

# The Feminist Bookshop

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## PARENTING SKILLS

### **When Parents Love Too Much**

*Laurie Ashner \$37.95*

Freeing parents and children to live their own lives. Suitable for parents and adult children.

### **I Love You Rituals**

*Becky Bailey \$36.95*

Fun activities for parents and children to encourage caring and unconditional love, and decrease power struggles.

### **How To Succeed As A Single Parent**

*Carole Baldock \$23.95*

Help and encouragement for anyone bringing up children on their own.

### **Helping Your Depressed Child**

*Martha Barnard \$31.95*

Hope and practical help for families if one of your children shows symptoms of depression.

### **What To Do When Your Children Turn Into Teenagers**

*Dr David Bennett & Dr Leanne Rowe \$29.95*

Australian experts talk, with respect and intelligence, about all the big questions facing teens and their parents.

### **Fatherhood**

*Marcus Berkmann \$34.95*

A male-friendly and humorous guide to being a father.

### **The Complete Secrets Of Happy Children**

*Steve Biddulph \$35.95*

Contains both of Steve's previous books in one publication, dealing with all the important concerns of parents. Practical advice on putting love into action.

### **Parents Teens And Boundaries**

*Jane Bluestein \$22.95*

How to draw the line when teens are testing the limits, practical strategies.

### **The Creative Journal For Parents**

*Lucia Capaccione \$27.95*

Creative workbook for parents on discovering natural parenting wisdom, exercises, drawing, writing etc.

### **Boundaries With Kids**

*Dr Henry Cloud \$22.95*

When to say yes, when to say no, and how to help your children gain control of their lives.

### **Your Child's Self-Esteem**

*Dorothy Corkille Briggs \$29.95*

Step-by-step guidelines for raising responsible, and happy children.

### **Adolescence:A Guide For Parents**

*Michael Carr-Gregg \$22.95*

Useful approaches about good parenting, communication, setting boundaries, and resilience.

### **Surviving Adolescents**

*Michael Carr-Gregg \$18.95*

Essential manual for all parents, common sense advice from an Australian authority on teen behaviour.

### **SOS Help For Parents**

*Lynn Clark \$32.95*

Practical guide for handling common everyday behaviour problems.

### **Kid-Wrangling**

*Kaz Cooke \$39.95*

Guide to caring for babies, toddlers and preschoolers. Sequel to her fabulous guide to pregnancy *Up The Duff*.

### **Guy's Guide To Surviving Pregnancy, Childbirth & First Year Of Fatherhood**

*Michael Crider \$24.00*

Humorous report from a dad who has done it.

### **Growing Up Again**

*Jean Illsley Clarke \$39.95*

Expert advice to help parents improve their parenting skills. Workbook style.

### **Your Anxious Child**

*John Dacey \$28.95*

How parents and teachers can relieve stress and anxiety in children.

### **Becoming The Parent You Want To Be**

*Laura Davis & Janis Keyser \$41.65*

A sourcebook of strategies for the first five years. Straightforward approaches to everyday questions and struggles faced by parents.

### **Idolising Children**

*Daniel Donahoo \$29.95*

Looks at the way parents' idolizing of children is damaging to development, and distorting of children's self-esteem.

### **How To Handle A Hard-To-Handle Kid**

*Drew Edwards \$32.95*

Parents guide to understanding and changing problem behaviours, temper tantrums, arguments and other disruptions.

### **What To Expect : The Toddler Years**

*Arlene Eisenberg \$39.95*

All questions answered, supportive and reassuring. Also available in same series, books about birth, pregnancy and the first year.

### **Parenting A Bipolar Child**

*Gianni Faedda \$33.95*

Up to date and practical information, what to do and why. Recognition, understanding and management.

**The 7 Worst Things (Good) Parents Do**

*John & Linda Friel \$24.95*

Practical book describing the 7 most self-defeating mistakes parents can make in raising their children. Even small changes can make a difference to the quality of your parenting skills.

**Raising Real People**

*Andrew Fuller \$26.95*

Australian best-seller that explores the delights, frustrations, and dilemmas facing parents of adolescents. Easy to read, workbook style.

**Kids' Skills**

*Ben Furman \$34.95*

Renowned Finnish therapist shares the Kids' Skills model, invaluable for parents, teachers. A playful and practical approach to solving difficulties faced by children and parents.

**Parent-onomics**

*Joshua Gans \$29.95*

Funny and insightful book from a father who tries to incorporate economics into his fathering style. Seems it is a good combination.

**Parents Under Siege**

*James Garbarino \$25.95*

Renowned author discusses why parents are the solution, not the problem in children's lives.

**Between Parent & Child**

*Haim Ginott \$32.95*

A pioneering guide to emotionally intelligent parenting, international best-seller that can improve paren-child communication.

**50 Wonderful Ways To Be A Single-Parent Family**

*Barry Ginsberg \$29.95*

Indispensable guide to having fun together, to build parental confidence, and develop self-esteem in children.

**200 Ways To Raise A Girl's Self-Esteem**

*Will Glennon \$22.95*

Clear instruction manual for all parents and teachers to empower our daughters.

**Angry Children, Worried Parents**

*Sam Goldstein \$35.95*

Practical steps to help families manage anger in their children.

**Kids & Drugs**

*Paula Goodyer \$19.95*

Realistic guide for parents, teaching good communication, commonsense, and harm minimization.

**Parenting For A Peaceful World**

*Robin Grille \$37.95*

Looks at how parenting customs have shaped societies, a book for parents, health professionals, teachers. Suggests that safeguarding children's emotional development is the key to creating a more peaceful world.

