

Thank you for attending the class Parenting Tools for the Early Years. Here's a list of resources we discuss in the class.

Pediatric Clinical Health Educator: Call: 707-393-4167

[Psychiatry \(Child and Family\)](#)

[Santa Rosa Health Education](#)

Podcasts

- *Hand in Hand: A Podcast for Parents*
- *Unruffled: Respectful Parenting*
- *Mother Flipping Awesome: Parenting, Transformed*

Books

- *No Bad Kids: Toddler Discipline Without Shame* by Janet Lansbury
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber
- *No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind* by Daniel Siegel and Tina Bryson
- *Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem-Solving Skills* by Jane Nelsen
- *Raising an Emotionally Intelligent Child* by John Gottman
- *Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage* by Dr. Stuart Shankle

Children's books

- *The Color Monster: A Story About Emotions* by Anna Llenas
- *Angry Ninja: A Children's Book About Fighting and Managing Anger (Ninja Life Hacks)* by Mary Nhin

Online Resources

Kaiser Permanente www.kp.org (search: emotions and behaviors; temper tantrums)

kpdoc.org/healthykids

[Kaiser Permanente self-care apps](#)

[American Academic of Pediatrics](#)

[Hand model of the brain](#)

[Navigating your child's temperament](#)

[How to raise emotionally intelligent children](#)

[Empathy vs Sympathy](#)

[Deep breathing exercises for children](#)

[Temperament TOols Website](#)

[Managing Behavior](#)

[Gentle Parenting Newsletterj](#)