

## **PARENTING RESOURCES (Books & Websites)**

### **General:**

- **Families Where Grace Is In Place** by Jeff VanVonderen  
*Using his professional and personal experience, VanVonderen shows readers how to nurture God-honoring relationships free of manipulation, legalism, and shame. This book is a practical and insightful discussion on living a graceful life and building a strong and happy home using God's tools.*
- **Sacred Parenting: How Raising Children Shapes Our Souls** by Gary Thomas  
*You've read all the method books. Now take a step back and receive some much-needed inspiration. You'll be encouraged by stories that tell how other parents handled the challenges and difficulties of being a parent—and how their children transformed their relationship with God. Sacred Parenting affirms the spiritual value of being a parent, showing you the holy potential of the parent-child relationship.*
- **Raising an Emotionally Intelligent Child: The Heart of Parenting** by John Gottman  
*Based on 20 years of research at the University of Washington studying parent-child interactions, award-winning research psychologist John Gottman and his team have developed Emotion Coaching - a technique parents can use to teach their children self-awareness and self-control and to foster good emotional development. This proven technique has demonstrated a positive effect on children's physical health, academic achievement, and emotional well-being.*
- **Parenting with Love and Logic** by Foster Cline and Jim Fay  
*This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles.*
- **Teaching from Rest: A Homeschooler's Guide to Unshakable Peace** by Sarah Mackenzie  
*Those who have made the decision to homeschool their children have done so out of great love for their children and a desire to provide them an excellent education in the context of a warm, enriching home. Yet so many parents (mainly mothers) who have taken up this challenge find the enterprise often full of stress, worry, and anxiety. In this practical, faith-based, and inspirational book, Sarah Mackenzie addresses these questions directly, appealing to her own study of restful learning (scholé) and her struggle to bring restful learning to her (six) children.*
- **Praying the Scriptures for Your Children** by Jodie Berndt  
*Jodie Berndt shows you how to make the Bible a book of prayers that can powerfully influence your children's lives. You'll discover how to pray specifically and expectantly for their faith, character, safety, relationships, and future. You'll gain new, biblical perspectives on God's purposes for your children. And through the encouragement of the Scriptures and true-life stories, you'll find out what a huge difference your prayers really make in the lives of those you love most. Discover How to Pray God's Will for Your Children's Lives. There's no place like God's Word to turn to when you want to pray confidently and effectively for your kids.*

- Hope & Help for the Single Mom by Lori Little  
*I don't know how you became a single mom, but I do know that both you and your children can have an amazing life in this season you are in. Whether you are a teen, never married, divorced or widowed single mom, the 21 Principles of a Healthy Single Mom will encourage you to flourish in the midst of your overwhelming circumstances; leading you to live a life of purpose and meaning, focus and order, balance and harmony. The 21 Principles of a Healthy Single Mom was designed by a single mom and for a single mom, and Lori knows first hand what you are going through. These 21 Principles of a Healthy Single Mom will take every single mom to a new level by equipping her with positive instruction and practical applications that will inspire her to live well as a single mom, and raise healthy children.*
- Shame-Free Parenting by Sandra Wilson  
*Offering resources to break the cycle of dysfunctionality in today's families, Sandra Wilson shows parents how to regain for themselves a sense of value and purpose--and how to give these precious gifts to their children and grandchildren.*
- The Way They Learn from Cynthia Tobias  
*Draw out the best in your children—by understanding the way they learn. If you're frustrated that your child isn't learning the way you did, chances are they are too! In this practical resource, Cynthia Ulrich Tobias explains that understanding how you both learn can make all the difference. Using expertise in education and learning styles, Tobias offers practical guidance for teaching to your child's strengths—both at home and in school—even when his or her learning style is very different from your own.*
- How Toddlers Thrive: What Parents Can Do Today for Children Ages 2-5 to Plant the Seeds of Lifelong Success by Tovah Klein  
*Dr. Tovah Klein, called "the toddler whisperer" on Good Morning America, has penned "a parenting milestone" (Dr. Harvey Rotbart, No Regrets Parenting) with How Toddlers Thrive, which shows parents of children ages two to five how to harness the singular power of the toddler mind during what might be the most crucial time of a child's brain development, to plant the seeds of lifelong success.*

