

## Dr. Schroer's Expanded Parenting Book List

Most books are available at the Columbus Metropolitan Libraries. Please read with discernment. The content of the books may be generally helpful, but you still must use good judgment. I have read some but not all of the books. You can buy many of these books at Christian Book Distributors (1-800-247-4784 or [www.christianbook.com](http://www.christianbook.com)). Other books on related topics can be recommended by your doctor.

A Mother's Heart	Jean Fleming	Christian Book. "A look at values, vision, and character for the Christian mother."
Active Christian Parenting	Augsburg and Fortress	Christian Book. "Active Christian Parenting Parent's Guide combines skill-based parenting strategies with a focus on Christian values and practice, giving parents the tools they need to improve their parenting skills and foster their children's faith development."
Adventures in Odyssey (tapes for Children)	Focus on the Family	<b>For Children. Very entertaining Audio Tape or CD Series (available at the library, too!). Children can listen to fun adventures and exciting stories. Great for car travel.</b>
And Then I had Kids	Susan Alexander Yates	<b>Christian Book. Encouragement for Mothers of Young Children. Practical wisdom, counsel and advice for raising children.</b>
And Then I had Teenagers	Susan Alexander Yates	Christian Book. "Drawing from her experience raising five teenagers, Yates walks you through everything from preparing for the teen years to letting your teens go. Her insight will help you to create open communication, set limits, understand what's normal (and what's not!), take advantage of peer pressure, build your teen's faith, and much more."
Boundaries in Dating	Henry Cloud and John Townsend	Christian book. "Dating scene got you down? Try a new approach! Discover how to take responsibility for your life, behavior, and values as God intended. Organized by principles such as honesty, freedom, and respect, this guide helps you develop self-control and intimacy in healthy dating relationships so you're better able to find and commit to a marriage partner"
Boundaries with Kids	John Townsend and Henry Cloud	Christian Book. "The award-winning authors of <i>Boundaries</i> now show you how to apply their 10 life-changing principles to parenting! Drawing on numerous case studies, Drs. Cloud and Townsend explain how to implement the "preventive medicine" of character development by defining legitimate family boundaries, bringing control to out-of-control family life, helping your children develop healthy boundaries, and more."
Complete Book of Baby & Child Care	Paul Reisser	<b>A one-stop resource that addresses the everyday nuts and bolts of parenting children.</b>
Elbows off the Table, Napkin in the lap, No Video Games during the Dinner	Carol Wallace	"The modern guide to teaching children good manners." Etiquette for children and teenagers.
Five Love Languages of Teenagers	Gary Chapman	<b>Christian book. "Just like adults, teenagers desperately need to feel that they are loved. Yet communicating this truth to our kids can be challenging, since people naturally give and receive in distinct-and often conflicting- ways."</b>
Five Signs of a Loving Family	Gary Chapman	Christian book. "In modern Western culture, it is widely acknowledged that the family is in serious trouble. By now, you've heard the term 'dysfunctional family' hundreds, even

