

Skill Building

Bloomquist, Michael L. (2005). *Skills Training for Children with Behavior Problems, Revised Edition: A Parent and Practitioner Guidebook.* New York, NY: The Guilford Press. *Practical methods to helping kids with behavioral problems.*

Borba, Michele. (2002). *Building Moral Intelligence: The Seven Essential Virtues That Teach Kids to Do the Right Thing.* San Francisco, CA: Jossey-Bass. *Helps children learn empathy, self-control, kindness, and tolerance. Excellent philosophical approach with many practical, hands-on activities for parents and children.*

Borba, Michele. (2004). *Don't Give Me That Attitude! 24 Rude, Selfish, Insensitive Things Kids Do and How to Stop Them.* San Francisco: Jossey-Bass. *Identifies specific "attitudes" such as impatience, irresponsibility, and noncompliance and provides strategies for parents to develop positive behaviors.*

Borba, Michele. (1999). *Parents Do Make a Difference: How to Raise Kids with Solid Character, Strong Minds, and Caring Hearts.* San Francisco, CA: Jossey-Bass, 1999. *A spiritual approach to parenting.*

Brooks, Robert and Sam Goldstein. (2002). *Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child.* New York, NY: Contemporary Books. *Good methods to create a well-adapted, emotionally healthy child.*

Christophersen, Edward R. and Susan L. Mortweet. (2003). *Parenting That Works: Building Skills That Last a Lifetime.* Washington, D.C.: American Psychological Association. *Parents are shown how to model and reward positive behavior and avoid the need for ineffective punishment-type discipline.*

Cohen, Lawrence J. (2002). *Playful Parenting.* New York, NY: Ballantine Books. *Emphasizes play as a means of communication for children.*

Elias, Maurice J., Steven E. Tobias, and Brian S. Friedlander. (2000). *Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child.* New York, NY: Three Rivers Press. *Provides ways to raise children and guide them towards responsible action.*

Goleman, Daniel. (2006). *Emotional Intelligence. 10th Anniversary ed.* New York, NY: Bantam Books, Inc. *Discusses the role of self-awareness, self-discipline, and empathy in an individual's emotional intelligence and how this can be developed.*

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Goleman, Daniel. (2007). *Social Intelligence: The New Science of Human Relationships*. New York, NY: Bantam Books, Inc. Examines the brain and our physiological need for human connection in an increasingly disconnected world.

Gottman, John and Joan Declaire. (1998). *Raising an Emotionally Intelligent Child*. New York, NY: Simon & Schuster. Guidelines for teaching children emotional intelligence.

Lavin, Judith L. (2001). *Special Kids Need Special Parents: A Resource for Parents of Children with Special Needs*. New York, NY: Berkley Trade. Good ideas for a wide range of childhood disabilities. Strategies for enhancing self-esteem and family unity.

Rich, Dorothy. (1992). *MegaSkills: In School and In Life - The Best Gift You Can Give Your Child*. Rev. ed. New York, NY: Houghton Mifflin. A parents' guide to childhood achievement, with hands-on techniques and activities for kids.

Seligman, Martin E. (1996). *The Optimistic Child: Proven Program to Safeguard Children From Depression & Build Lifelong Resilience*. New York, NY: HarperCollins, Inc. Ideas to increase optimism and resiliency in children.

Shapiro, Lawrence E. (1998). *How to Raise a Child with a High EQ: A Parents' Guide to Emotional Intelligence*. New York, NY: HarperCollins, Inc. Guide for parents that focuses on the child's expression.