### **Boys & Girls:**

- Raising Boys and Girls: The Art of Understanding Their Differences by Sissy Goff, David Thomas and Melissa Trevathan  
*This book helps adults understand the differences in girls and boys and learn to use tools that will help them communicate, understand, and connect with kids of all ages. Parents, grandparents, church volunteers, and other caregivers of children from preschool to high school can learn to recognize that being a positive adult example for their boys and girls is one of the most important jobs they have.*
- Wild Things: The Art of Nurturing Boys by David Thomas and Stephen James  
*Playing off the themes in the Caldecott Medal-winning children's book *Where the Wild Things Are*, this informative, practical, and encouraging guide will help parents guide boys down the path to healthy and authentic manhood. *Wild Things* addresses the physical, emotional, and spiritual parts of a boy, written by two therapists who are currently engaged in clinical work with boys and their parents and who are also fathers raising five sons. Contains chapters such as "Sit Still! Pay Attention!" "Deficits and Disappointments," and "Rituals, Ceremonies, and Rites of Passage."*

- Raising Worry-Free Girls: Helping Your Daughter Feel Braver, Stronger, and Smarter in an Anxious World by Sissy Goff  
*If you have a daughter, it would be surprising if she doesn't struggle with anxiety and worry-- either in short episodes or for longer periods. For a variety of reasons, childhood anxiety rates are soaring, especially among girls. Today's parents need to know what contributes to anxiety and worry and how they can empower their daughters to overcome troubling emotions.*
- Gentle Passages: Guiding Your Daughter into Womanhood by Robin Jones Gunn  
*Every woman who has an adolescent daughter recognizes her own forgotten questions and insecurities mirrored in those bright young eyes. How can she let her know that she understands these changes, too strange and intimate for her daughter to mention? How can she make the passage into womanhood not a shameful, unpleasant experience but a harmonious and joyful one -- an invitation to a treasured role in God's eyes? Robin Jones Gunn shares stories of how this uncertain transition can become the loveliest time in the life of a mother and daughter, inspiring women with special traditions to carry on for generations to come.*
- Bringing Up Girls: Practical Advice and Encouragement for Those Shaping the Next Generation of Women by James Dobson  
*Peer pressure. Eating disorders. Decisions about love, romance, and sex. Academic demands. Life goals and how to achieve them. These are just some of the challenges that girls face today—and the age at which they encounter them is getting younger and younger. As a parent, how are you guiding your daughter on her journey to womanhood? Are you equipping her to make wise choices? Whether she's still playing with dolls or in the midst of the often-turbulent teen years, is she truly secure in her identity as your valued and loved daughter? In the New York Times bestseller *Bringing Up Girls*, parenting authority and trusted family counselor Dr. James Dobson will help you face the challenges of raising your daughters to become strong, healthy, and confident women who excel in life.*
- Bringing up Boys by James Dobson  
*With so much confusion about the role of men in our society, it's no wonder so many parents and teachers are asking questions about how to bring up boys. Why are so many boys in crisis? What qualities should we be trying to instill in young males? Our culture has vilified masculinity and, as a result, an entire generation of boys is growing up without a clear idea of what it means to be a man.*

