

Useful books for tuning in to kids

The Heart of Parenting. How to Raise an Emotionally Intelligent Child. John Gottman, (1997), Bloomsbury, London.

Emotionally Intelligent Parenting. Maurice J. Elias, Steven E. Tobias and Brian S. Friedlander (1999), Doubleday, New York.

How To Talk So Kids Will Listen & Listen So Kids will Talk. Adele Faber and Elaine Mazlish (1980, 2000), Avon Books, New York.

Siblings Without Rivalry. Adele Faber and Elaine Mazlish (1987, 1998), Avon Books, New York.

How to Talk So Kids will Learn, in Home and at School. Adele Faber and Elaine Mazlish (1996), New York Fireside, New York.

Loving Your Child is Not Enough, Positive Discipline that Works. Nancy Samalin (1988), Penguin, New York.

Love and Anger — the Parental Dilemma. Nancy Samalin (1992), Penguin Books, New York.

Loving Each One Best: A Caring and Practical Approach to Raising Siblings. Nancy Samalin with C. Whitney (1996), Bantam Books, New York.

The Optimistic Child. Martin Seligman (1995), Random House, Australia.

What Am I Feeling? John Gottman and Talaris Research Institute (2004). See www.talaris.org.

Smiling At Yourself — Educating Young Children About Stress and Self Esteem. A Mendler (1990), Network Publications, California.

What Every Parent Needs to Know. Margot Sunderland (2008), Dorling Kindersley, London. (The hardback edition of this book is called *The Science of Parenting*)

Building Emotional Intelligence. Linda Lantieri (2008), Sounds True Inc. New York. (This book comes with a CD of relaxation and meditation for children)

You are My World. Amy Hatkoff (2007), Stewart, Tabori and Chang, New York.

Sometimes I feel ... How to help your child manage difficult feelings. Samantha Seymour (2009), Finch Publishing, Sydney.

