

Attachment Parenting Suggested Reading List

General Attachment Parenting – Primary Resources

Attached at the Heart: 8 Proven Principles for Raising Connected and Compassionate Children by Barbara Nicholson and Lysa Parker

The Attachment Parenting Book: A Commonsense Guide to Understanding and Nurturing Your Baby by William Sears MD and Martha Sears RN

Attachment Parenting: Instinctive Care for Your Baby and Young Child by Katie Allison Granju and Betsy Kennedy

The Continuum Concept: In Search of Happiness Lost by Jean Liedloff

Hold on to Your Kids: Why Parents Need to Matter More Than Peers by Gordon Neufeld MD and Gabor Mate

Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent by Meredith F. Small

Respectful Parents, Respectful Kids by Sura Hart and Victoria Kindle Hodson

The Science of Parenting by Margot Sunderland

Becoming Attached: Unfolding the Mystery of the Infant-Mother Bond and Its Impact on Later Life by Robert Karen

Other General AP Books

Baby Matters: What Your Doctor May Not Tell You About Caring for Your Baby by Linda Folden Palmer MD

Creating the Capacity for Attachment: Treating Addictions and the Alienated Self by Karen B. Walant

Gentle Baby Care: No-Cry, No-Fuss, No-Worry Essential Tips for Raising Your Baby by Elizabeth Pantley

Kids: How Biology and Culture Shape the Way We Raise Our Children by Meredith F. Small

Mothering With Breastfeeding and Maternal Care by Mizin Park Kawasaki MD

The Natural Child: Parenting From the Heart by Jan Hunt

Natural Family Living: The Mothering Magazine Guide to Parenting by Peggy O'Mara

Parenting for a Peaceful World by Robin Grille

A Quiet Place: Essays on Life and Family by Peggy O'Mara

Giving the Love That Heals by Harville Hendrix

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Becoming a Parent – Primary Reading

The Year After Childbirth by Sheila Kitzinger

Every Child's Birthright: In Defense of Mothering by Selma Fraiberg

Mothering and Fathering: The Gender Differences in Child Rearing by Tine Thevenin

Let the Baby Drive: Navigating the Road of New Motherhood by Lu Hanessian

Loving Mama: Essays on Natural Parenting and Motherhood Edited by Tiffany Palisi

Reading for Mothers

The Hidden Feelings of Motherhood: Coping With Stress, Depression and Burnout, 2nd Edition by Kathleen A. Kendall-Tackett

Home by Choice: Raising Emotionally Secure Children in an Insecure World by Brenda Hunter

Ourselves as Mothers: The Universal Experience of Motherhood by Sheila Kitzinger

Sequencing by Arlene Rossen Cardoza

This Isn't What I Expected: Overcoming Postpartum Depression by Karen Kleiman MSW and Valerie D. Raskin MD

Twenty-Five Things Every Mother Should Know by Martha Sears RN and William Sears MD

Reading for Fathers

Becoming a Father: How to Nurture and Enjoy Your Family, 2nd Edition by William Sears MD

Covering Home: Lessons on the Art of Fathering From the Game of Baseball by Jack Petrash

Fathering Right From the Start: Straight Talk About Pregnancy, Birth and Beyond by Jack Heinowitz

Reading About Special Situations

Family Transitions: Young Children Speak Their Minds About Divorce (DVD) by Michael Trout

One Step at a Time: A Guide for Parents Navigating the Hospital Experience With Their Child by Jennifer Smith and Bradie Kwinsland

The Unexpected Legacy of Divorce: A Twenty-Five Year Landmark Study by Judith Wallerstein Ph.D., Julia Lewis and Sandra Blakeslee

Becoming a Family: Promoting Healthy Attachments With Your Adopted Child by Lark Eshleman

Kangaroo Care: The Best You Can Do to Help Your Preterm Infant by Susan Luddington-Hoe and Susan K. Golant

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Preparing for Pregnancy, Birth & Parenting – Primary Resources

The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth by William Sears MD and Martha Sears RN

A Guide to Effective Care in Pregnancy and Childbirth 3rd Edition by Murray Enkin et. al.

