



Recommended Resources for Parents

I. Sensory Motor Development

- *What's Going On in There? How the Brain and Mind Develop in the First Five Years of Life...* by Lise Elliot, Ph.D. This comprehensive book examines brain development from conception to age six. It is both fascinating and practical – a must read for all parents interested in understanding the influence of genetics and environment. Published by Bantam Books and available through most book stores. (\$19.00)

- *If Only We'd Known...* by Margaret Sassé **Out of Print**

This book is quick and easy to read. It clearly outlines the connection between early childhood milestones and later school success. This is the BEST book I have read on this topic! A MUST for all parents and teachers. (\$14.95) from Optometric Extension Program in California (see phone number below)

- *Tomorrow's Children: For Parents...* by Margaret Sassé

This book was published in 2002 and is written in a concise and entertaining manner. In it the author shares the wisdom she has gained from a lifetime dedicated to nurturing child development. Available from the Optometric Extension Program in California. (see phone number below)

- *The Ladder Of Learning Video Series – The Importance of Being An Infant, One, Two, Three, Four*

This series of 5 video tapes was produced in Australia and clearly demonstrates the vital stages of early childhood movement and how they relate to later academic learning. Each tape is 45 minutes long and is PACKED with information. The price for the series is \$250 and worth every penny!

Optometric Extension Program and OEP Foundation
(800) 424-8070

II. Behavior and Discipline

- *Toddlers: Love and Logic Parenting for Early Childhood* by Jim Fay and Foster W. Cline, M.D. These 2 audiocassette tapes are available from the Love and Logic Institute in Colorado. The tapes outline how even young children's behavior can be shaped by their understanding of cause and effect. They also have tapes and seminars targeting older children. Call (800) 338-4065 for information.

- Rudolph Dreikurs – he has several books utilizing the concept of natural and logical consequences.

- *Positive Discipline for Preschoolers* by Jane Nelsen, Cheryl Erwin, Roslyn Duffy This book will provide you with some worthwhile tools to help you be the kind of parent you would like to be. Best of all...it addresses the challenges faced everyday by parents of preschoolers.

- *High Risk: Children Without a Conscience* by Dr. Ken Magid and Carole McKelvey.

This publication stresses the importance of attachment and the development of conscience along with other socio-emotional issues. Available from bookstores or K. M. Productions, Inc. at (303) 988-9422.

- *Raising Self-Reliant Children in a Self-Indulgent World* by H. Stephen Glenn and Jane Nelsen, Ed.D.

This book outlines seven building blocks for developing capable young people.

III. Health

- *No More Ritalin* by Dr. Mary Ann Block.

Don't be sidetracked by the title. This is an excellent book for all parents concerned about the health of their child. This book is also easy to read.

Other books by Dr. Block that are "must" reading for the educated parent are entitled "No More Amoxicillin" and "No more Antibiotics." You can get these through your local bookstore or from The Block Center at 1-888-DR BLOCK. Web

site: www.blockcenter.com

IV. Education

- *Science Experiences for the Early Childhood Years* by Jean Harlan & Mary S. Rivkin

This is the BEST science instruction book I have ever seen. We have used it since we started The da Vinci School in 1987. The authors combine science with all other subject areas. Great experiments taught with an integrated approach. Useful from age 3 years through 4th grade.

Sixth Edition was printed in 1996; first edition was in 1976.

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