



Getting Kids Ready for the Real World

Recommended Book List

1. ***SOS Help for Parents: A Practical Guide for Handling Common Everyday Behavior Problems*** by Lynn Clark, Ph.D.
2. ***The Co-Parenting Survival Guide*** by Elizabeth Thayer, Ph.D. and Jeffrey Zimmerman, Ph.D.
3. ***Helping Your Kids Cope with Divorce*** by M. Gary Neuman, LMHC
4. ***Setting Limits with Your Strong-Willed Child*** by Robert MacKenzie, Ed.D.

Class Reading Assignments

★ Class 2: Teaching Responsibility and Self-Confidence

- Reading Assignments for Class 2:
 - ***SOS Help for Parents***: “Why Kids Behave and Misbehave”, pages 5-14; “Clear Communication Promotes Effective Parenting” pages 15-23; “Ways of Increasing Good Behavior”, pages 25-34; “Time-Out”, pages 35-110
 - ***The Co-Parenting Survival Guide***: “Discipline”, pages 121-133
- Additional Reading (Optional):
 - ***Setting Limits With Your Strong-Willed Child***: “Are Your Limits Firm or Soft?”, pages 75-98; “How to Be Clear with Your Actions”, pages 162-206

★ Class 3: Effective Co-Parenting; Managing Power Struggles and Rage in Children

- Reading Assignment for Class 3:
 - ***The Co-Parenting Survival Guide***, “Conflict and Your Children”, pages 25-37; “Choosing the Children Over the Conflict”, pages 39-46; “Conflict Resolution”, pages 47-62; “Building a Co-Parenting Relationship”, pages 63-80; “Making Parenting Plans Work”, pages 83-103
 - ***SOS Help for Parents***, “Handling Aggressive and Dangerous Behavior”, pages 143-150
- Additional Reading (Optional):
 - ***Setting Limits with Your Strong Willed Child***, “Stopping Power Struggles Before They Begin”, pages 139-161
 - ***Helping Your Kids Cope With Divorce***, “Custody and Visitation” pages 271-301; “One Heart, Two Homes: Parenting the Child of Divorce”, pages 303-330