**Heart To Heart Parenting**

*Robin Grille \$35.00*

Nurturing your child's emotional health and intelligence from conception to school age.

**What's Happening To Our Girls**

*Maggie Hamilton \$32.95*

Too much too soon/ How our girls are over-stimulated, oversold, and oversexed.

**Parenting Inc.**

*Terri Hardwick \$22.95*

Comprehensive guide to parenting in the 21<sup>st</sup> Century by an Australian author who runs MotherTime, a national support network for mothers.

**Self-Esteem For Girls****Self-Esteem For Boys****Raising And Praising Girls****Raising And Praising Boys**

*Elizabeth Hartley-Brewer \$24.95 each*

Four excellent books to help parents raise happy and confident children. Invaluable suggestions.

**Parenting Your Out-Of-Control Child**

*George Kapalka \$29.95*

Help for overcoming temper tantrums, arguing, homework issues etc.

**Violence Proof Your Kids Now**

*Erika Karres \$25.95*

How to recognize warning signs and what to do about them, for parents and teachers.

**Staying In Control**

*Millicent Kellner \$35.95*

Anger management skills for parents of young adolescents. Workbook.

**The Mother Dance**

*Harriet Lerner \$32.95*

A wise book on parenting from celebrated author of *The Dance of Anger*, looks at how children can change your life and relationships.

**Step Parenting**

*Jeanette Lofas \$25.95*

Everything you need to know to make it work.

**Parenting Your Anxious Child With Mindfulness & Acceptance**

*Christopher McCurry \$32.95*

Powerful new approach to overcoming fear, panic, and worry, using acceptance and commitment therapy.

**Growing A Girl**

*Barbara Mackoff \$26.95*

Strategies for raising a strong spirited daughter, and for fostering her independence, individuality, and sense of self.

**How To Help Your Child Fly Through Life**

*Andrew Martin \$24.95*

Looking at all the big issues like starting school, homework, exams, motivation, and more.

**Raising Responsible Teenagers**

*Bob Myers \$18.65*

Useful guide for parents and teachers, and all who wish to interact with teens in a conflict-free atmosphere.

**Positive Discipline A-Z**

*Jane Nelson \$35.40*

1001 solutions to everyday parenting problems, a positive approach to parenting.

**Mother-Daughter Wisdom**

*Dr Christiane Northrup \$46.00*

How to create a legacy of physical and emotional health for your daughters.

**Parenting One Day At A Time**

*Alex Packer \$37.40*

Ideas from twelve step recovery are used to gain parenting skills of patience, acceptance, and love.

**When Our Children Come Out**

*Maria Pallotta-Chiarolli \$29.95*

How to support gay, lesbian, bisexual, and transgendered young people. Excellent to parents as well as for anyone working with young people.

**Boy Talk**

*Mary Polce-Lynch \$34.95*

Empathetic guide lines to help your son express his feelings, and become emotionally competent.

**Children Are People Too**

*Louise Porter \$32.95*

Best-selling parent's guide to young children's behaviour.

**Raising Difficult Children**

*Peter Powell & Brenda Inglis-Powell \$28.00*

Realistic behaviour management for difficult children including those with ADHD.

**Helping Your Anxious Child**

*Ronald Rapee \$29.95*

Easy to read guide for parents to guide children through their fears.

**Raising Healthy Children Day By Day**

*Jolene Roehlkepartain \$24.95*

Daily readings to inspire parents, teachers, and caregivers on raising children birth -5..Practical tips for a positive foundation.

**You Can't Make Me**

*Dr Leanne Rowe & Dr David Bennett \$14.95*

Seven simple rules for parenting teenagers.

**I Just Want You To Be Happy**

*Leanne Rowe & David Bennett \$27.95*

Preventing and tackling teenage depression. Guide for parents, teachers, and careers.

**How to Help Your Child With Homework**

*Jeanne Schumm \$32.95*

Classic guide by a teacher, to encourage good study habits, and instill a love of learning.

**Parenting Your Out-Of-Control Teenager**

*Scott Sells \$29.95*

Steps to re-establish authority and reclaim love when your family is in trouble.

**How's School?**

*Erin Shale \$24.95*

Helping your teenager get the most out of high school, from a school counselor/teacher who has guided many parents and children.

**Parenting From The Inside Out**

*Daniel Siegel \$29.95*

How a deeper understanding can help you raise children who thrive.

**The Balanced Mom**

*Bria Simpson \$27.95*

Taking care of you is not just OK, it's essential. Raising your kids without losing yourself.

**Raising Drug Free Kids**

*Aletha Solter \$26.95*

100 tips for parents to keep children of all ages away from abusing drugs and alcohol.

**The Anxiety Cure For Kids**

*Elizabeth Spencer \$23.95*

A guide for parents with anxious children, suggesting anxiety must be confronted every time it appears.

**Focus On Fathering**

*Robin Sullivan \$29.95*

Essays exploring the many facets of fathering from an Australian perspective.

**The Parent's Book About Bullying**

*William Voors \$27.95*

For parents on either side of the bullying fence, how to change the course of your child's life.

**Caring For Your Grieving Child**

*Martha Wakenshaw \$34.95*

Activities for dealing with loss and transition.

**Perfect Madness**

*Judith Warner \$34.95*

The stresses of motherhood in the age of anxiety

**Also have a look at our booklists on Teen and Children's Self-Esteem, Raising Girls and Raising Boys.**

*Prices can change without notice due to publisher increases beyond our control.*