

UW Benefits Work/Life Parenting Library

Author	Title	Yr	Call #	Annotation
Phelan, Thomas	1-2-3 Magic - Effective Discipline	2003	P-1	Addressing the task of disciplining children ages 2 through 12 without arguing, yelling, or spanking, this program offers easy-to-follow steps to immediately manage troublesome behavior with reason, patience, and compassion. Parents and teachers learn how to encourage and respect children's growing independence with 10 strategies for building self-esteem. This award-winning program discusses the importance of establishing and maintaining a home or classroom with fair and consistent discipline.
Covey, Sean	7-Habits of Highly Effective Teens	1998	P-78	Being a teenager is both wonderful and challenging. Author Sean Covey applies the timeless principles of the 7 Habits to teens and the tough issues and life-changing decisions they face. In an entertaining style, the book provides a step-by-step guide to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, set along with their parents and much more.
Covey, Sean	7-Habits of Highly Effective Teens - Workbook	1999	P-74	Workbook for the "7-Habits of Highly Effective Teens" book - see description for P-78.
Levine, Melvin	A Mind at a Time	2002	P-2	Already a runaway bestseller, "A Mind at a Time" comes to audio book. Drawing from actual case studies, Dr. Levine shows parents how to encourage a child's strengths and explains that each child learns in different ways.
Institute for Women's Policy Research	ABC's of Public Financing for Early Care & Education (The)	2001	P-70	Reference book designed to provide researchers and advocates with tools to investigate issues related to early education and care financing in the United States.
Popkin, Michael	Active Parenting	1987	P-3	Designed to assist parents in effective ways of disciplining children and improving behavior. Provides a basis for group discussion and includes directions as to when to incorporate other materials as well as ideas for family enrichment activities.
Jennings, Kevin	Always my Child (Parent's Guide to Understanding your Gay, Lesbian, Bisexual...)	2003	P-57	Focusing on the day-to-day experiences of adolescents confused about their sexual identities, "Always My Child" provides the psychological insights and practical strategies parents need for supporting their kids and coping themselves, and guides them to understand their gay, lesbian, bisexual, or transgendered son or daughter.
Popkin, Michael	AP Active Parenting - Action Guide	1983	P-4,P-5,P-6	Test booklet of topics learned in the Active Parenting - Handbook.
Popkin, Michael	AP Active Parenting - Handbook	1983	P-7,P-8,P-9	Parenting is not the only influence on a child's development, but it is the one we can do the most about. This Handbook has been designed to help you become a more successful parent. It will not solve all of your family's problems, but it will teach you a method of parenting and problem solving that will enable you to more effectively prepare your children to courageously meet the challenges that life will pose.
Popkin, Michael	AP Active Parenting - Leader's Guide	1986	P-10	Guide book for teaching Active Parenting to a classroom.
Galinsky, Ellen	Ask the Children: What American's Children Really Think about Working Parents	1999	P-11	Here is important news for the millions of parents struggling to manage work and family - a study conducted that asks children and parents for their views on work and family life today. The responses gleaned from in-depth interviews and nationally representative surveys of children and parents are surprising, useful, and guaranteed to break the frantic cycle of guilt and stress that often traps parents.
Pitts, Leonard	Becoming Dad: Black Men and the Journey to Fatherhood.	1999	P-12	Unfortunately, in many urban areas, a black nuclear family is the exception rather than the norm. In this book, Pitts addresses the epidemic of single-parent households in black America and offers tips on how one "comes to become a dad."
Goffin, Stacie	Changing Kindergartens: Four Success Stories	1992	P-13	The importance of a book on changing kindergartens stems from the current state of affairs in early childhood policy and practice. Kindergarten practices are being scrutinized because of several significant forces.

