will explore the 12 superpowers Middle Schoolers need and how we can help them develop them.



November 7, 2025 9:00 am

[Hello, Cruel World! Science-Based Strategies for Raising Terrific Kids in Terrifying Times by Melinda Moyer](#)

-Great for All Parents

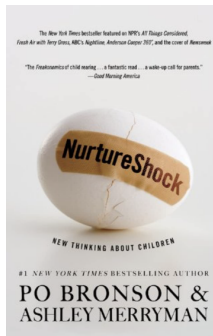
-We will discuss coping mechanisms, connection techniques, and cultivation practices that will help children handle the world they will inherit



January 23, 2026 9:00 am

[The Way of Play: Using Little Moments of Big Connection to Raise Calm and Confident Kids by Tina Payne Bryson and Georgie Wisen-Vincent](#)

- Ideal for Parents in Toddler, Primary, and FE
- We will discuss how to use play to nurture our kids and encourage them to become calm listeners, cooperative problem solvers, and respectful communicators.



March 6, 2026 9:00 am

[NurtureShock: New Thinking About Children by Po Bronson and Ashley Merryman](#)

- Great for All Parents
- We will explore how new research on child development is shifting traditional ways of thinking about raising children and discuss parenting strategies that are often misunderstood or misapplied.