

Recommended Books for Teachers and Parents

- The Art of Happiness: A Handbook for Living* by His Holiness the Dalai Lama and Howard C. Cutler, M.D.
- Becoming the Parent You Want to Be: A Sourcebook of Strategies for the First Five Years* by Laura Davis and Janis Keyser.
- Bet New Games: 77 Games and 7 Trust Activities for All Ages and Abilities* by Dale N. Lefevre.
- Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children* by Linda Lantieri and Daniel Goleman.
- Bullying in American Schools: A Social-Ecological Perspective on Prevention and Intervention* by Dorothy L. Espelage and Susan M. Swearer.
- Bullying, Victimization, and Peer Harassment: A Handbook of Prevention and Intervention* by Joseph E. Zins, Maurice J. Elias, and Charles A. Maher (Eds.).
- Caring Classrooms/Intelligent Schools: The Social Emotional Education of Young Children* by Jonathan Cohen (Ed.).
- Children's Social Consciousness and the Development of Social Responsibility* by Sheldon Berman.
- Creating Culturally Responsive Classrooms* by Barbara J. Shade, Cynthia A. Kelly, and Mary Oberg.
- Creative Conflict Resolution: More Than 200 Activities for Keeping Peace in the Classroom K-6* by William J. Kreidler.
- Cultural Diversity and Social Skills Instruction: Understanding Ethnic and Gender Differences* by Gwendolyn Cartledge.
- Culturally Responsive Teaching: Theory, Research, and Practice* by Geneva Gay.
- The Difficult Child* by Stanley Turecki, M.D. and Leslie Tonner.
- Diversity in the Classroom: New Approaches to the Education of Young Children* by Frances E. Kendall.
- Early Violence Prevention: Tools for Teachers of Young Children* by Ronald G. Slaby, Wendy Roedell, Diana Arezzo, and Kate Hendrix.
- Easing the Teasing: Helping Your Child Cope with Name-Calling, Ridicule, and Verbal Bullying* by Judy S. Freedman
- Educating People to Be Emotionally Intelligent* by Reuven Bar-On, J. G. Maree, and Maurice J. Elias, Ph.D. (Eds.).
- The Educator's Guide to Emotional Intelligence and Academic Achievement: Social-Emotional Learning in the Classroom* by Maurice J. Elias, Ph.D. and Harriet Arnold (Eds.).
- The Emotional Development of Young Children: Building an Emotion-Centered Curriculum* by Marilou Hyson.
- Emotional Intelligence: Why It Can Matter More Than IQ* by Daniel Goleman.
- Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child* by Maurice J. Elias, Ph.D., Steven E. Tobias, Ph.D., and Brian S. Friedlander, Ph.D.
- Everybody Wins: 393 Non-Competitive Games for Young Children* by Jeffrey Sobel.
- Everyday Blessings: The Inner Work of Mindful Parenting* by M. Kabat-Zinn and J. Kabat-Zinn.
- The Feelings Book: The Care & Keeping of Your Emotions (American Girl)* by Dr. Lynda Madison
- Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* by Jon Kabat-Zinn, Ph.D.
- Games Educators Play: Interactive Games and Role Plays* by Mary J. Podgurski.
- Getting Past No: Negotiating Your Way from Confrontation to Cooperation* by William Ury.
- Getting to Yes: Negotiating Agreement without Giving In* by Roger Fisher, Bruce Patton, and William Ury.
- Healthy Teens: Facing the Challenges of Young Lives (Third Edition)* by Alice R. MacCarthy, Ph.D.
- The Heart of Parenting: Raising an Emotionally Intelligent Child* by John Gottman, Ph.D. and Joan Declaire.
- Helping Students Overcome Substance Abuse: Effective Practices for Prevention and Intervention* by Jason J. Burrow-Sanchez and Leanne S. Hawken.
- Homework Without Tears: A Parent's Guide for Motivating Children to Do Homework and to Succeed in School* by Lee Canter and Lee Hausner, Ph.D.
- How to Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish.
- The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 3–8* by Carolyn Webster-Stratton, Ph.D.
- Interventions for Academic and Behavior Problems II: Preventive and Remedial Approaches* by Mark R. Shinn, Gary Stoner, and Hill M. Walker.

Just Say Know: Talking with Kids about Drugs and Alcohol by Cynthia Kuhn, Ph.D., Scott Swartzwelder, Ph.D., and Wilkie Wilson, Ph.D.

The Kindness Curriculum: Introducing Young Children to Loving Values by Judith Anne Rice.

Kid Cooperation: How to Stop Yelling, Nagging and Pleading and Get Kids to Cooperate by Elizabeth Pantley.

Kids Can Cooperate: A Practical Guide to Teaching Problem Solving by Elizabeth Crary.

Learning Together and Alone: Cooperative, Competitive, and Individualistic Learning by David W. Johnson and Roger T. Johnson.

Late, Lost, and Unprepared: A Parent's Guide to Helping Children with Executive Functioning by Joyce Cooper-Kahn, Ph.D. and Laurie Dietzel, Ph.D.

Little Girls Can Be Mean: Four Steps to Bully-Proof Girls in the Early Grades by Michelle Anthony, Ph.D. and Reyna Lindert, Ph.D.

