



Summer Reading Selections for Parents

Students are encouraged to complete their summer reading assignments, and, this year, Dr. Hilton, St M's Consulting Psychologist has compiled a list of various reading selections for parents to consider in their own summer reading. We hope that you'll find a book or podcast that offers you support in your parenting journey!

Parenting and Developmental Stages of Childhood

Good Inside by Dr. Becky Kennedy - A parenting manual to help you make changes in your child's behavior while building a positive relationship with them.

The Emotional Lives of Teenagers by Dr. Lisa Damour - An exploration of the complex inner world of adolescents. It offers valuable guidance for parents, teachers and caregivers on how to support teenagers in navigating their emotions and building resilience.

Untangled by Dr. Lisa Damour - For parents of girls: Explores the developmental changes that girls go through from late childhood to adolescence and provides practical tips on how to support them

Parenting Children who are Anxious or Worried

Under Pressure by Dr. Lisa Damour - For parents of girls: Explains how preteen/teenage girls are responding to the pressures of contemporary culture, becoming increasingly anxious, and discusses how best to engage with and support them.

Why Smart Kids Worry and What Parents Can Do to Help by Allison Edwards, LPC - A book that explores the relationship between intelligence and potential for increased worry. The author proposes that "smart kids" worry because their minds take them places they aren't ready to go emotionally.

The Anxiety Audit by Lynn Lyons, LCSW - A good tool for parents to examine their own anxious thoughts and feelings. It offers an eye-opening look at the seven sneaky ways that anxiety and worry weave their way into our families, our friendships, and our jobs and provides actionable steps to reverse the cycle and reclaim our emotional well-being.

Impact of Current Culture on Parenting and Children

The Anxious Generation by Dr. Jonathan Haidt - Recent book release that analyzes the harmful effects of children growing up online. While screens have become a totally normalized part of kids' development today, social psychologist Jonathan Haidt argues that the negative effects seem to significantly outweigh the benefits.

Never Enough: When Achievement Culture Becomes Toxic - and What We Can Do About It by Jennifer Brehehy Wallace - Released last year, this book investigates the deep roots of toxic achievement culture, and suggests what we must do to fight back. It explores the premise that children are increasingly absorbing the message that they have no value outside of their accomplishments, a message that is reinforced by the media and greater culture at large.

Strengthening Coping Skills in Children

Coping Skills for Kids Workbook by Janine Halloran, MA, LMHC - Resource book for younger kids and tweens to develop and practice coping skills

You Can Handle It: 10 Steps to Shift Stress From Problem to Possibility by Margaret Wehrenberg, PsyD - Resource book appropriate for teens and adults to practice coping and problem-solving skills.

Parenting Children with ADHD or Executive Functioning Weaknesses

Smart but Scattered by Peg Dawson, EdD and Richard Guare, PhD - A guidebook for parents of 4-13 year old children who may struggle with organization, maintaining focus, planning ahead, time management, emotional regulation, and following through on tasks.

Taking Charge of ADHD: The Complete Authoritative Guide for Parents by Russell A. Barkley, PhD - Comprehensive guidebook that answers critical questions about how to get an accurate diagnosis, gain support from school and health care professionals, and use parenting techniques that promote prosocial behavior.

Supporting Children in their Social Interactions

Growing Friendships by Dr. Eileen Kennedy-Moore and Christine McLaughlin - A kid-friendly (appropriate for lower school students) guide that uses simple language, engaging illustrations, and humor to help girls and boys master the nuances of social interaction. I suggest parent and child read this together and discuss.

Growing Feelings by Dr. Eileen Kennedy-Moore and Christine McLaughlin - A kid-friendly guide (appropriate for lower school students) to recognize feelings underlying common friendship rough spots. It spells out the links between events, thoughts, emotions, actions, and social reactions, so kids can clearly see how their reactions fuel or resolve relationship problems. I suggest parent and child read this together and discuss.

Quiet Power: The Secret Strengths of Introverted Kids by Susan Cain with Gregory Mone and Erica Moroz - An empowering book for introverted tweens and teens. It offers practical tips and insights to help them embrace their strengths, build confidence, and thrive in a world that can feel overwhelming and often rewards extraversion. Also, a good parent and child co-read so that discussion is facilitated.

Behind Frenemy Lines: Rising Above Female Rivalry to be Unstoppable Together by Dr. Amber Tichenor - St. Michael's parent and industrial/organizational psychologist, Dr. Amber Tichenor has written a practical guide to help women find their peace, explore how they trust, establish true connections and know they are not alone when they are experiencing challenging interpersonal interactions in the workplace. Applications of her research findings can be made to development of these behaviors in adolescent girls' interactions with each other.

Podcasts (select episodes that pique your interest)

"Flusterclux with Lynn Lyons: For Parents who Worry" - parenting children with anxiety and worry

"Ask Lisa: The Psychology of Parenting" - parenting topics/conversations with Dr. Lisa Damour

"Good Inside with Dr. Becky" - tackling daily challenges in parenting with Dr. Becky Kennedy