Options for the 26-27 Academy Parent/Guardian Book Clubs

- *Parenting from the Inside Out* by Daniel Siegel and Mary Hartzell
  Siegel and Hartzell explore how parents' own childhood experiences and emotional histories influence their parenting styles. Through self-reflection and neuroscience, they show how greater self-awareness can foster healthier relationships with children.

- *Mothering While Black* by Dawn Marie Dow
  Dow examines the experiences of Black mothers raising children in a society shaped by racial inequities. The book highlights how Black families navigate parenting, identity, and social expectations while building strong, supportive communities.

- *Raising Happiness* by Christine Carter
  Drawing on positive psychology research, Carter offers practical strategies for helping children develop optimism, resilience, and emotional well-being. She emphasizes that happiness comes from meaningful relationships, gratitude, and healthy habits rather than achievement alone.

- *The Optimistic Child* by Martin Seligman
  Seligman explains how parents can teach children to develop optimistic thinking patterns that protect against anxiety, depression, and discouragement. The book provides tools for helping children challenge negative thoughts and build emotional resilience.

- *The Second Family* by Ron Taffel
  Taffel explores the powerful role of peers during adolescence and how friendships often become a "second family" for teenagers. He helps parents understand the social world of adolescents and supports them in maintaining strong family connections.

- *Parenting by Heart* by Ron Taffel
  This book encourages parents to rely on intuition, empathy, and authentic relationships rather than rigid parenting formulas. Taffel emphasizes listening closely to children and responding to their unique emotional needs.

- *Best Friends, Worst Enemies* by Michael Thompson
  Thompson examines children's friendships, rivalries, and social struggles from early childhood through adolescence. He helps parents understand common social challenges and offers guidance for supporting children's healthy peer relationships.

- *How to Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish
  Faber and Mazlish present practical communication techniques that foster cooperation, respect, and emotional understanding between parents and children. Through real-life examples, they show how listening and empathy can reduce conflict and strengthen relationships.

- *Social Media Wellness* by Ana Homayoun
  Homayoun provides guidance for helping young people use social media and technology in healthy, balanced ways. The book focuses on digital citizenship, self-regulation, and creating positive online habits that support well-being.

- *Queen Bees and Wannabes* by Rosalind Wiseman
  Wiseman explores the complex social dynamics of girls' friendships, cliques, and peer pressure. She offers parents and educators practical strategies for helping girls navigate social challenges while building confidence and character.

- *Girls and Sex* by Peggy Orenstein
  Based on extensive interviews with young women, Orenstein examines the pressures, expectations, and realities surrounding sex, relationships, and identity. The book encourages honest conversations about consent, empowerment, and healthy decision-making.

- *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood* by Lisa Damour
  Damour outlines seven developmental stages that shape girls' journey through adolescence. She helps parents understand common emotional and behavioral challenges while providing reassurance and practical support strategies.

- *Cinderella Ate My Daughter* by Peggy Orenstein
  Orenstein investigates how modern consumer culture shapes girls' ideas about gender, beauty, and identity from an early age. Blending research and personal experience, she encourages parents to think critically about the messages girls receive.

- *How to Raise a Boy* by Michael C. Reichert
  Reichert challenges stereotypes about masculinity and argues that boys thrive when their emotional lives are nurtured and respected. The book offers practical guidance for helping boys develop empathy, confidence, and meaningful relationships.
- *Boy Mom* by Monica Swanson
  Swanson shares parenting advice drawn from research and her experience raising four sons. She focuses on building character, responsibility, faith, and strong family connections while helping boys grow into capable young men.

- *That Crumpled Paper Was Due Last Week* by Ana Homayoun
  Homayoun addresses executive functioning challenges that affect students' organization, time management, and academic success. She provides practical strategies for helping children and teenagers develop the skills needed to manage increasing responsibilities.

- *Raising Cain* by Dan Kindlon and Michael Thompson
  The authors explore how cultural expectations often discourage boys from expressing vulnerability and emotion. They advocate for creating environments where boys can develop emotional intelligence, healthy relationships, and a stronger sense of self.