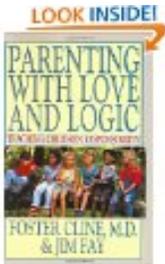


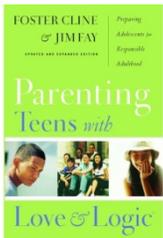
Parent Education Committee

Highland Park Parent Education Committee provides educational speakers, programs and resources to H.P.I.S.D. families concerning topics relevant to raising our children to become healthy and responsible young adults.

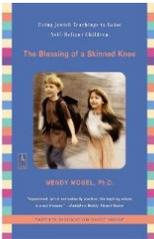
Parent Recommended Books



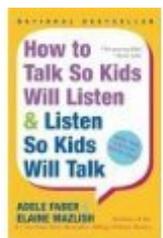
Parenting Our Kids With Love and Logic by Foster Cline, M.D. and Jim Fay
"Love and Logic" parents teach their children responsibility and the logic of life by solving their own problems, providing skills for coping in the real world.



Parenting Our Teenage Kids With Love and Logic by Foster Cline, M.D. and Jim Fay
Learn how to parent your teens without nagging or yelling while preparing them for a responsible adulthood.



The Blessing of A Skinned Knee by Wendy Mogel
Every parent hopes their child will be self-reliant, optimistic, and well mannered, a challenge in our current culture. Clinical psychologist and Jewish educator Wendy Mogel distills the ancient teachings of the Torah, the Talmud, important Jewish thinkers, and contemporary psychological insights into nine blessings that address key parenting issues. She covers realistic expectations for each child, respect for adults, chores, mealtime battles, coping with frustration, developing independence and self-control, and resisting over-scheduling and over-indulgence. The Blessing of a Skinned Knee guides us toward effective, enlightened parenting in an increasingly speedy, material, and competitive age.

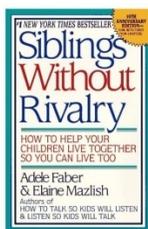


How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber & Elaine Mazlish
An excellent communication tool kit based on a series of workshops developed by Adele Faber and Elaine Mazlish. The book provides a step-by-step approach to improving relationships in your house. The "Reminder" pages, helpful cartoon illustrations, and excellent exercises will improve your ability as a parent to talk and problem-solve with your children.

Parent Education Committee

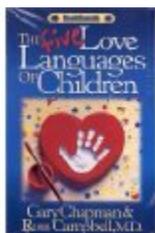
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Parent Recommended Books, cont.



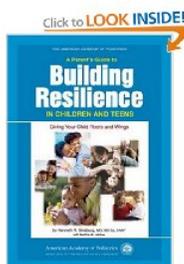
Siblings Without Rivalry by Adele Faber & Elaine Mazlish

The value of Faber and Mazlish's discussions is precisely that they talk you through umpteen different situations and outcomes to help you teach your brawling offspring a new set of responses. The highly informative text is punctuated with helpful summary/reminder boxes and cartoons illustrating key points. It's a must-read for parents with (or planning on) multiple children.



The 5 Love Languages of Children by Gary Chapman & Ross Campbell

According to the authors, each child expresses and receives love through one of five different communication styles. A parent's love language may be totally different from that of his or her child, which causes hurt feelings and misunderstandings. With the help of this book, adults can discover their child's primary language and learn what they can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in their child's emotions and behavior.



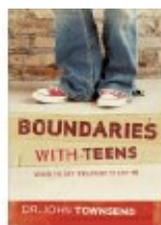
A Parent's Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings by Kenneth R. Ginsburg, M.D.

Today's children face a great deal of stress — academic performance, heavy scheduling, high achievement standards, media messages, peer pressures, family tension. Without healthier solutions, they often cope by talking back, giving up, or indulging in unhealthy behaviors. Show your child how to bounce back — and THRIVE — with coping strategies from one of the nation's foremost experts in adolescent medicine.



Have a New Kid by Friday by Dr. Kevin Leman

With his signature wit and wisdom, internationally recognized family expert Dr. Kevin Leman reveals why your kids do what they do and what you can do about it. He gives you simple principles that can give you results in as little as 5 days.



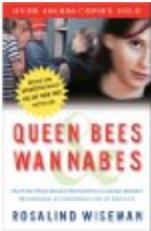
Boundaries with Teens: When to Say Yes, How to Say No by Dr. John Townsend

Dr. Townsend gives important keys for establishing healthy boundaries—the bedrock of good relationships, maturity, safety, and growth for teens and the adults in their lives. The book offers help in raising your teens to take responsibility for their actions, attitudes, and emotions.

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Parent Recommended Books, cont.



