

Second Step Recommended Books for Parents: Grades 1–8

The Difficult Child by S. Turecki and L. Tonner.

Emotional Intelligence: Why It Can Matter More Than IQ by D. Goleman.

Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child by M. J. Elias, S. E. Tobias, and B. S. Friedlander.

Everyday Blessings: The Inner Work of Mindful Parenting by M. Kabat-Zinn and J. Kabat-Zinn.

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness by J. Kabat-Zinn.

Healthy Teens: Facing the Challenges of Young Lives (3rd edition) by A. R. MacCarthy.

Homework Without Tears: A Parent's Guide for Motivating Children to Do Homework and to Succeed in School by L. Canter.

The Heart of Parenting: Raising an Emotionally Intelligent Child by J. Gottman.

How to Talk So Kids Will Listen and Listen So Kids Will Talk by A. Faber and E. Mazlish.

The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 3–8 by C. Webster-Stratton.

Just Say Know: Talking with Kids about Drugs and Alcohol by C. Kuhn, S. Swartzwelder, and W. Wilson.

Love and Anger: The Parental Dilemma by N. Samalin and C. Whitney.

Magic Trees of the Mind: How to Nurture Your Child's Intelligence, Creativity, and Healthy Emotions from Birth Through Adolescence by M. Diamond and J. L. Hopson.

1-2-3 Magic: Effective Discipline for Children 2–12 by T. W. Phelan.

The Optimistic Child by M. E. P. Seligman.

The Primal Teen: What the New Discoveries About the Teenage Brain Tell Us About Our Kids by B. Strauch.

Raising a Thinking Child: Help Your Young Child to Resolve Everyday Conflicts and Get Along with Others by M. Shure.

Raising an Emotionally Intelligent Child by J. DeClaire and J. Gottman.

Raising Children in a Socially Toxic Environment by J. Garbarino.

Raising Emotionally Intelligent Teenagers: Parenting with Love, Laughter, and Limits by M. J. Elias, S. E. Tobias, and B. S. Friedlander.

Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People by H. S. Glenn and J. Nelsen.

Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic by M. S. Kurcinka.

The Shelter of Each Other: Rebuilding Our Families by M. Pipher.

Siblings Without Rivalry: How to Help Your Children Live Together so You Can Live Too by A. Faber and E. Mazlish.

SOS! Help for Parents by L. Clark.

Stop Arguing and Start Understanding: Eight Steps to Solving Family Conflicts by D. C. Hall.

What Kids Need to Succeed: Proven, Practical Ways to Raise Good Kids by P. L. Benson, J. Galbraith, and P. Espeland.

When Anger Hurts Your Kids: A Parent's Guide by M. McKay, P. Fanning, K. Paleg, and D. Landis.