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Cohn, Rosanna & Suzanne Monson	Discover Seattle with Kids	1991	P-14	Where to Go and What to See in the Puget Sound Area
Cohn, Rosanna & Suzanne Monson	Discover Washington with Kids	1998	P-15	With hundreds of entries covering adventures all over the state, this popular, best-selling family guidebook takes you on and off the beaten path to extraordinary places. From Seattle to Selah, from Olympia to Omak, you'll discover the highlights of Washington's byways and towns. Revised, updated and expanded, this guidebook is a must for parents, grandparents, daycare providers, Scout and Campfire leaders, teachers and..... well, anyone who loves to go exploring.
Carlson, Richard	Don't Sweat the Small Stuff for Teens	2000	P-80	Dr. Carlson uses his wisdom and young-at-heart persona to create a valuable primer for overstressed teenagers. His insights into adolescent worries and temptations is uncanny. The perfectionism, petty rivalries, romantic losses, unrelenting self-scrutiny, power strivings, anger, depression, and moodiness--it's all right on the money. Though he's an adult, Carlson keeps his inner parent out of the program and connects with his audience without sounding condescending. Though it will be tricky to get any teen to listen to this, the abundance of sincere and authentic help will make it worth the effort.
Carlson, Richard	Don't Sweat the Small Stuff for Teens JOURNAL	2002	P-79	Carlson offers teens a tool in which to write about and reflect upon every facet of their lives: academics, sports, social situations, family life, money matters, even work. Filled with guiding questions for teens to answer, blank lined spaces for recording stressful moments, and inspirational quotes, the Don't Sweat the Small Stuff for Teens Journal is private space for teenagers to record and come to terms with their most intimate thoughts and fears.
Arnold, Johann	Endangered: Your Children in a Hostile World	2000	P-16	For parents who try to do "the right thing" but feel frustrated at every turn, or for teachers and caregivers who worry that no matter what they do, it is not enough, Arnold offers the reassurance that no deed of love is ever wasted, and that even the smallest sacrifice has lasting value and significance.
LeShan, Eda	Grand parenting in a Changing World	1993	P-65, P-66, P67	With wit and wisdom, the author of When Your Child Drives You Crazy explores new grand parenting challenges and offers sound, insightful advice on topics such as grandparents who remarry, grandchildren who live far away, grandparents raising grandchildren, and more.
Government Publication	Growing Up Drug-Free: A Parent's Guide to Prevention	1999	P-17,P18	"All Americans know that there is a serious alcohol and drug problem in our country today, and many of us are concerned about how it may affect our own families. As parents, we want the best for our children. We want them to grow-up healthy, educated to their fullest potential, and ready to meet the challenges of the future." Quote: Secretary of ED, Lauro Cavazos.
Fellez, Len	Guerrilla Parenting	??	P-62	Parenting is warfare on a different battlefield. Guerrilla Parents use the guerrilla warrior's assumptions, strategies, and tactics.
Montgomery, Anne	Having Children: The Best Resources to Help you Prepare	1999	P-59	Use this book as you guide to understanding and taking control of the decisions you'll face during your pregnancy, childbirth, and your newborn baby's first months.

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AAUW Report	How Schools Shortchange Girls		P-19	This report challenges the assumption that girls and boys are treated equally in U.S. public schools. The AAUW report found that girls and boys enter school equal in measured ability, but after 12 years girls on average fall behind boys in higher-level math and science. This book is important for parents, teachers and administrators who want to ensure gender equity in education.
Fleming, Don	How to Stop the Battle with your Child	1987	P-20	Real-life problems are presented in the form of a scenario between parent and child, followed by solutions that work. You will learn to stay in control by understanding your child's motives and feelings.
Brazelton, Berry	Infants and Mothers: Difference in Development	1983	P-21	The pressures on working mothers, the difficult decision of when to return to work, and the excitement of nurturing fathers are all reflected in this revision.
Soto, Julie	Infants, Toddlers, & Preschoolers: The Best Resources to Help you Parent	1998	P-61	This guidebook will help parents develop confidence in the decisions they make about nurturing their young children through their first 5 years. You'll find full-page reviews of over 250 resources focused on raising infants, toddlers, and preschoolers (including books, websites, videotapes, and more). This book invites you to experience the joys of your child's growth and development, and will be your guide and companion to help understand and master the challenges of being a parent.
