

# Longwood Pediatrics: Provider's Recommended Book List

Updated 05/31/2016

## Infant & Toddler Development

Touchpoints-Birth to Three (09/26/2006)<sup>+</sup>

By T. Berry Brazelton and Joshua D. Sparrow

The Nursing Mother's Companion - 7th Edition: The Breastfeeding Book Mothers Trust, from Pregnancy through Weaning (04/14/2015)<sup>+</sup>

By Kathleen Huggins

Newborn Intensive Care: What Every Parent Needs to Know, 3rd Edition (10/19/2010)\*

By Jeanette Zaichkin

Heading Home with Your Newborn: From Birth to Reality (06/09/2015)\*

By Laura A. Jana and Jennifer Shu

Dad to Dad: Parenting Like a Pro (05/03/2012)\*

By David L. Hill

Your Baby's First Year, 4th Edition (09/29/2015)\*

By Steven P. Shelov

Caring for Your Baby and Young Child, Birth to Age 5, 6th Edition (11/02/2014)\*

By Steven P. Shelov

Raising Twins, 2nd Edition: Parenting Multiples From Pregnancy Through the School Years (09/05/2014)\*

By Shelly Vaziri Flais

Baby 411: Clear Answers and Smart Advice for Your Baby's First Year (08/17/2015)

By Ari Brown and Denise Fields

## Care of School-Age Children

The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition (03/26/2012)<sup>+</sup>

By Valorie Schaefer and Josee Masse

Waking Up Dry: A Guide to Help Children Overcome Bedwetting, 2nd Edition (04/10/2015)\*

By Howard J. Bennett

Caring for Your School Age Child: Ages 5-12 (07/06/1999)\*

By Edward L. Schor

Touchpoints 3 to 6 (10/15/2002)

By T. Berry Brazelton and Joshua D. Sparrow

## Puberty & Adolescent Development

The Care and Keeping of You 2: The Body Book for Older Girls (02/26/2013)<sup>+</sup>  
By Cara Natterson and Josee Masse

Caring for Your Teenager (04/29/2003)\*  
By Donald Greydanus and Philip Bashe

What's Happening to My Body? Book for Boys: Revised Edition (06/06/2007)  
By Lynda Madaras and Area Madaras

What's Happening to My Body? Book for Girls: Revised Edition (06/06/2007)  
By Lynda Madaras and Area Madaras

The Feelings Book (Revised): The Care and Keeping of Your Emotions (02/26/2013)  
By Lynda Madison and Josee Masse

A Smart Girl's Guide: Friendship Troubles - Revised (08/01/2013) (additional American Girl - Smart Girl's Guides recommended)  
By Patti Kelly Criswell and Angela Martini

## Behavioral Development

The Difficult Child: Expanded and Revised Edition (03/14/2000)<sup>+</sup>  
By Stanley Turecki

SOS: Help for Parents, Third Edition (10/30/2005)<sup>+</sup>  
By Lynn Clark

ADHD: What Every Parent Needs to Know, 2nd edition (02/13/2011)\*  
By Michael I. Reiff

Autism Spectrum Disorders: What Every Parent Needs to Know (09/26/2012)\*  
By Alan I. Rosenblatt & Paul S. Carbone

Building Resilience in Children and Teens, 3rd Edition (10/21/14)\*  
By Kenneth R. Ginsburg

Raising Kids to Thrive: Balancing Love With Expectations and Protection With Trust (03/24/2015)\*  
By Kenneth R. Ginsburg

The Emotional Life of the Toddler (05/01/1995)  
By Alicia F. Lieberman

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children (updated and revised 05/20/2014)  
By Ross W. Greene

Quirky Kids: Understanding and Helping Your Child Who Doesn't Fit In- When to Worry and When Not to Worry (08/31/2004)

By Perri Klass and Eileen Costello

## Anxiety

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) (09/15/2005)<sup>+</sup>

By Dawn Huebner and Bonnie Matthews

The Anxiety & Worry Workbook: The Cognitive Behavioral Solution (09/08/2011)

By David Clark and Aaron Beck

The Cognitive Behavioral Workbook for Anxiety: A Step-by-Step Program (11/01/2014)