Love and Anger: The Parental Dilemma by Nancy Samalin and Catherine Whitney.

1-2-3 Magic: Effective Discipline for Children 2–12 by Thomas W. Phelan, Ph.D.

Magic Trees of the Mind: How to Nurture Your Child's Intelligence, Creativity, and Healthy Emotions from Birth Through Adolescence by Marian Diamond, Ph.D. and Janet Hopson.

Making Schools Safer and Violence Free: Critical Issues, Solutions and Recommended Practices by Hill M. Walker and Michael H. Epstein (Eds.).

Meet Me in the Middle: Becoming an Accomplished Middle-Level Teacher by Rick Wormeli.

The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate by S. K. Greenland

The Moral Judgment of the Child by Jean Piaget.

The Moral Life of Children by Robert Coles.

Multicultural Education of Children and Adolescents by M. Lee Manning and Leroy G. Baruth.

Multiple Intelligences in the Classroom by Thomas Armstrong.

Multiple Intelligences: The Theory in Practice by Howard Gardner.

The Nature of Prejudice by Gordon W. Allport.

Nonviolent Communication: A Language of Life by Marshall B. Rosenberg, Ph.D.

Odd Girl Out: The Hidden Culture of Aggression in Girls by Rachel Simmons.

The Optimistic Child by Martin E. P. Seligman, Ph.D.

A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings (American Academy of Pediatrics) by Kenneth R. Ginsburg, M.D.

Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds by Rex Forehand, Ph.D. and Nicholas Long, Ph.D.

Parenting Your Anxious Child with Mindfulness and Acceptance: A Powerful New Approach to Overcoming Fear, Panic, and Worry Using Acceptance and Commitment Therapy by Christopher McCurry, Ph.D.

The Peaceful Classroom: 162 Easy Activities to Teach Preschoolers Compassion and Cooperation by Charles A. Smith, Ph.D.

The Primal Teen: What the New Discoveries about the Teenage Brain Tell Us About Our Kids by Barbara Strauch.

Promoting Social and Emotional Learning: Guidelines for Educators by Maurice J. Elias, Joseph E. Zins, Roger P. Weissberg, Karin S. Frey, Mark T. Greenberg, Norris M. Haynes, Rachael K. Kessler, Mary E. Schwab-Stone, and Timothy P. Shriver.

Quality Middle Schools: Open and Healthy by Wayne K. Hoy and Dennis J. Sabo.

Raising a Thinking Child: Help Your Young Child to Resolve Everyday Conflicts and Get Along with Others by Myrna B. Shure, Ph.D. and Theresa Foy DiGeronimo.

Raising an Emotionally Intelligent Child: The Heart of Parenting by John Gottman, Ph.D. and Joan Declaire.

Raising Children in a Socially Toxic Environment by James Garbarino.

Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People by H. Stephen Glenn, Ph.D. and Jane Nelsen.

Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic by Mary Sheedy Kurcinka.

Rethinking Substance Abuse: What the Science Shows, and What We Should Do about It by William R. Miller and Kathleen M. Carroll (Eds.).

Role Play: Theory and Practice by Krysia M. Yardley-Matwiejczuk.

Roots & Wings: Affirming Culture in Early Childhood Programs by Stacey York.

Schools Where Everyone Belongs: Practical Strategies for Reducing Bullying by Stan Davis and Julia Davis.

Schools with Spirit: Nurturing the Inner Lives of Children and Teachers by Linda Lantieri (Ed.).

The Second Cooperative Sports and Games Book by Terry Orlick.

The Shelter of Each Other: Rebuilding Our Families to Enrich Our Lives by Mary Pipher, Ph.D.

Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too by Adele Faber and Elaine Mazlish.

Social Intelligence: The New Science of Human Relationships by Daniel Goleman.

SOS! Help for Parents by Lynn Clark, Ph.D.

Stop Arguing and Start Understanding: Eight Steps to Solving Family Conflicts by David C. Hall, M.D.

Sustainable Schoolwide Social-Emotional Learning: Implementation Guide and Toolkit by Elizabeth Devaney, Mary Utne O'Brien, Hank Resnik, Susan Keister, and Roger P. Weissberg.

Thinking Parent, Thinking Child by Myrna B. Shure, Ph.D.

Understanding Youth: Adolescent Development for Educators by Michael J. Nakkula and Eric Toshalis.

The Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends by Natalie Madorsky Elman, Ph.D. and Eileen Kennedy-Moore, Ph.D.

Urban Dreams: Stories of Hope, Resilience and Character by Maurice J. Elias, Gina Ogburn-Thompson, Claudine Lewis, and Deborah I. Neft (Eds.).

Using Literature to Help Troubled Teenagers Cope with Societal Issues by Pamela S. Carroll (Ed.).

When Anger Hurts Your Kids: A Parent's Guide by Matthew McKay, Ph.D., Patrick Fanning, Kim Paleg, Ph.D., and Dana Landis.

Without Spanking or Spoiling: A Practical Approach to Toddler and Preschool Guidance by Elizabeth Crary.

You Can't Say You Can't Play by Vivian Gussin Paley.