Platt, John	Life in the Family Zoo	1989	P-55	A humorous, anecdotal guide to surviving parenthood and producing responsible, happy children along the way.
Debra Whiting Alexander, PhD	Loving Your Teenage Daughter (Whether She Likes It or Not): The Complete Insider's Guide for Moms	2001	P-22	As hormones kick in and social pressures increase, daughters are often ambivalent about their relationships with their mothers: they demand more independence one minute while needing nurturing the next. Mothers, unsure how to respond, may find themselves reacting with an array of negative emotions: anger, defensiveness, depression. Psychologist and mother Debra Whiting Alexander offers real-world solutions to the age-old problem of maintaining the delicate balance of this relationship. Drawing on detailed interviews, she offers specific strategies for handling conflicts and power struggles, bolstering a daughter's self-esteem, and coping with problems. Alexander uses sample dialogues, exercises, and activities to take the terror out of talking about such loaded topics as dating, sexuality, peer pressure, and drugs and alcohol.
Brown, Lyn Mikel	Meeting at the crossroads : women's psychology and girls' development	1992	P-23	During the course of five years, the authors interviewed 100 girls, listening on several defined levels to gain understanding of what happens as identity develops during adolescence
McDonald, Dorothy	Music in our Lives: The Early Years	1979	P-24	Meaningful and enjoyable musical experiences for young children and teachers abound in this book by early childhood teacher and researcher D. McDonald.
Miller, Nancy	Nobody's Perfect: Living and Growing with Children that have Special Needs.	1994	P-25,P-26, P-27	Practical and nonjudgmental, this book guides parents through the process of adapting to having children with special needs in ways that are positive and fulfilling. It describes specific strategies for success in balancing one's own life; developing a parenting partnership; and interacting with children, friends, relatives, professionals, and others. Candid, inspiring, and often humorous reflections of four mothers who are raising children with disabilities are included throughout.

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Nelson, Jane	Positive Discipline	1996	P-28	Parents can learn how to strike the proper balance between permissive and authoritarian parenting using the "Setting Limits" method. Dr. Robert MacKenzie's approach helps parents teach their children how to make acceptable choices and to truly understand the consequences of unacceptable behavior. This book shows parents how to: -- Set clear, firm limits-- End conflict and power straggles-- Communicate rules-- Encourage cooperation-- Teach children problem-solving skills-- Apply consequences of misbehavior-- Give guidance to teens-- Solve problems with chores and homework
Nelson, Erwin, & Duffy	Positive Discipline for Preschoolers		P-29	From the Positive Discipline experts comes a practical, up-to-date guide showing how to raise children who are responsible, respectful, and resourceful.
Nelsen, Jane & Lynn Lott	Positive Discipline for Teenagers: Empowering your Teen & Yourself	2000	P-75	Over the years, millions of parents have come to trust the classis POSITIVE DISCIPLINE series for its consistent, commonsense approach to child rearing. With this book, you'll learn how to break the destructive cycle of guilt and blame and work toward greater understanding and communication with your teen.
Nelson, Jane	Positive Discipline for Working Parents	2003	P-30	Presenting a consistent, commonsense approach to child rearing for parents who work outside of the home, this invaluable resource leads parents to instill nurturing cooperation, good character, and positive life skills in children.
Good Housekeeping	Pregnancy & Baby Care (The Good Housekeeping Illustrated Book of)	1990	P-56	More than 800 beautiful color photographs of real parents caring for real babies teach you parenting at a glance. Three books in one: Pregnancy (how to give your baby the best possible start in life); Baby Care (Commonsense solutions and answers to all your parenting questions and concerns); Health Care (A straightforward & easy-to-follow guide to childhood illness, first aid, & prevention).
