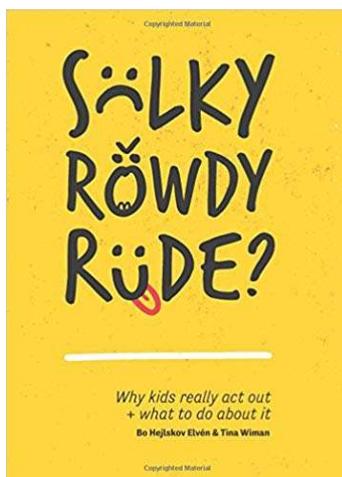
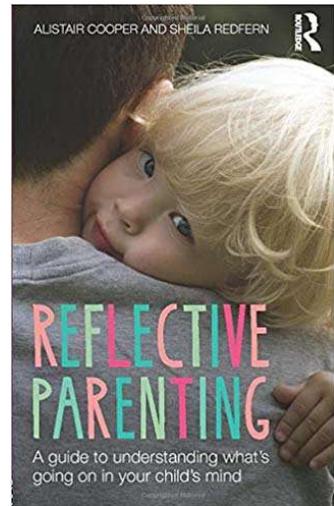


**Reflective parenting : a guide to understanding what's going on in your child's mind / Alistair Cooper, Sheila Redfern**

Have you ever wondered what's going on in your child's mind? This book shows how reflective parenting can help you understand your children, manage their behaviour, and build your relationship and connection with them.

*Paperback 234 pages*



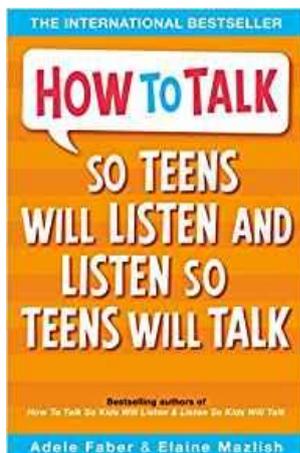
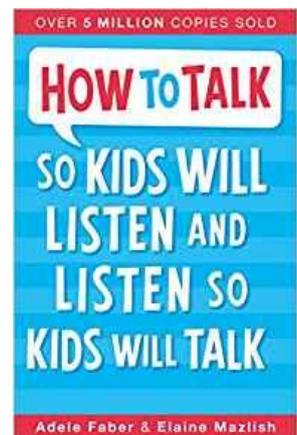
**Sulky, rowdy, rude : why kids really act out [and] what to do about it / Bo Hejlskov Elven and Tina Wiman**

Children will naturally exhibit a range of negative and positive behaviour, which can often be very challenging for parents. This text provide strategies for managing emotions and facilitating positive relationships and healthy behaviours in the family.

*Paperback 192 pages*

**How to talk so kids will listen & listen so kids will talk / Adele Faber & Elaine Mazlish**

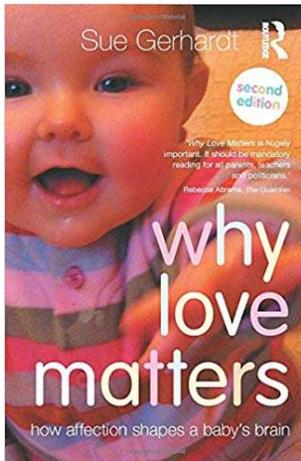
This is a sensible, lucid guide to practical and effective communication with your children. Using logical approaches to common problems, Faber and Mazlish demonstrate how to improve relationships with children, to make them less stressful and more rewarding. *Paperback 304 pages*



**How to talk so teens will listen & listen so teens will talk / Adele Faber and Elaine Mazlish**

Examining the stresses faced by parents of teenagers. Through role play and discussion, this book shows how to keep communication open with rebellious offspring, how to let go gracefully and yet retain respect and some degree of co-operation.

*Paperback 192 pages*



**Why love matters: how affection shapes a baby's brain / Sue Gerhardt**

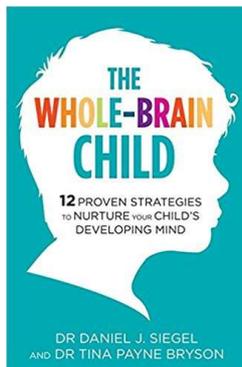
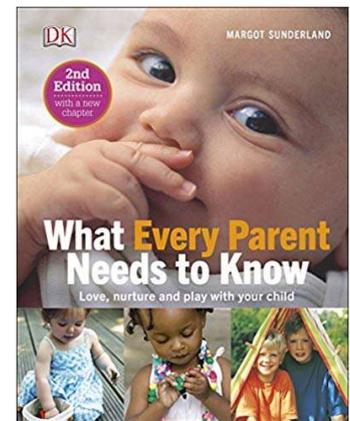
'Why Love Matters' explains why love is essential to brain development in the early years of life, particularly to the development of our social & emotional brain systems. Early interactions between babies and their parents have lasting and serious consequences.

*Paperback 318 pages*

**What every parent needs to know : love, nurture, and play with your child / Margot Sunderland**

Covering everything from breastfeeding to brain development, this book includes the latest thinking on how screen time affects your child's brain, and a focus on how love, nurture, and play contribute to your child's development.

*Hardback 304 pages*



**The whole-brain child / Daniel J. Siegel and Tina Payne Bryson**

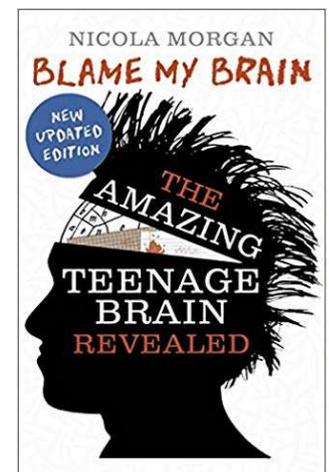
In this pioneering, practical book for parents, neuroscientist Daniel J. Siegel and parenting expert Tina Payne Bryson explain the new science of how a child's brain is wired and how it matures.

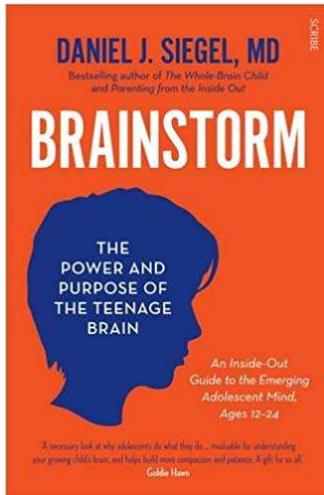
*Paperback 192 pages*

**Blame my brain : the amazing teenage brain revealed / Nicola Morgan**

Nicola Morgan's accessible and humorous examination of the ups and downs of the teenage brain deals with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders, the reasons behind addiction and depression, and what lies ahead.

*Paperback 40 pages*





## **Brainstorm : the power and purpose of the teenage brain / Daniel J. Siegel, MD**

Between the ages of 12 and 24, the brain changes in important ways. If parents and teens can work together to form a deeper understanding of the brain science behind all the tumult, they will be able to turn conflict into connection and form a deeper understanding of one another.

*Paperback 336 pages*