The Pregnancy Book: Month-by-Month, From America's Baby Experts by William Sears MD and Martha Sears RN

The Thinking Woman's Guide to a Better Birth by Henci Goer

Other Books About Preparing for Pregnancy, Birth & Parenting

Gentle Birth Choices: A Guide to Making Informed Decisions About Birthing Centers, Birth Attendants, Water Birth, Home Birth, and Hospital Birth by Barbara Harper

Ina May's Guide to Childbirth by Ina May Gaskin

Magical Beginnings, Enchanted Lives: A Holistic Guide to Pregnancy and Childbirth by Deepak Chopra MD et. al.

Mothering Magazine's Having a Baby, Naturally: The Mothering Magazine Guide to Pregnancy and Childbirth by Peggy O'Mara

The Official Lamaze Guide: Giving Birth With Confidence by Judith Lothia and Charlotte DeVriies

Natural Childbirth the Bradley Way by Susan McCutcheon-Rosegg, Erick Ingraham, and Robert A. Bradley

Feeding With Love & Respect – Primary Resources

The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solution Guide to Breastfeeding From the Foremost Expert in North America by Jack Newman MD and Teresa Pitman

The Womanly Art of Breastfeeding by La Leche League International

My Child Won't Eat: How to Prevent and Solve the Problem by Carlos Gonzalez MD

Other Books About Feeding With Love & Respect

Adventures in Tandem Nursing: Breastfeeding and Beyond by Hilary Flower

The Breastfeeding Answer Book by Nancy Mohrbacher and Julie Stock

The Breastfeeding Café: Mothers Share the Joys, Challenges and Secrets of Nursing by Barbara Behrmann

How Weaning Happens by Diane Bengson

Mothering Your Nursing Toddler by Norma Jane Bumgarner

Attachment Parenting Suggested Reading List

Emotional Responsiveness – Primary Resources

Connection Parenting: Parenting Through Connection Instead of Coercion, Through Love Instead of Fear by Pam Leo

Nonviolent Communication: A Language of Life – Create Your Life, Your Relationships and Your World in Harmony With Your Values by Marshall B. Rosenberg

Playful Parenting by Lawrence J. Cohen

Unconditional Parenting: Moving From Rewards and Punishments to Love and Reason by Alfie Kohn

Why Love Matters: How Affection Shapes a Baby's Brain by Sue Gerhardt

Other Books About Emotional Responsiveness

Five Love Languages of Children by Gary Chapman Ph.D. and Ross Campbell MD

Happiest Baby on the Block DVD by Harvey Karp MD

Between Parent and Child: The Bestselling Classic That Revolutionized Parent-Child Communication by Haim G. Ginott, Alice Ginott and Wallace Goddard

Between Parent and Teenager by Haim G. Ginott

Brilliant Babies, Powerful Adults: Awaken the Genius Within by John Mike

Connecting With Kids Through Stories: Using Narratives to Facilitate Attachment in Adopted Children by Denise Lacher, Todd Nichols and Joanne May

How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber and Elaine Mazlish

How to Talk So Teens Will Listen and Listen So Teens Will Talk by Adele Faber and Elaine Mazlish

Kids, Parents and Power Struggles: Winning for a Lifetime by Mary Sheedy Kurcinka

Listening to Your Baby: A New Approach to Parenting Your Newborn by Jay Gordon MD

Parent Effectiveness Training: The Proven Program for Raising Responsible Children by Thomas Gordon

Parenting From Your Heart: Sharing the Gifts of Compassion, Connection and Choice by Inbal Kashtan

Parenting With Peacefulness and Respect: The Most Difficult Job In the World by Louise A. Dietzel

Raising Children Compassionately: Parenting the Nonviolent Communication Way by Marshall B. Rosenberg

