

RECOMMENDED READING FOR EGAN PARENTS

Note that the content in these books is not necessarily endorsed by the Los Altos School District or the Egan PTA.

Adolescents

- 'Chicken Soup for the Teenage Soul Journal', Canfield, Hansen, Kirberger. Your student may enjoy this series
- 'Coming of Age', Kenneth Brighton. Good general book of middle school years
- 'Facing the Challenges of Young Lives', Alice R. McCarthy, Ph.D. A text book about adolescents
- 'Raising a Teenager', Jeanne Elium & Don Elium. General book regarding teenagers
- 'Your Child's Growing Mind', Jane M. Healy, Ph.D. Significant neurological changes occur at this age

Boys

- 'Real Boys', William Pollack, Ph.D. Excellent book regarding this generation of boys
- 'Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men', Leonard Sax.

Girls

- 'Odd Girl Out: The Hidden Culture of Aggression in Girls', Rachel Simmons.
- 'Stressed-Out Girls', Roni Cohen-Sandler, Ph.D. Reasons why today's girls get stressed out
- 'We want to be known', Hubbard, Barbieri, Power. Helping girls through adolescents from a teachers perspective

Parenting

- 'Grounded for Life', L.F. Tracy, M.S. Funny but effective parenting skills
- 'How to Behave So Your Children Will, Too!', Sal Severe, Ph.D. Good insight to parenting
- 'How to Raise a Teenagers' Self Esteem', Clark, Clemes, Bean. Specific ideas to increase self esteem
- 'Parenting 911', C. Giannetti & M. Sagarese. Great ideas for helping parents
- 'Parenting Your Teenager', David Elkind, Ph.D. Good insights into teenagers
- 'Raising Self-Reliant Children', H. S. Glenn, Jane Nelson, Ed.D. Excellent book on effective strategies for parents
- 'The Positive Parent', Kerby T. Alvy, Ph.D. Proven ideas regarding raising children

Middle School

- 'Doing School', Denise Clark Pope. A new perspective on today's student/school
- 'Adolescents at School', Michael Sadowski. A school-based perspective of adolescents
- 'Not Much Just Chillin"', Linda Perlstein. How students change during the middle school years

Internet

- 'Me, MySpace, and I - Parenting the Net Generation', Larry D. Rosen, Ph.D.
- 'Generation MySPACE - Helping Your Teen Survive Online Adolescence', Candice M. Kelsey

Other

- 'Clearing the Hurdles', C. Kenneth McEwin, John Swaim. If you and your student love sports, read this
- 'Driven to Distraction', Hallowell, MD, Ratey, MD. Excellent book about ADD
- 'How to Talk to Your Kids About Really Important Things', C. Schaefer, Ph.D. & T. Di Geronimo, M.Ed. Very helpful ideas and effective communication
- 'KidStress', Georgia Witkin, Ph.D. Reading your child's stress level
- 'The Learning Brian', Blakemore and Frith. How does your child's brain learn?
- 'The Strong-Willed Child', Dr. James Dobson. The title says it all