

RENEWED PERSPECTIVES

PSYCHIATRY

PARENTING

Child Mind Institute Parent Guides

Parenting Podcasts:

1. Raising Good Humans with Dr. Aliza
2. Good Inside with Dr. Becky
3. Big Brains Raising Little Brains with Liz Angoff, PhD
4. Parent Footprint with Dr. Ian
5. Ask Lisa: The Psychology of Parenting

Book Recommendations:

1. The Whole-Brain Child by Daniel J. Siegel, M.D., and Tina Payne Bryson, Ph.D.
2. Parenting from the Inside Out by Daniel J. Siegel, M.D., and Mary Hartzell, M.Ed.
3. How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish
4. Raising an Emotionally Intelligent Child by John Gottman, Ph.D.
5. No-Drama Discipline by Daniel J. Siegel, M.D., and Tina Payne Bryson, Ph.D.
6. Good Inside By Dr. Becky Kennedy
7. Raising Securely Attached Kids: Using Connection-Focused Parenting to Create Confidence, Empathy, and Resilience By Eli Harwood
8. It Stops With Me: 10 Mindful Parenting Tools to Break the Cycle, Heal Generational Trauma and Raise Emotionally Strong Kids By Ellis Carter

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