

Category	Book Title	Author(s)	Comment
1 Pregnancy and Birth	The Rough Guide to Pregnancy and Birth	Kaz Cooke	A witty weekly account on all things pregnancy related, with humorous diary entries and issues to be recorded throughout the pregnancy and after delivery.
2 Fatherhood	The Expectant Father: Practical Guide to Sharing Pregnancy and Childbirth	Betty Parsons	Clear and concise. Easy to read and understand. Goes through all stages of pregnancy and after. Good confidence-giver.
3 Early Years	New Toddler Taming	Dr. Christopher Green	Comprehensive. Covers all situations from sleeping to eating to illness. The A-Z of the first 4 years.
4 Early Years	The House of Tiny Tearaways	Dr. Tanya Bryon	A lot of emphasis placed on the parental relationship, quite obvious tips given and repeated throughout. Some good practical solutions to behavioural problems encountered with young children.
5 Toilet Training	Successful Potty Training	Heather Welford	Clear and focused toilet training guide
6 2 - 8 years	The Incredible Years	Carolyn Webster-Stratton	Easy to read book. Covers parenting of children from 2 to 8 years with constructive tips that can be integrated into each individual family.
7 0 - 11 years	Raising Happy Children	Jan Parker; Jan Stimpson and Dr. Dorothy Rowe	Very comprehensive. Great tips on issues from feeding to feelings and fears. Ages 0 to 11. Useful reminders at the end of each chapter.
8 6 - 12 years	The Parent's Handbook	Don Dinkmeyer Sr., Gary D McKay and Don Dinkmeyer Jr.	Very clear easy to read short book. Great tips and advice for dealing with all aspects of life with children, useful activities and guidelines in every chapter.
9 Child Development	Ages and Stages	Dr. Charles E. Schaefer, Theresa Foy DiGeronimo	Sound guide to the stages of child growth and development
10 Child Development	The Science of Parenting	Margot Sunderland	An excellent book for parents and care-givers who want to know more about child development and child neurology. Great illustrations.
11 Sleep and Nighttime	Solving Children's Sleep Problems	Lyn Quine	Helpful and uncomplicated book for parents seeking help when their child's sleep is disturbed.
12 Siblings	Siblings without Rivalry	Adele Faber and Elaine Mazlish	Lots of practical advice for dealing with children fighting. Lots of practical examples to help parents apply the tools being taught.
13 Siblings	Raising Happy Brothers and Sisters	Jan Parker and Jan Stimpson	For families with more than one child: dealing with the arrival of the new baby, right up to adolescence.

Category	Book Title	Author(s)	Comment
14 Self -esteem and Confidence	Self-Esteem for Girls: 100 Tips for Raising Happy and Confident Children	Elisabeth Hartley-Brewer	Parents can read this together to get tips of boosting their daughter's self-esteem, confidence and resilience.
15 Self-esteem and Confidence	Self-Esteem for Boys: 100 Tips for Raising Happy and Confident Children	Elisabeth Hartley-Brewer	Parents can read this together to get tips of boosting their son's self-esteem, confidence and resilience.
16 Bullying	Bullying - a parent's guide	Jennifer Thomson	Good factual, short easy to read book. Very specific regarding what to do.
17 Bullying	Bullies are a Pain in the Brain	Trevor Romain	Children's read about how to manage bullies. Also for those who are bullying. Easy read, clear, well illustrated resources.
18 Bullying	How to Handle Bullies, Teasers and Other Meanies	Kate Cohen-Posey	Easy read, clear and concise with useful and practical ways of handling bullies.
19 Worries and Anxiety	The Huge Bag of Worries	Virginia Ironside	Bedtime reading for parent with their child who worries a lot.
20 Separation	Children, Feelings and Divorce: finding the best outcome	Heather Smith	Concise book on all aspects of divorce for both parents and children. Easy to relate to due to real life quotes.
21 Loss	Helping Children Cope with the Loss of a Loved One - A Guide for Grown-ups	William C. Kroen	Very good, short and easy read book. Helps parents understand how to cope with grieving children up to age 12. Excellent question and answer section.
22 Teenagers	How to Talk so Teens will Listen and Listen so Teens will Talk	Adele Faber and Elaine Mazlish	Very clear and easy to read. Good insight on how to deal with teenagers on a daily basis and how to get them to co-operate without arguing.
23 Teenagers	Parenting Teenagers	Don Dinkmeyer Sr. and Gary D McKay	Very good. Easy to read. Great hints on appropriate ways of dealing with common teenage issues. Teaches respect for both parent and child.
24 Autism and Asperger's	How to live with Autism and Asperger Syndrome	Chris Williams and Barry Wright	Sensible and encouraging guide for parents of children with Autism or Asperger's Syndrome.
25 Cancer	A Dragon in your Heart	Sophie Leblanc	Beautifully illustrated story about a girl whose mother is diagnosed with cancer. For parents to read to children or for younger teens.

**Borrow these books, for free, from Wexford Public Libraries. All have been recommended by local Psychologists and other Health Professionals.**