**Kids:**

- When Someone Very Special Dies: Children Can Learn to Cope with Grief (Drawing Out Feelings Series) by Marge Heegaard  
*A practical format for allowing children to understand the concept of death and develop coping skills for life.*
- The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition (American Girl Library)  
*Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos, and facts from the experts. (Medical consultant: Cara Natterson, MD.) You'll find answers to questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.*
- The Care and Keeping of You 2: The Body Book for Older Girls (American Girl Library)  
*This thoughtful advice book will guide you through the next steps of growing up. With illustrations and expert contributors, this book covers new questions about periods, your growing body, peer pressure, personal care, and more! Written by Dr. Cara Natterson for girls 10 and up, The Care & Keeping of You 2 follows up the original bestseller with even more in-depth details about the physical and emotional changes you're going through.*
- Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids by Kristen Jensen & Gail Poyner  
*Want a natural and comfortable way to talk to your kids about pornography? This newly revised edition of the original bestseller makes that daunting discussion easy! Good Pictures Bad Pictures is a read-aloud story about a mom and dad who explain what pornography is, why it's dangerous, and how to reject it. Featuring easy-to-understand science and simple analogies, this internationally-acclaimed book engages young kids to porn-proof their own brains.*
- Good Pictures Bad Pictures Jr.: A Simple Plan to Protect Young Minds by Kristen Jensen and Gail Poyner  
*Young children deserve to be armed early against internet dangers. Good Pictures Bad Pictures Jr. makes it easy for parents to protect their young kids ages 3 to 6. Using gentle, age-appropriate messages, children will learn to Turn, Run & Tell when they are accidentally exposed to inappropriate content.*

## Teens:

- Preparing for Adolescence: How To Survive The Coming Years of Change by Dr. James Dobson  
*What do you say to an adolescent who's getting ready to enter those turbulent teenage years? Dr. James Dobson, one of America's leading family psychologists, knows how to speak directly and sincerely to today's adolescents about the topics that trouble them most. Topics include avoiding feelings of inferiority, handling peer pressure, drug abuse, puberty, sexual development, menstruation, masturbation, romantic love, overcoming discouragement, sound decision-making and handling independence.*
- Rite of Passage Parenting: Four Essential Experiences to Equip Your Kids for Life by Walker Moore  
It's no secret: something has happened to America's families. Dramatic shifts in our culture mean that what was once an acceptable way to produce mature, capable adults has now all but disappeared. In *Rite of Passage Parenting*, family expert Walker Moore explains how that happened. And after concisely assessing the problem, Moore teaches you how to build into your children's lives the essential experiences every child needs: (1) an authentic Rite of Passage, (2) Significant Tasks, (3) Logical Consequences, and (4) Grace Deposits from parents, grandparents, and other caring adults.
- Making Peace With Your Teenager by Kevin Huggins & Phil Landrum  
*Biblical and practical. For parents who seek to foster their relationships with their teenage children and guide them toward Christian values and a heartfelt love for God.*
- Parenting Adolescents by Kevin Huggins  
*In Parenting Adolescents, Kevin Huggins examines the many ties between rearing mature, Christ-like 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.*
- Generation Z: Unfiltered by Tim Elmore & Andrew McPeak  
*This generation of students who have grown up in the 21st century are the most social, the most empowered, and also the most anxious youth population in human history. If you are struggling to connect with and lead them, you are not alone. The latest research presented in this book, however, illuminates a surprising reality: The success of the next generation doesn't depend entirely on them. Their best chance of success starts when adults choose to believe in them, challenge them, and walk with them through the nine greatest challenges today's youth will face. For their sake, and for the future success of our world, it's time we started seeing Generation Z—unfiltered.*
- A Parents Guide to Understanding Teenage Brains: Why They Act The Way They Do by Mark Oestricher  
*Without an understanding of teenage brain development, we might miss life's teachable moments or shut down our child's curiosity with easy answers that don't satisfy the search for truth happening below the surface. That's why Marko has written this book: to guide you through the world of the teenage brain, to help you understand and appreciate the amazing transformations it undergoes in adolescence to prepare children for adulthood and its many responsibilities.*

- [Growing With: Every Parent's Guide to Helping Teenagers and Young Adults Thrive in Their Faith, Family, and Future](#) by Kara Powell & Steve Argue  
*Parenting that changes your kids and changes you. Many parents of a teenager or young adult feel as though they're guessing about what to do next--with mixed results. We want to stay connected with our maturing child, but we're not sure how. And deep down, we fear our child doesn't want or need us. But growing up doesn't have to mean growing apart.*