Albert, Linda & Michael Popkin	Quality Parenting	1987	P-31	Positive interaction is the key" to quality parenting, according to Albert, who writes a syndicated newspaper column on parenting, and Popkin, a family therapist. For them, quality parenting is not just for working parents, all parents can profit from what they offer: skills, including time management; activities for everyday and special occasions; plan-making opportunities for readers; and a discussion of the needs of single parents and blended families.
Gottman, John	Raising an Emotionally Intelligent Child	1997	P-69	Gottman draws on his studies of more than 120 families to zero in on the parenting techniques that ensure a child's emotional health. He then translates his methods into an easy, five-step "emotional coaching" program designed to help parents enrich the bond between themselves and their children.
Rosenberg, Marshall	Raising Children Compassionately: Parenting the Nonviolent Communication Way	2003	P-73	This 24 page booklet, filled with insights and stories, will prove invaluable for parents, teachers, and others who want to nurture children and also themselves. (6 x 9, 22 pages)
Ganz, John	Raising Teenagers: The Best Resources to Help yours Succeed	1998	P-60	This guidebook will help parents successfully handle the ups and downs of their children's teenage years. Our recommendations identify the best resources to use for: Understanding and guiding your teenager's development. Identifying the unique challenges faced by teenage boys and teenage girls. Resolving family conflicts and improving parent-teen communication. Dealing with substance abuse, sexuality, pregnancy, delinquency, eating disorders, depression, suicide, divorce, and death. Appreciating when and how to "let go" of your teen into adulthood.

UW Benefits Work/Life Parenting Library

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Kozol, Johnathan	Savage Inequalities	1992	P-32	National Book Award-winning author Jonathan Kozol presents his shocking account of the American educational system in this stunning New York Times bestseller which has sold more than 85,000 hardcover copies. The book provides readers with an opportunity to get involved with a postcard they can sign and mail to the president at the White House.
Galinsky, Ellen	Six Stages of Parenthood (The)	1987	P-68	Almost all books for parents focus on the way children develop. Ellen Galinsky, instead, writes about how parents develop. Drawing on the work in adult development of Erik Erikson and Daniel Levinson, she describes six distinct stages in the life of a parent: the image-making that occurs during pregnancy; the nurturing role that swallows parents up from birth through the first couple of years; the authority parents must develop as small children show independence; the interpretive stage when parents explain the world and their values to school-age children.
Riera, Michael	Staying Connected to your Teenager: How to Keep them Talking to you.	2003	P-76	Connecting to your teenager is a process not unlike building up muscles. As parents, you need to work on your timing and build up strength in your relationship. This book gives you the "machinery" on which to exercise ... it will change the way you think about teenagers and transform the way you relate to them.
Edgette, Janet Sasson	Stop Negotiating with your Teen: Strategies for Parenting your Angry, Manipulative, Moody, or Depressed Adolescent	2002	P-77	Is your teenager sullen, withdrawn, sarcastic, belligerent, and unmanageable? Are you defensive, wary, bewildered, ineffectual and helpless? It's time to stop being held hostage to your adolescent's behavior and start effectively communicating with your teen. It's time to become an active. Confident, successful parent so you can raise your child to be a healthy, responsible adult.
Institute for Women's Policy Research	The Children Left Behind: Deeper Poverty, Fewer Supports	2004	P-72	This study examines the situations of low-income children in single parent families both before and after welfare reform.
Kastner, Laura	The Launching Years: Strategies for Parenting from Senior Year to College Life	2002	P-58	This guide for parents of teens making the transition from high school to college suggests detailed, practical ways to weather the emotional onslaught of impending separation. From parents experiencing "empty-nest blues" to helping teens avoid the slump of "senioritis," the authors offer down-to-earth advice to get through this challenging time.
Martin, April PhD	The Lesbian and Gay Parenting Handbook	1993	P-33	Discusses the many facets of making the decision to have a family, and how to do it. Then explores how to make it work--child rearing issues, what family life is like, dealing with crisis and tragedy, communicating with families of origin, and functioning out in the world. Includes resources for support and information. The author is a psychologist who is also a lesbian mother.
