



**HEAD IN
THE GAME**
• CONSULTING •

Resources for Parenting

From Up Your Parenting Game, November 2022

This is a sampling of resources. There are many, many books about parenting and many, many ways to parent. Some will resonate better with you than others. Explore and see what you find! Remember to tune into your own wisdom as you learn and explore.

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

Their websites:

<https://drdansiegel.com/>

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

Dr. Gordon Neufeld

<https://neufeldinstitute.org/>

Hold on to Your Kids: Why Parents Need to Matter More Than Peers

Robyn Gobbel

<https://robyngobbel.com/>

Dr. Mona Delahooke

<https://monadelahooke.com>

Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges

Dr. Stuart Brown

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

Dr. Deborah McNamera

<https://macnamara.ca/>

Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one)

Dr Brooks Gibbs and Izzy Kalman

Offer ideas for responding to aggression and supporting kids on the receiving end of bullying behaviors.

<https://brooksgibbs.com>

<https://izzykalman.com>

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.polyvagal institute.org/>

Deb Dana

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

Trauma Geek

<https://traumageek.com>

For a parenting program that is about how to use sticker charts, rewards, and consequences, consider The Incredible Years. They're website:

<https://incredibleyears.com/>