

Library of Resources for parents

- How to talk so kids will listen and listen so kids will talk, Adele Faber and Elaine Mazlish
Very easy to read, very effective parenting techniques
- The book you wish your parents had read, Philippa Perry
Again, very effective parenting techniques
Helping your child with fears and worries Cathy Cresswell and Lucy Willetts
Written by two of the UK's foremost experts on childhood anxiety, this extremely useful guide will enable you to understand what is causing your child's worries and to carry out step-by-step practical strategies to help him or her to overcome them.
- Divas and dictators, Charlie Taylor
How to deal with unruly toddlers and young children
- Toddler Taming, Dr Christopher Green
What it says on the tin!
- The A-Z of Therapeutic parenting, Sarah Naish
Recommended for adopted children or children in care, special guardianship, children who have experienced trauma
- A Guide to Attachment and how it affects people's lives by a foster carer and adoptive parent
Recommended for adopted children or children in care, special guardianship, children who have experienced trauma
- The Quiet Child, Susan Cain
The Power of introverts in a world that can't stop talking
- No More nappies
A simple guide to potty training
- No more dummies
A child's guide to giving up a dummy
- The Sleep Lady's good night, sleep tight, Joanne Kennen
Support to get your child to sleep at night
- A-Z of tricky behaviours in the Early Years, Dr Hannah Mortimer
- Listening to Children in their Early Years, Dr Hannah Mortimer
How to see things from the child's point of view
- Raising Girls, Steve Biddulph
Helping your daughter to grow up wise, warm and strong
- Raising Boys, Steve Biddulph
Helping your son to grow up open-hearted, kind and strong
- De-toxing childhood, Sue Palmer
Supporting children to adopt healthy habits in the modern world
- Help your child to succeed, Bill Lucas and Alistair Smith
Helping your child to succeed in life is within the grasp of every parent
- The reason I jump, Naoki Higashida
One boy's voice from the silence of autism
- Teeth are not for biting
- Baby massage and yoga, in Anita Epple and Pauline Carpenter
- What to do when you dread your bed
A guide to parents through cognitive-behavioural techniques used to treat problems with sleep