

Resources for SOCIAL-EMOTIONAL DEVELOPMENT/BEHAVIOR MANAGEMENT

We live in a time of unprecedented access to information. We can ask almost any question and find an answer. When it comes to parenting, it can be overwhelming and confusing to sort through seemingly opposing information. This is especially true for parents navigating their child's medical challenges.

Below is a list of resources recommended by the providers at the UCLA Family Development Program. While this is not a comprehensive list, these books, websites, and podcasts offer sound advice that aligns with expert guidance.

How to Talk so Little Kids Will Listen by Joanna Faber & Julie King

Why we love it! ↪

The 'How to Talk' books have stood the test of time by focusing on playful connection for young children.

The Everyday Parenting Toolkit by Alan Kazdin

Why we love it! ↪

In his book, Alan Kazdin, director of the Yale Parenting Center, explores understandable, doable tools for parents and caregivers to use during developmentally normal behavior challenges in early childhood.

www.purplecrying.info

Why we love it! ↪

Ronald Barr's online PURPLE crying resources provide education and coping strategies for getting through those difficult (and normal!) times when infants are hard to soothe.

www.pocketpcit.com

Why we love it! ↪

The Pocket PCIT website offers parents and caregivers of young children with moderate behavioral challenges effective, self-guided strategies, and treatment plans that promote positive parent-child interactions.

Dear Old Dads Podcast

Why we love it! ↪

These 'Dear Old Dads' are on a mission to break intergenerational cycles and help dads become thoughtful and intentional parents.

Good Inside With Dr. Becky Podcast

Why we love it! ↪

In this podcast, Becky Kennedy, a clinical psychologist, promotes strong parental leadership, connection, and respectful boundaries.

Unruffled With Janet Lansbury Podcast

Why we love it! ↪

In this podcast, Janet Lansbury, a founder of the 'respectful parenting' movement, encourages parents to address their own needs and stay regulated in order to regulate their children.

