

# Resources for Parenting

For Up Your Parenting Game, February-March 2022

This is a sampling of resources. There are many, many books about parenting and ways to parent. Some will resonate better with you than others. Explore and see what you find!

## **Synergetic Play Therapy Institute**

<https://synergeticplaytherapy.com/>

They have articles and videos (paid and free)

## **Books by Dr. Daniel J. Siegel and Dr. Tina Payne Bryson**

Books they've written together are generally easier to read than books by Dan Siegel alone. They have written quite a few together.

Two of the books they've written:

*The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*

*No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind*

Websites:

<https://drdansiegel.com/>

<https://www.tinabryson.com/>



**Dr. Gordon Neufeld**

<https://neufeldinstitute.org/>

**Robyn Gobbel**

<https://robyngobbel.com/>

**Dr. Mona Delahooke**

<https://monadelahooke.com>

**Dr. Stuart Brown**

*Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul*

**Some other books**

*Discipline Without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery* Kindle Edition by [Judy Arnall](#)

*Nonviolent Communication: A Language of Life: Life-Changing Tools for Healthy Relationships* by [Marshall B. Rosenberg](#)

*Respectful Parents, Respectful Kids: 7 Keys to Turn Family Conflict into Cooperation* by [Sura Hart](#) (Author), [Victoria Kindle Hodson](#)

**Polyvagal Theory Resources**

Dr. Stephen Porges

<https://www.polyvagalinstitute.org/>

Deb Dana

<https://www.rhythmofregulation.com/>



**HEAD IN  
THE GAME**  
•CONSULTING•



For a parenting program that is more about how to use sticker charts, rewards, and consequences, consider The Incredible Years. Website: <https://incredibleyears.com/>