

## Parenting Books Recommended by Primary Teachers

Below are some parenting books that are part of the Nancy M. Rambusch library at Princeton Montessori School. If you are interested in borrowing any of these books, please reach out to your child's conference teacher.

### General Education About Montessori Methods/Philosophy:

*Montessori Madness*, by Trevor Eisler

- Written for parents, by a parent. Discusses the Montessori classroom and philosophies is non-Montessori, easy to understand terms

*Montessori, A Modern Approach*, by Paula Polk Lillard

- Talks about the Montessori method in simple terms and even discusses some classroom works.

*The Hidden Hinge: Self Development in Early Childhood the Montessori Way*, by Rosa Covington Packard

- This is a great book that describes Montessori works (like Pink Tower, etc) as well as the areas of the classroom. It discusses the importance of independence, movement, etc.

### General Parenting Books aligned with Montessori Philosophy

*Positive Discipline for Preschoolers*, by Jane Nelson, Cheryl Erwin, and Roslynn Ann Duffy

*Parenting Five: Practical and Independent Little People*, by Ruth Barker

*Positive Discipline Parenting Tools: The 49 Most Effective Methods to Stop Power Struggles, Build Communication, and Raise Empowered, Capable Kids*, by Jane Nelson

*Punished by Rewards, The Trouble with Gold Stars, Incentive Plans, A's, Praise, and Other Bribes*, by Alfie Kohn (discusses that rewards do not create self-motivated people)

*How to Raise an Amazing Child the Montessori Way*, by Tim Seldin

*Teach Me to Do It Myself: Montessori Activities for You and Your Child*, by Maja Pitamic

*All Joy and No Fun: The Paradox of Modern Parenthood* by Jennifer Senior

*The Parents We Mean to Be* by Richard Weissbourd, a Harvard child and family psychologist.

- He highlights the fact that parents, not peers or television, are the primary shapers of their children's moral lives. His research shows that parent focus on children's "happiness" and obsession with achievement have eroded their influence as moral

mentors. He focuses on parents, teachers, and coaches who work with children's ability to manage destructive impulses and to appreciate and take responsibility for others, which are qualities that are at the heart of morality and lasting well-being.

*Smart Parenting for Smart Kids* by Eileen Kennedy-Moore and Mark S. Lowenthal

Chapters:

1. Tempering Perfectionism: What is good enough?
2. Building Connection: How does your child reach out to others?
3. Managing Sensitivity: How does your child handle criticism, conflict, and disappointment?
4. Handling Cooperation and Competition: How does your child fit in a group?
5. Dealing with Authority: How does your child respond to those in charge?
6. Developing Motivation: What matters to your child?
7. Finding Joy: What makes your child feel happy?

*How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success*

by Julie Lythcott-Haims, Dean of Undergraduate Advising at Stanford

- An exploration of a rising trend in overparenting -- overinvolvement in children's academic work, extracurriculars, career choices rather than risking child's failure or disappointment. As a result, these children are often underprepared for demands of adult life and lack a sense of self. Appropriate for Toddlers through college-aged children

*The Worried Child: Recognizing Anxiety in Children and Helping Them Heal* by Paul Foxman

- A 4-part exploration of anxiety in children, how to identify it, and how to help a child through and past it