		thousands of times. You know how such families behave. And, sadly, you have come to fear that the word 'dysfunctional' describes or one day will describe—your relationship with the people you love most...Strong, loving families do exist today. But if you want to establish healthy patterns in your own family, you'll need to learn how to recognize and apply the qualities they share..."
<b>God's Design for Sex (books for kids)</b>	<b>Stan &amp; Brenna Jones and C. Nystrom.</b>	<b>Christian Book Series to read to children to explain sex. There are many books in the series: The Story of Me (ages 3-5); Before I was born (ages 5-8); What's the Big Deal? Why God Cares about Sex (ages 8-11); Facing the Facts: The Truth about Sex and You (ages 11-14)</b>
Greater Expectations	William Damon	Secular Book. (This book is excellent but it is a more scholarly read). "Overcoming the Culture of Indulgence in our Homes and Schools." Bolain: "William Damon believes a battle is brewing over the future of our society. On the one side, many dedicated people are working to help our nation's youth. But on the other side, the problems are only worsening -- violence, criminality, discouragement and self-destructiveness. Poor and rich kids alike are drifting through childhood without finding the skills and virtues they need to sustain a fruitful life. Commonly accepted standards have fallen tremendously and so have children's skills and behaviors."
Helping Children of Divorce	Susan Diamond	A handbook for parents and teachers.
<b>How to Develop Your Child's Temperament</b>	<b>Beverly LaHaye</b>	<b>Christian book. "How to develop your child's Temperament contains answers to some of the frustrating problems parents face. This book presents proven concepts which will help you relate to your children on a one-to-one basis helping you train each child according to his or her temperament."</b>
How to Really love your Child	Ross Campbell	Christian Book. "Most children doubt that they are genuinely, unconditionally loved," says Campbell. What can parents do? This bestseller shows you how to demonstrate love to your young children in dozens of ways---from positive eye-contact and physical touch to effective discipline and spiritual nurture."
<b>How to Really love your Teenager</b>	<b>Ross Campbell</b>	<b>Christian book. Merker: "Campbell gives some excellent practical advice on how to effectively communicate unconditional love to teenagers. However, I feel he puts too much emphasis on feelings and self-esteem. He seems to put forth self-esteem as a panacea for all teenage problems: if we can make them feel loved and feel good about themselves, we can prevent depression, substance abuse, or immorality. In addition to his often-simplistic solutions, he also comes across uptight and rigid at times. All in all I would recommend this book, especially the chapters on dealing with anger in our teens and in ourselves."</b>
Key to Your Child's Heart	Gary Smalley	Christian book. "In this child-rearing classic (revised and expanded), Gary Smalley cuts to the relational heart of parenting to show you proven parenting methods that can spell the difference between an angry, rebellious, distant child and a happy, cooperative one."

		maturity and balance (justice, compassion, and commitment form a more biblical basis for relational health) but the insights on culture are invaluable to those who are raising boys.”
Relaxed Parent	Tim Smith	Christian book. Choops: “The title of this book is a little misleading. ‘The Relaxed Parent’ conveys a feeling of permissiveness, which is <b>not</b> what the book is about. ‘The Principled Parent’ would be a more accurate title. Another weakness of this book is a lack of real life and age-appropriate examples of ‘Principled Parenting’. I think this book is an excellent start and is a good foundation to parenting effectively, but some more real life examples would be helpful.”
Reviving Ophelia	Mary Pipher	Secular book. This book can be depressing but is very insightful for raising girls.
Seven Habits of Highly Effective Families	Stephen Covey	This book addresses the development of a healthy, cohesive family.
Sex, strength and the Secrets of becoming a Man	Donald Joy	Christian Book. For teenage boys. “Even in this troubled world, it’s still possible to grow up to be a healthy, pure, strong and responsible man. In Becoming a Man, you’ll see how to reach the highest vision of what God wants for your life. Don’t settle for anything less.”
Shepherding your Child’s Heart	Tedd Trip	Christian book. Botti: “Tedd Tripp believes the goal of parenting is to shepherd a child’s heart rather than just correct a child’s behavior. He bases this goal on the principle in Luke 6 (the heart as the control center of life). He believes you should help the child to understand that his/her wrong behavior is a result of a straying heart. Change the heart and you will change the behavior.”
Single parenting	Robert Barnes	Christian Book. “In-depth answers to important questions single parents have. With biblical insight, Barnes points the way to personal and family healing.”
Solve your Child’s Sleep Problems	Richard Ferber	Helping parents solve your child’s sleep problems.
Train up a Mom	Vollie Sanders	Christian Book. “Proverbs tells us to train our children in the way they should go---but who trains <i>us</i> ? Sanders answers the call, using Scripture and her 30-plus years of mothering experience to help you focus on God and entrust him with your children's lives. Includes study questions and suggestions for meditation and prayer.”
What every Mom Needs: Your Nine Basic Needs (and be a Better Mom)	Elisa Morgan and Carol Kuykendall	Ideas on how to take care of yourself so you can be a better mother.
<b>What Really Matters at Home</b>	<b>John and Susan Alexander Yates</b>	<b>Christian book. Eight Crucial Elements for Building Character in Your Family</b>
You and Your Child	Charles Swindoll	Christian book. “You and Your Child is a book for moms and dads engaged in the exacting task of raising children - moms and dads who are weary of theories and seminars and opinions that sound good but prove unrealistic. This is a book full of practical information, sound advice, and solid principles from one of

