



Parenting Your Young Child

Resources to save and share

Many new parents often have questions about the best way to raise their child. We suggest these books and websites to help you find the parenting information that works for you.

Babies

- **Your Baby's First Year (4th ed.)**, American Academy of Pediatrics (AAP)
- **Caring for Your Baby and Young Child: Birth to Age 5 (5th ed.)**, AAP
- **Baby 411: Clear Answers & Smart Advice for Baby's First Year**, by Ari Brown and Denise Fields
- **Your Self-Confident Baby: How to Encourage Your Child's Natural Abilities**, by Magda Gerber
- **What to Expect the First Year (2nd ed.)**, by Sandee Hathaway, Arlene Eisenberg, and Heidi Murkoff
- **Touchpoint: Birth to 3. The Essential Reference for the Early Years**, by T. Berry Brazelton, MD

Toddlers/Preschoolers

- **Guide to Toilet Training (2nd ed.)**, AAP
- **Toddler 411: Clear Answers & Smart Advice for Your Toddler**, by Denise Fields and Ari Brown
- **The Importance of Being Little: What Preschoolers Really Need from Grownups**, by Erika Christakis
- **The Magic Years: Understanding and Handling the Problems of Early Childhood**, by Selma H. Fraiberg
- **The Happiest Toddler on the Block** by Harvey Karp
- **Positive Parenting in Action: The How-To Guide for Putting Positive Parenting Principles into Action in Early Childhood**, by Laura Ling and Rebecca Eanes

Healthy Eating

- **Nutrition: What Every Parent Needs to Know**, AAP
- **Food Fights: Winning the Nutritional Challenges of Parenthood Armed with Insight, Humor, and a Bottle of Ketchup (2nd ed.)**, by Laura Jana, MD, FAAP, and Jennifer Shu, MD, FAAP
- **The Pediatrician's Guide to Feeding Babies and Toddlers: Practical Answers to Your Questions on Nutrition, Starting Solids, Allergies, and Picky Eating**, by Anthony Porto, MD, Dina DiMaggio, MD
- **Raising a Healthy, Happy Eater**, by Nimali Fernando, MD, MPH, and Melanie Potock, MA
- **Healthy Kids, Healthy Diet. A Parent's Guide to Optimizing Nutrition for Your Family's Health and Well-Being**, by Sue Kuivanen

Picky Eating

- Books by Ellyn Satter
 - **Child of Mine: Feeding with Love and Good Sense**
 - **Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook**
 - **How to Get Your Kid to Eat, But Not Too Much**
- **The Picky Eater Project: 6 Weeks to Happier, Healthier Family Mealtimes**, by Natalie Digate Muth, MD and Sally Sampson

Sleep Habits

- **Healthy Sleep Habits, Happy Child (3rd ed.)**, by Marc Weissbluth, MD
- **Solve Your Child's Sleep Problems**, by Richard Ferber
- **Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep**, by Jody Mindel
- **Sleeping Like a Baby: A Sensitive and Sensible Approach to Solving Your Child's Sleep Problems**, by Avi Sadeh

Temperament

- **Understanding Your Child's Temperament**, by William B. Carey, MD
- **Temperament Tools: Working with Your Child's Inborn Traits**, by Helen Neville et. al
- **Raising Your Spirited Child**, by Mary Sheedy Kurcinka
- **The Highly Sensitive Child: Helping Our Children Thrive When the World Overwhelms Them**, by Elaine N. Aron

Behavior and Discipline

- **Your Defiant Child: 8 Steps to Better Behavior (2nd ed.)**, by Russell A. Barkley and Christine M. Benton
- **1-2-3 Magic: 3-Step Discipline for Calm, Effective, and Happy Parenting**, by Thomas Phelan

- **Setting Limits with Your Strong-Willed Child**, by Robert J. Mackenzie

Divorce and Blended Family

- **Mom's House, Dad's House: Making Two Homes for Your Child**, by Isolina Ricci
- **The Co-Parents' Handbook**, by K. Bonnell and K. Little

Crisis and Loss

- **Parenting through Crisis: Helping Kids in Times of Loss, Grief, and Change**, by Barbara Coloroso
- **Trauma through a Child's Eyes: Awakening the Ordinary Miracle of Healing**, by Peter Levine and Maggie Kline
- **Talking with Children about Loss**, by Maria Trozzi

Sibling Rivalry

- **Siblings without Rivalry**, by Adele Faber and Elaine Mazlish
- **Peaceful Parent, Happy Siblings: How to Stop the Fighting and Raise Friends for Life**, by Laura Markham
- **Siblings: You're Stuck with Each Other, So Stick Together (Laugh & Learn)**, by James J. Crist and Elizabeth Verdick
- **Understanding Sibling Rivalry: The Brazelton Way**, by T. Berry Brazelton and Joshua D. Sparrow



Websites

kp.org/mydoctor
Kaiser Permanente

preventiveoz.org
Temperament questionnaire and strategies (small fee)

healthychildren.org
American Academy of Pediatrics

kidshealth.org
Nemours Foundation

babysleep.com
Pediatric Sleep Society

childmind.org
Emotional Health

choosemyplate.gov Nutrition

ellynsatterinstitute.org
Feeding and Eating

first5california.com

seatcheck.org
Car seat safety

sesamestreetincommunities.org

zerotothree.org

211.org
Community Resources



Blogs, Podcasts, Apps

kpthrivingfamilies.org (blog)

Family Wizard (co-parenting app)

PediaCast (Nationwide Children's Hospital) (podcast)

Mayo Clinic Radio (podcast)

Healthy Children (AAP) (podcast)