Queen Bees & Wannabes by Rosalind Wiseman-

Wiseman offers parents a guide to navigating the adolescent landscape. Acting as a liaison between "Girl World" and "Planet Parent," Wiseman helps parents understand their daughters' friendships, the power of cliques and the roles of girls within them (including Queen Bee, Sidekick, Torn Bystander, Messenger and Target).



Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher, PhD

From her work as a psychotherapist for adolescent females, Pipher here posits and persuasively argues her thesis that today's teenaged girls are coming of age in "a girl-poisoning culture." Backed by anecdotal evidence and research findings, she suggests that, despite the advances of feminism, young women continue to be victims of abuse, self-mutilation (e.g., anorexia), consumerism and media pressure to conform to others' ideals.



The Overachievers: The Secret Lives of Driven Kids by Alexandra Robbins

In this engrossing anthropological study of the cult of overachieving that is prevalent in many middle- and upper-class schools; Robbins follows the lives of students from a Bethesda, Md., high school as they navigate the SAT and college application process. These students are obsessed with success, contending with illness, physical deterioration, cheating, obsessed parents and emotional breakdowns.



Too Much of a Good Thing—Raising Kids of Character in an Indulgent Age by Daniel J. Kindlon

The parental impulse to protect children from failure, pain, and disappointment has crossed over into an indulgence that threatens to harm the healthy development of American children, according to Kindlon. Based on research for a study on parenting practices and interviews with hundreds of parents and children, as well as psychologists and educators, the book presents the modern-day dilemma of finding the right balance between helping children and overindulging them.



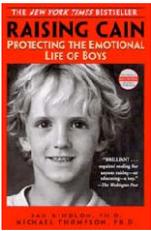
The Price Of Privilege by Madeline Levine

A practicing psychologist in Marin County, Calif., Levine counsels troubled teens from affluent families, and finds it paradoxical that wealth—which can open the door to travel and other enriching opportunities—can produce such depressed, anxious, angry and bored teenagers. After comparing notes with colleagues, she concluded that consumerism too often substitutes for the sorts of struggles that produce thoughtful, happy people.

Parent Education Committee

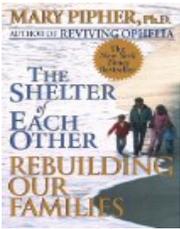
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Parent Recommended Books, cont.



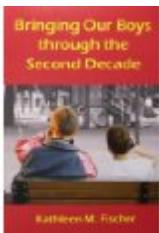
Raising Cain—Protecting the Emotional Lives of Boys by Daniel J. Kindlon and Michael Thompson

Dan Kindlon, Ph.D., and Michael Thompson, Ph.D., two of the country's leading child psychologists, share what they have learned in more than thirty-five years of combined experience working with boys and their families. They reveal a nation of boys who are hurting--sad, afraid, angry, and silent. Kindlon and Thompson set out to answer this basic, crucial question: What do boys need that they're not getting? They illuminate the forces that threaten our boys, teaching them to believe that "cool" equals macho strength and stoicism. Cutting through outdated theories of "mother blame," "boy biology," and "testosterone," the authors shed light on the destructive emotional training our boys receive--the emotional miseducation of boys.



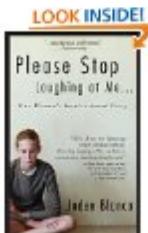
The Shelter of Each Other: Rebuilding Our Families by Mary Pipher

This book explores the family and what today's antifamily culture is doing to it. The author argues that by glamorizing sex, drugs, and violence and regarding children as consumers, our society teaches children inappropriate values.



Bringing Our Boys Through the Second Decade by Kathleen Fischer

A lively, engaging, apply-it-today approach to understanding adolescent boys including: how boys' hard-wiring shapes their lives; why "dads are NOT assistant mothers" when it comes to parenting teenage sons; and how the "giggle and braid hair society" meets the "burp-the-alphabet club." Offering fresh perspectives on boys' lives, the book is an easy to approach manual to help parents and teachers understand and celebrate their boys.



Please Stop Laughing At Me...: One Woman's Inspirational Story by Jodee Blanco

Blanco relates her hellish experience, which began back in grade school. Unable to maintain her friendships with the "cool" group because she befriended a younger deaf student, Blanco was ostracized and, worse, tormented. Her parents sent her to a different school, but after an initial promising start, Blanco was again ostracized after she called her mom to pick her up from a party that got out of control. Another school switch and a psychiatrist did nothing to better Blanco's situation. She hoped high school would improve upon junior high, but the kids continued to torment her, even going so far as to beat her up. Blanco chronicles in detail her feelings of depression and how difficult it was for her to face her cruel classmates on a daily basis. Blanco's story is often painful to read, but her eventual success and triumph over the past are inspiring.