Learning to Let Go	Carl Kuykendall	Christian book. This is a good book for fearful or controlling parents. "Do you find it hard to give your kids room to explore without hovering? You're not alone! One of the most important challenges God has given to parents is to let go to allow children to grow into healthy, independent adults. Kuykendall's biblically sound advice will show you how to most effectively nurture, and let go little by little as your kids grow."
Manipulative Child	Swihart and Cotter	Secular Book. "Manipulation is the behavior kids learn when their parents are reluctant or afraid to say no. Although it may seem easier to give in, allowing manipulative behavior will have serious long-term effects on a child's self-esteem and his or her ability to successfully meet life's challenges."
Moral Child	William Damon	Secular book. Himsworth: "One of the books I most frequently recommend, The Moral Child is a secular, scholarly study of moral development in children. Damon's premise is that the cultivation of empathy is the cornerstone for learning to treat others with justice and maintain mature relationships."
<b>New Dare to Discipline</b>	<b>James Dobson</b>	<b>Christian book. "Child-rearing may be the most important thing we ever do-but few of us are trained for it. Here's proven, biblical advice for raising children!"</b>
New Hide or Seek : Building Confidence in your Child	James Dobson	Christian book. "Few of us measure up to the value judgments society makes. In the updated, 25th-iversary edition of his classic best seller, Dr. Dobson offers 12 solid strategies for building self-esteem in your kids."
Parenting Adolescents	Kevin Huggins	Christian book. "In Parenting Adolescents, Kevin Huggins examines the many ties between rearing mature, Christlike kids, and developing maturity, wisdom, and Christlikeness in your own life. Rather than offering a series of formulas designed to generate better behavior in your kids, he shows how the normal ups and downs of family life can be used to build true love and godly character in you and your teens at the same time."
Parenting the Wild Child	Miles McPherson	Christian Book. "Before you surrender, know this: There's Hope! Blending street-wise understanding with biblical truths, Miles McPherson presents uncommon guidance for parents who don't know where to turn. The goal isn't to 'fix' your wayward teenager. Rather, you will learn how to help your child want to change his or her rebellious ways. The fact is, misbehavior is like cancer - spiritual cancer. Everyone has the cellular capacity for cancer, but not everyone experiences uncontrolled cell growth. The same is true about teens and their behavior. If your family is in the midst of a spiritual battle, Parenting the Wild Child will help you understand the destructive lies you and your teenager may be tempted to believe."
<b>Parenting Today's Adolescents</b>	<b>Dennis Rainey</b>	<b>Christian Book. Helping your child avoid the traps of the preteen and teen.</b>
Parents Guide to the Best Books for Children	Eden Ross Lipson	Ideas for great children's books.
Raising Cain	Dan Kindlon and Michael Thompson	Secular book. Himsworth: "An excellent examination of pressures that boys face in North American culture. I do not agree with the central premise that emotional expression produces

		America's most beloved writers and teachers, Charles Swindoll. He writes with clarity, humor, and passion about effective, practical parenting, a topic he's learned from extensive biblical study, and from surviving life "in the trenches."
You Can't Make Me: But I can be Persuaded	Cynthia Tobias	Christian Book. "Help and hope is here for parents of strong-willed children! Writing from personal experience, Tobias provides specific strategies for motivating and disciplining your difficult child; helping your child succeed; responding appropriately; and strengthening family relationships. You'll gain insights about your child <i>and</i> yourself, and experience greater peace within your whole family"
You're a better parent than you think	Guarendi, Raymond	<b>A guide to common-sense parenting.</b>
365 TV-free Activities you can do with your Child	Steve and Ruth Bennett	<b>Ideas for things to do with your child.</b>
52 Simple Ways to have fun with Your Child	Stephen Arterburn	<b>Fun things to do with your children.</b>