Apter, Terri	The Myth of Maturity: What Teenagers Need from Parents to become Adults	2001	P-34	In this wise and compassionate book, Apter shows that young adults need a parent's guidance and support while also requiring respect and independence. Based on case studies and research, this book describes how parents can support young people through a crucial stage in their development.
Cole, Joanna & Margaret Miller	The New Baby at your House	1998	P-35	With over 40 vivid full-color photographs and a clear, supportive text by award-winning author Joanna Cole, this revised edition of a much-loved classic prepares children for the ups and downs of having a new baby in the house.
Duffy, Roslyn & Elizabeth Cray	The Parent Report Card	1998	P-64	A dynamic way to learn about each other, respond to problems, achieve more harmony as a family.

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Crittenden, Ann	The Price of Motherhood	2001	P-36	In this provocative book, award-winning economics journalist Crittenden argues that although women have been liberated, mothers have not, and she offers a much-needed accounting of the price mothers pay to carry out society's most important job. Charts and tables.
Institute for Women's Policy Research	The Price of School Readiness: A Tool for Estimating the Cost of Universal Preschool in the States	2004	P-71	This report details the Institute for Women's Policy Research's approach to estimating the cost of state-based, high-quality, universally accessible preschool program for children aged three through five.
Canfield, Ken	The Seven Secrets of Effective Fathers	1992	P-37	"Secrets gleaned from ordinary dad who are considered by professionals, peers, and their churches to particularly effective fathers." - Virtue Mag.
Faul, Jan	Unplugging Power Struggles	2000	P-38, P-39	An accessible guide based on real-life experiences which explains why power struggles occur, which power struggles parents will always lose, and offers three effective ways to deal with them. As children grow, they feel a strong need to be in control of their lives. Some parents instinctively let up on the controls as their child matures, while some children push for control beyond the limits of their own development, maturity, or their parents' comfort level. The end result: power struggles.
Wallerstein, Judith	What About the Kids? Raising your Children Before, During, and After Divorce	2003	P-40	Wallerstein answers important questions with knowledge gathered from thirty years of in-depth interviews with children of divorce and their parents. You'll learn what you should say and do for children at each age and stage of development. You'll discover the many ways that divorce will change your family in the years ahead. You'll understand the challenges of how to be an effective parent outside of marriage, how to choose the custody plan that is best for your child, what you need to know to create a healthy remarriage, and what to say to your children when they reach adulthood.
Eisenberg, Arlene	What to Expect the First Year	1996	P-41	Written with the same reassuring, lively authority as the bestselling "What to Expect When You're Expecting, " this informative guide leads parents month to month, check-up to check-up, even feeding to feeding for the first year of life.
Walton, Francis PhD	Winning Teenagers 13-19 Over: in Home and in School	1980	P-63	This book is designed to alert adults to the methods of leadership that pose obstacles to cooperative relations with teenagers and to teach specific leadership principles and techniques that have been proven effective with adolescents in the home and school.
Levine, James	Working Fathers: New Strategies for Balancing Work and Family	1997	P-42, P-43	A breakthrough guide for fathers, mothers, and businesses on managing one of the major stresses on both families and organizations. Based on extensive research conducted by Levine's Daddy Stress Seminar for corporations, this book shows how getting it right at home actually contributes to productivity on the job, and how making the workplace "father friendly" will yield enormous benefits to working mothers.
Ames & Ilg	Your 2-Two Year Old: Terrible or Tender	1980	P-44	What are two year old boys and girls thinking and feeling? How do they see others around them? With humor and compassion, the authors describe the general characteristics of these complex toddlers: their physical growth trends, their emotional and psychological maturation.
Ames & Ilg	Your 3-Three Year Old: Friend of Enemy	1985	P-45	A three-year-old child is a real puzzle to parents, sometimes anxious to please and befriend, sometimes strong-willed and difficult to get along with. At the heart of the three-year-old's personality is often an emotional insecurity - and this causes a host of problems for parents! Drs Ames & Ilg help parents understand what's going on inside that three-year-old head, what problems children have, and how to cope with the toddler who is sometimes friend, sometimes enemy.

