

Vancouver CBT Centre

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Parent Reading Resources

Ain't Misbehavin': Tactics For Tantrums, By Alison Schafer

Breaking the Good Mom Myth, By Alison Schafer

Honey, I Wrecked The Kids By Alison Schafer

How to Raise and Adult By Julie Lythcott-Haims

Masterminds and Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World By Rosalind Wiseman

Queen Bees and Wannabes, 3rd Edition: Helping Your Daughter Survive Cliques, Gossip, Boys, and the New Realities of Girl World By Rosalind Wiseman

How to Be the Parent You Always Wanted to Be By Adele Faber

The Explosive Child and Lost in Schools by Ross Greene

How Children Succeed: Grit, Curiosity, and the Hidden Power of Character By Paul Tough

Bully, the Bullied, and the Not-So Innocent Bystander By Barbara Coloroso

Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life By Stuart Shanker

The Blessing Of A Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children by Wendy Mogel

The Dolphin Parent by Shimi Kang

Mindset: The New Psychology of Success By Carol Dweck

The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears By Lawrence Cohen

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, By Daniel Siegel

Parenting from the Inside Out, And Brainstorm By Daniel Siegel

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism By Martin Antony

Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go" By John S. March

Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges
And Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviour By Pat Harvey

The Everyday Parenting Toolkit: The Kazdin Method for Easy, Step-by-Step, Lasting Change for You and Your Child By Alan Kazdin

"Mom, Jason's Breathing on Me!": The Solution to Sibling Bickering By Anthony Wolf

Helping Your Child Overcome Separation Anxiety or School Refusal: A Step-by-Step Guide For Parents By Andrew R. Eisen

Helping Your Anxious Child: A Step-By-Step Guide for Parents By Ron Rapee and Sue Spence

Helping Your Depressed Child: A Step-by-Step Guide for Parents By Martha Underwood Barnard

1-2-3 Magic: Effective Discipline for Children 2-12 By Thomas W. Phelan

Parenting the Strong-Willed Child, Revised and Updated Edition: The Clinically Proven Five-Week Program for Parents of Two- to Six-Year-Olds By Rex Forehand and Nicholas Long