By William Knaus

Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety (08/28/2012)

By Donna B. Pincus

Helping Your Anxious Child: A Step-by-Step Guide for Parents (12/03/2008)

By Ronald Rapee, Ann Wignall, Susan Spence, Heidi Lyneham

Master of Your Anxiety and Worry (03/23/2006)

By Michelle Craske and David Barlow

Wemberly Worried (04/27/2010)

By Kevin Henkes

Worried No More: Help and Hope for Anxious Children (10/15/2005)

By Aureen Pinto Wagner

## Coaching

Sports Success RX! Your Child's Prescription for the Best Experience (09/01/2006)\*

By Paul R. Stricker

Parenting Young Athletes the Ripken Way: Ensuring the Best Experience for Your Kids in Any Sport (04/05/2007)

By Cal Ripken and Rick Wolff

## Communication

Between Parent and Child (07/22/2003)<sup>+</sup>

By Haim G. Ginott

Talking with Children about Loss (10/01/1999)<sup>+</sup>

By Maria Trozzi

How to Talk So Kids Will Listen & Listen So Kids Will Talk (02/07/2012)

By Adele Faber and Elaine Mazlish

The Read-Aloud Handbook: Seventh Edition (07/25/2013)

By Jim Trelease

What Else Should I Read? Guiding Kids to Good Books, Vol. 1 (04/01/1995)

By Matthew L. Berman

What Else Should I Read? Guiding Kids to Good Books, Vol. 2 (08/15/1996)

By Matthew L. Berman

When Dinosaurs Die: A Guide to Understanding Death (Dino Life Guides for Families) (04/01/1998)

By Laurie Krasny Brown and Marc Brown

## Nutrition

Child of Mine: Feeding with Love and Good Sense, Revised and Updated Edition (03/01/2000)<sup>+</sup>

By Ellyn Satter

Food Fights: Winning the Nutritional Challenges of Parenthood Armed With Insight, Humor, and a Bottle of Ketchup (02/07/2012)\*

By Laura A. Jana and Jennifer Shu

Nutrition: What Every Parent Needs to Know (10/01/2011)\*

By William H. Dietz and Loraine Stern

A Parent's Guide to Childhood Obesity: A Roadmap to Health (08/01/2006)\*

By Sandra G. Hassink

How to Get Your Kid to Eat: But Not Too Much (09/01/1987)

By Ellyn Satter

Cooking Light Magazine (monthly publication)

## Sibling Rivalry

Arthur's Baby (Arthur Adventures) (11/30/1987)

By Marc Brown

Julius, the Baby of the World (09/21/1995)

By Kevin Henkes

Siblings without Rivalry: How to Help Your Children Live Together So You Can Live Too (04/09/2012)

By Adele Faber and Elaine Mazlish

## Sickness, Signs, & Symptoms

Vaccines and Your Child: Separating Fact from Fiction (03/07/2011)<sup>+</sup>  
By Paul A. Offit and Charlotte A. Moser

My Child Is Sick: Expert Advice for Managing Common Illnesses and Injuries (07/01/2011)\*  
By Barton D. Schmitt

Breaking the Antibiotic Habit: A Parent's Guide to Coughs, Colds, Ear Infections, and Sore Throats  
(03/01/1999)  
By Paul A. Offit

Your Child's Health: The Parents' One-Stop Reference Guide to: Symptoms, Emergencies, Common  
Illnesses, Behavior Problems, and Healthy Development (11/29/2005)  
By Barton D. Schmitt

## Sleep

Solve Your Child's Sleep Problems – New, Revised, and Expanded Edition (05/23/2006)<sup>+</sup>  
By Richard Ferber

Sleep: What Every Parent Needs to Know (09/03/2013)\*  
By Rachel Moon

Healthy Sleep Habits, Happy Child, 4th Edition: A Step-by-Step Program for a Good Night's Sleep  
(12/15/2015)  
By Marc Weissbluth

<sup>+</sup> Longwood Pediatrics favorite publications

\*American Academy of Pediatrics publications, available at [www.AAP.org](http://www.AAP.org)

The titles above may be available at your local library, bookstore, or online wherever books are sold.