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Ames & Ilg	Your 4-Four Year Old: Wild and Wonderful	1976 & 1988	P-46, P-47	What is it about four-year-olds that makes them so lovable? What problems do four-year-olds have? What can they do now that they couldn't do at three? Drs. Ames and Ilg, recognized authorities on child behavior and development, discuss these and scores of other questions unique to four-year-old girls and boys, and they offer parents practical advice and enlightening psychological insights.
Ames & Ilg	Your 5-Five Year Old: Sunny and Serene	1981	P-48	A five-year-old is a wonderful, fun-loving, exuberant child. But what's going on inside that five-year-old head? What stages of development does a child this age go through, and what should parents know that can help their five-year-old handle this impressionable year? Dr Ames & Ilg answer these questions and many others.
Ames & Ilg	Your 6-Six Year Old: Defiant but Loving	1981	P-49	The six-year-old is a complex child, entirely different from the five-year-old. Though many of the changes are for the good. Six is growing more mature, more independent, more daring/adventurous, this is not necessarily an easy time for the little girl/boy. Relationships with mothers are troubled. Most of the time Six adores mother, but whenever things go wrong, it's her fault. Children need patience & understanding to help make this transition easier.
Ames & Haber	Your 7-Seven Year Old: Life in a Minor Key	1985	P-50	Your <i>Seven-Year-Old</i> is devoted to the delightful but often anxious and withdrawn child of Seven. Although any seven-year-old will have moments of exuberance, security, and happiness, in general this is an age of introspection. As it begins, parents and teachers may welcome the quiet after the tussles and tangles of Six. But once the child of Seven starts to withdraw, it's almost as though he doesn't know where or when to stop. Seven-year-olds feel picked on by family, friends, and teachers alike; they worry that no one likes them; they expect every little task to prove too difficult to handle; tears come easy at this age. Dr Ames and Haber offer insight to this age group.
Ames & Haber	Your 8-Eight Year Old: Lively and Outgoing	1989	P-51	The eight-year-old child is an exuberant, outgoing bundle of energy; he meets every challenge head-on, willing to try almost anything. Sometimes parents are amazed at the enthusiasm and excitement with which their child greets the world. However, eight is also a time when the child begins to do a great deal of analyzing and evaluating, finding fault in himself and others--especially Mother.
Ames & Haber	Your 9-Nine Year Old: Thoughtful and Mysterious	1990	P-52	What happened to that sunny outgoing child of eight? As parents of nine-year-olds often discover, nine is a tricky age. Children are more distant from Mother and Father; they're more independent and rely on friends for companionship, or they have a tendency to spend time alone. Some nines are boisterous and wild, others thoughtful and withdrawn. Helping parents learn how to cope with the unpredictable nine-year-old is the aim of this practical guide from the Gesell Institute.
Leach, Penelope	Your Baby & Child: from Birth to Age Five	1990	P-53	Dr. Leach describes - in easy-to-follow stages, from birth through starting school - what is happening to your child, what he or she is doing, experiencing and feeling. She tackles the questions parents often ask and the ones they dare not. Whether your concern is a new baby's wakefulness, a toddler's tantrums, a preschool child's shyness, aggression or nightmares, or how to time your return to work, choose day care or tell a child about a new baby or an impending divorce, the information you need to make your own decisions is right here.

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Ames, Ilg, Baker	Your Ten to Fourteen Year Old	1988	P-54	This is a significantly revised edition of Youth: The Years From Ten to Sixteen , published in 1956. The revision follows the somewhat tedious format of the original, which gives a chronological analysis of white middle-class American youth. It differs from the original in that ages 15 and 16 are excluded and current issues such as smoking, sexual activity, and drugs are discussed. Comparing adolescents today with those of the 1950s, the new work finds, interestingly, that adolescents' attitudes have remained relatively constant.