Attachment Parenting Suggested Reading List

Raising Our Children, Raising Ourselves: Transforming Parent-Child Relationships From Reaction and Struggle to Freedom, Power and Joy by Naomi Aldort

Nighttime Parenting – Primary Resources

The Family Bed by Tine Thevenin

Good Nights: The Happy Parents' Guide to the Family Bed (and a Peaceful Night's Sleep!) by Jay Gordon MD and Maria Goodavage

Nighttime Parenting: How to Get Your Baby and Child to Sleep by William Sears MD

Sweet Dreams: A Pediatrician's Secrets for Baby's Good Night's Sleep by Paul Fleiss MD

Other Books About Nighttime Parenting

The Baby Sleep Book: The Complete Guide to a Good Night's Rest for the Whole Family by William Sears, Martha Sears, Robert Sears and James Sears

Crying Baby, Sleepless Nights: Why Your Baby is Crying and What You Can Do About It by Sandy Jones

SIDS: A Parent's Guide to Understanding and Preventing Sudden Infant Death Syndrome by William Sears MD

Three In a Bed: The Benefits of Sharing Your Bed With Your Baby by Deborah Jackson

Baby Wearing & Nurturing Touch – Primary Resources

Becoming Attached: First Relationships and How They Shape Our Capacity to Love by Robert Karen

Bonding: Building the Foundations of Secure Attachment and Independence by Marshall H. Klaus MD et.al.

A Secure Base: Parent-Child Attachment and Healthy Human Development by John Bowlby

The Vital Touch: How Intimate Contact With Your Baby Leads to Happier, Healthier Development by Sharon Heller

Babywearing by Maria Blois MD

Tummy 2 Tummy (DVD)

Other Books about Baby Wearing & Nurturing Touch

Infant Massage: A Handbook for Loving Parents by Vimala Schneider McClure

Touching: The Human Significance of the Skin by Ashley Montagu

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Providing Consistent Loving Care

The Baby Book: Everything You Need to Know About Your Baby From Birth to Age Two by William Sears MD and Martha Sears RN

Being There: The Benefits of a Stay-At-Home Parent by Isabelle Fox

The Continuum Concept: In Search of Happiness Lost by Jean Liedoff

Five Love Languages of Children by Gary Chapman Ph.D. and Ross Campbell MD

Positive Discipline – Primary Resources

Connection Parenting: Parenting Through Connection Instead of Coercion, Through Love Instead of Fear by Pam Leo

How to Talk So Kids Will Listen and Listen So Kids Will Talk by Adele Faber and Elaine Mazlish

Nonviolent Communication: A Language of Life: Create Your Life, Your Relationships, and Your World in Harmony With Your Values by Marshall B. Rosenberg

Unconditional Parenting: Moving From Rewards and Punishments to Love and Reason by Alfie Kohn

Other Books About Positive Discipline

For Your Own Good: Hidden Cruelty in Child-Rearing and the Roots of Violence, 3rd Edition by Alice Miller

How to Really Love Your Child by D. Ross Campbell MD

How to Really Love Your Teen by D. Ross Campbell MD

Kids are Worth It: Giving Your Child the Gift of Inner Discipline, Revised Edition by Barbara Coloroso

Love and Limits: Guidance Tools for Creative Parenting by Elizabeth Crary

Loving Your Child is Not Enough: Positive Discipline That Works by Nancy Samalin and Martha Moraghan Jablow

Parent Effectiveness Training: The Proven Program for Raising Responsible Children by Thomas Gordon

Positive Discipline for Teenagers: Empowering Your Teen and Yourself Through Kind and Firm Parenting, 2nd Revised Edition by Jane Nelsen and Lynn Lott

Positive Parenting for a Peaceful World: A Practical Guide for the First Twelve Years by Ruth Tod

Raising Your Child Not by Force but by Love by Sidney D. Craig

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Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too by Adele Faber and Elaine Mazlish

Adventures in Gentle Discipline by Hilary Flower

Beyond Consequences, Logic and Control by Heather T. Forbes and B. Bryan Post Ph.D

The Gentle Art of Communicating With Kids by Suzette Haden Elgin

The Secret of Happy Children by Steve Biddulph Ph.D.

