



# General Parenting Resources

Check here to find books by experts in the field that may be helpful to parents and other caregivers dealing with children and youth affected by trauma. There are additional books for adult survivors of trauma who are parenting.

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- [Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment](#) by Daniel Hughes, PhD and Jonathan Baylin, PhD
- [Parenting from the Inside Out](#) by Daniel Siegel, MD and Mary Hartzell, MEd
- [The Whole-Brain Child](#) by Daniel Siegal, MD
- [Raising an Emotionally Intelligent Child](#) by John Gottman, PhD
- [The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children](#) by Ross W. Greene, PhD
- [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, PhD
- [The Teen Relationship Workbook: For Professionals Helping Teens to Develop Healthy Relationships and Prevent Domestic Violence](#) by Kerry Moles, CSW
- [How to Talk so Kids Will Listen...And Listen So Kids Will Talk](#) by Adele Faber, Elaine Mazlish
- [Survivor Moms: Women's Stories of Birthing, Mothering and Healing after Sexual Abuse](#) by Mickey Sperlich MA CPM
- [When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women](#) by Penny Simkin
- [Trigger Points](#) by Joyelle Brandt and Dawn Daum