THRIVE EMERGE

Resource List

Parent-Friendly Resources for Calm, Confident Leadership at Home

Resetting Expectations & Letting Go of the "Old Story"

Moving from fear-based parenting to realistic, compassionate leadership

- **Book: The Explosive Child – Ross Greene**
  A powerful framework for understanding challenging behavior as lagging skills, not defiance—and shifting from punishment to problem-solving.

- **Book: Self-Reg – Dr. Stuart Shanker**
  Excellent for understanding how stress builds in both kids and parents, and why regulation must come before expectations.

- **Resource: "Radical Acceptance" (DBT Skill)**
  A key tool for releasing the exhausting fight against reality while still moving toward meaningful change.

Grief, Guilt, and the Emotional Weight Parents Carry

Because letting go is painful—even when it's necessary

- **Book: The Conscious Parent – Shefali Tsabary**
  Encourages parents to reflect on how their own emotional patterns shape family dynamics and expectations.

- **Book: Option B – Sheryl Sandberg & Adam Grant**
  Not parenting-specific, but deeply helpful for understanding grief, resilience, and rebuilding after life doesn't go as planned.

- **Reflection Practice: "What I Thought It Would Be" Journaling**
  Write down:
  What I expected
  o What is true now
  o What I still fear
  o What I can accept today

Regulating Yourself First (The True Reset Button)

You cannot lead a household you're emotionally surviving

- **Book: Good Inside – Dr. Becky Kennedy**
  Strong, compassionate guidance for staying grounded during conflict and parenting from values instead of reactivity.

- **Book: Raising a Secure Child – Hoffman, Cooper & Powell**
  Great for building connection, repair, and emotional safety—especially after rupture or escalation.

- **Tool: DBT Distress Tolerance Skills**
  Look for resources on:
  o STOP skill
  o paced breathing
  o self-soothing
  o opposite action
  DBT is especially useful for parents who escalate quickly or shut down under stress.

- **Quick Reset Practice: "Pause Before You Parent"**
  Before responding, ask:
  o "What am I feeling right now?"
  o "What story am I telling myself?"
  o "What tone do I want to lead with?"

Communication That Lowers Defensiveness

Replacing lectures, threats, and avoidance with clarity + steadiness

- **Book: How to Talk So Teens Will Listen & Listen So Teens Will Talk – Faber & Mazlish**
  Practical scripts that reduce power struggles and increase cooperation.

- **Framework: Motivational Interviewing–Inspired Parenting**
  Especially helpful with teens who resist, avoid, or shut down. Focuses on:
  o curiosity instead of control
  o reflective listening
  o eliciting internal motivation

- **Parent Script Practice:**
  Replace "You have to…" with:
  o "What feels hardest about this?"
  o "What would make this more doable?"
  o "Do you want help brainstorming or just support?"

Boundaries, Limits, and Follow-Through Without Escalation

Calm limits are more effective than emotional consequences

- **Book: Setting Limits with Your Strong-Willed Child – Robert MacKenzie**
  Practical guidance for consistent boundaries and follow-through without harshness.

- **Book: No-Drama Discipline – Dan Siegel & Tina Payne Bryson**
  A helpful blend of neuroscience, regulation, and limit-setting without power battles.

- **Concept: "Neutral Tone Consequences"**
  Consequences work best when paired with:
  o predictability
  o calm delivery
  o clear expectations
  o emotional neutrality

- **Parent Reminder:**
  Consistency matters more than intensity.

Breaking the Escalation Cycle (Parent vs Teen Nervous System)

When emotions rise, logic disappears

- **Book: The Whole-Brain Child – Siegel & Bryson**
  Strong explanation of why kids melt down and what helps them return to regulation.

- **Tool: Co-Regulation Before Correction**
  Before teaching, correcting, or consequence:
  o lower intensity
  o validate emotion
  o slow the pace
  o reduce language

- **Helpful Phrase:**
  "I'm not here to fight you. I'm here to help us get through this."

Co-Parent Coordination (Reducing Mixed Messages)

Because inconsistency fuels conflict and manipulation (even unintentionally)

- **Tool: Weekly Parent Check-In (15 minutes)**
  Discuss:
  o what's working
  o what limits are non-negotiable
  o what consequences you'll both follow through on
  o what each parent needs support with

- **Book: The 7 Principles for Making Marriage Work – John Gottman**
  Not parenting-specific, but excellent for reducing conflict patterns and improving communication between parents.

- **Framework: "Same Team Language"**
  Practice using:
  o "We decided…"
  o "Our expectation is…"
  o "We'll talk and get back to you."

Executive Function Support (Because It's Not a Willpower Issue)

Less lecturing, more structure and scaffolding

- **Book: Smart but Scattered Teens – Dawson & Guare**
  A practical guide for supporting planning, initiation, follow-through, and organization.

- **Book: ADHD 2.0 – Hallowell & Ratey**
  Useful for understanding motivation, stimulation needs, emotional intensity, and brain-based support strategies.

- **Parent Strategy: Reduce Verbal Reminders**
  Instead of repeating yourself, build:
  o routines
  o visual supports
  o external systems
  o predictable consequences