The Discipline Book: How to Have a Better Behaved Child from Birth to Age Ten by William Sears MD and Martha Sears RN

The Greatest Cruelty (video) Produced by Fred Hacker

Winning at Parenting – Without Beating Your Kids (audio recording) by Barbara Coloroso

Striving for Balance in Your Family Life

Everyday Blessings: The Inner Work of Mindful Parenting by Jon Kabat-Zinn and Myla Kabat-Zinn

Shelter for the Spirit: Create Your Own Haven in a Hectic World by Victoria Moran

Child Development and Understanding Cognitive Levels – Primary Resources

The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two by William Sears MD and Martha Sears RN

The Fussy Baby Book: parenting Your High-Need Child From Birth to Age Five by William Sears MD and Martha Sears RN

Growing Together: A Parent's Guide to Baby's First Year by William Sears MD

Growing Up: Attachment Parenting From Kindergarten to College by Isabelle Fox

How to Talk So Teens Will Listen and Listen So Teens Will Talk by Adele Faber and Elaine Mazlish

Additional Books About Child Development and Cognitive Levels

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross Greene

The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer by Harvey Karp MD

The Highly Sensitive Child: Helping Our Children Thrive When the World Overwhelms Them by Elaine Aron

Letting Go: A Parent's Guide to Understanding the College Years, 4th Edition by Karen Levin Coburn and Madge Lawrence Treeger

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Magical Child by Joseph Chilton Pearce

Magical Child Matures by Joseph Chilton Pearce

Magical Child, Magical Adult (audio recording) by Joseph Chilton Pearce

Reviving Ophelia by Mary Pipher Ph.D

The Tricycle Solution (DVD) by Marcia Jarmel and Ken Schneider

The Diaper-Free Baby by Christine Gross-Loh

Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, Energetic by Mary Sheedy Kurcinka

Staying Connected to Your Teenager: How to Keep Them Talking to You and How to Hear What They're Really Saying by Michael Riera

The Successful Child: What Parents Can Do to Help Their Kids Turn Out Well by William Sears MD, Martha Sears RN, and Elizabeth Pantley

Teenagers and Parents: Ten Steps for a Better Relationship by Roger McIntire

Uncommon Sense for Parents With Teenagers by Michael Riera

Your Amazing Newborn by Marshall H. Klaus and Phyllis H. Klaus

What Babies Want: An Exploration of the Consciousness of Infants (DVD) Produced by Debby Takikawa

The Bully, The Bullied and the Bystander: From Preschool to High School – How Parents and Teachers Can Help Break the Cycle of Violence by Barbara Coloroso

For Children

Baby on the Way by William Sears MD et. al.

The Best Gifts by Marsha Forchuk Skrypuch and Halina Below

The Biggest Bed in the World by Lindsay Camp and Jonathan Langley

Breastmilk Makes My Tummy Yummy by Cecilia Moen

The Cuddlers by Stacy Towle Morgan and Marvin Jarboe

Families are Forever by Craig Shemin et. al.

A Gift for Baby by Jan Hunt and Sunny Rosenbalm

On the Day You Were Born by Debra Frasier

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A Ride on Mother's Back: A Day of Baby Carrying Around the World by Emery Bernhard and Durga Bernhard

Welcome With Love by Jenni Overend and Julie Vivas

We Like to Nurse by Chia Martin and Shukyo Linn Rainey

What Baby Needs by William Sears MD et. al.

Who Has a Belly Button? By Mary Batten and Higgins Bond

Dumplings are Delicious by Debra Capone

Near Mama's Heart by Colleen Newman

Saturdays With Mez: A Day in the Life of a Breastfeeding Toddler by Lauren Serafin

Tooth Fairy Tales by Debra Capone