### **Technology:**

- [Taming the Technology Monster: 8 Guiding Principles for Raising Digital Natives](#) by Sissy Goff  
*This booklet contains 8 guiding principles to raising digital natives. It breaks each idea into understandable, practical concepts to help you protect your children against all that technology can bring not only into your home, but into their hearts. Regardless of your child's age, you will be equipped with ways to stay ahead of the trends facing your kids every day, as well as ways to connect in the midst of those trends. Taming the Technology Monster will help you discover ways you can turn technology into opportunities for good in the life of your child and family.*
- [The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place](#) by Andy Crouch  
*Drawing on in-depth original research from the Barna Group, Andy Crouch shows readers that the choices we make about technology have consequences we may never have considered. He takes readers beyond the typical questions of what, where, and when and instead challenges them to answer provocative questions like, Who do we want to be as a family? and How does our use of a particular technology move us closer or farther away from that goal? Anyone who has felt their family relationships suffer or their time slip away amid technology's distractions will find in this book a path forward to reclaiming their real life in a world of devices.*

### **Websites:**

- <https://rightnowmedia.org>  
A huge library of biblical content that will help you develop and strengthen your faith whenever you need it most. Think Netflix, Hulu or Amazon Prime, but with content to equip families, resource groups and develop leaders.
- <https://protectyoungminds.org>  
Their mission is to empower parents, professionals and community leaders to protect young kids from pornography and promote healing from any sexual exploitation.
- <https://commonsensemedia.org>  
Common Sense Media is a non-profit organization that "provides education and advocacy to families to promote safe technology and media for children."
- <https://focusonthefamily.com>  
Focus on the Family is a global Christian ministry dedicated to helping families thrive. They provide help and resources for couples to build healthy marriages that reflect God's design, and for parents to raise their children according to morals and values grounded in biblical principles.

- <https://growingleaders.com>  
Growing Leaders is a non-profit organization that partners with schools, colleges, athletic depts. and organizations to develop today's emerging generation of leaders. They equip educators, employers, coaches, youth workers and parents to understand and connect with this generation, and offer resources to spark conversations and life-changing experiences with them.
- <https://protectyoungeyes.com>  
Protect Young Eyes explains the latest digital trends, social media apps, and device parental controls. Their live presentations are well-known.
- <https://operationparent.org>  
Operation Parent is a non-profit organization dedicated to supporting and educating parents and caregivers of teens and preteens across the country.
- <https://fulleryouthinstitute.org>  
At the Fuller Youth Ministry Institute they turn academic research into practical resources, equipping leaders and parents to help faithful young people change our world.
- <https://axis.org>  
Axis helps caring adults navigate teen culture through a biblical lens to equip them for meaningful conversations that build lifelong connections.
- <https://str.org>  
Stand to Reason trains Christians to think more clearly about their faith and to make an even-handed, incisive, yet gracious defense for classical Christianity and classical Christian values in the public square.
- <https://rzim.org>  
The primary mission of Ravi Zacharias International Ministries is to reach and challenge those who shape the ideas of a culture with the credibility of the Gospel of Jesus Christ. Distinctive in its strong evangelistic and apologetic foundation, the ministry of RZIM is intended to touch both the heart and the intellect of the thinkers and influencers of society through the support of the visionary leadership of Ravi Zacharias.
- <https://harvestusa.org>  
Harvest USA brings the truth and mercy of Jesus Christ by helping individuals and families affected by sexual struggles and by providing resources that address biblical sexuality to individuals and churches.
- <https://raisingboysandgirls.com>  
Daystar Counseling Ministries is honored to take what they learn from the wise kids and families that they interact with and bring it to you by way of the books, blogs, resources and the conferences they share with parents and educators across the country in caring for the kids in our lives.
- <https://seedsfamilyworship.com>  
Seeds Family Worship is music-based ministry that creates modern word for word scripture songs and videos to help kids memorize the Bible!