

## PARENT RESOURCES

**FaceBook:**



Dr. Shafali

1 Awesome Dad

Parenting Beyond Punishment

Hand in Hand Parenting

Child Mind Institute

Brain, Child Magazine

Aha Parenting



Brene Brown: The Power of Vulnerability

Jaak Panksepp: The Science of Emotions

**Books:**



Unconditional Parenting – Alfie Kohn

The Conscious Parent- Dr. Shefali Tsabary

Discipline without Damage- Vanessa LaPointe

Parenting from the Inside Out- Daniel Siegel

The Whole Brain Child- Daniel Siegel

I Love You Rituals- Becky A. Bailey

Playful Parenting-Lawrence J. Cohen