

Books for parents

These books are available from the libraries and have been selected with good parenting in mind.

- The connected parent: an expert guide to parenting in a digital world by John Palfrey
- From boys to men: guiding our teen boys to grow into happy, healthy men by Maggie Dent
- Helping your child with language-based learning disabilities: strategies to succeed in school and life with dyslexia, dysgraphia, dyscalcula, ADHD, and processing disorders by Daniel Franklin
- Raising girls in the twenty-first century by Steve Biddulph
- Simple happy parenting: the secret of less for calmer parents and happier kids by Denaye Barahona
- Taming teens: the adolescent years by Anna Cohen



Discover the Parenting Collection for books on:

- Behaviour management
- Bullying
- Care of infants, toddlers and children
- Developmental delay
- Difficult eaters
- Disorders, including Asperger's and autism
- Food allergies
- Gifted children
- New parents
- Nutrition
- Play and socialisation
- Sibling rivalry
- Sleep
- and more!

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Libraries

Why?

The Parenting Collection has been put together with the needs of parents, caregivers and children in mind. The collection uses principles of bibliotherapy, which uses books to help work through issues safely and without judgment.

The collection includes a wide range of materials, such as non-fiction for caregivers and for children, picture books, and children's fiction.

Reading stories together can make it easier for caregivers to discuss topics with their children than can be difficult to explain, such as divorce, feelings and the loss of loved ones.



Bedtime reading for ages 0-4

Reading and sharing stories with your child from an early age assists with their language development, strengthens your bond and helps to establish a bedtime routine. All of the picture books listed are available within our libraries.

- Bedtime, Daddy! by Sharon Giltrow
- Bedtime for baby shark by John John Bajet
- Can't you sleep, little bear? by Martin Waddell
- Dinosaurs don't have bedtimes! by Timothy Knapman
- Good night Australia by Adam Gamble
- Guess how much I love you by Sam McBratney
- How to put an octopus to bed by Sherri Duskey Rinker
- I am not sleepy and I will not go to bed by Lauren Child
- I want a bedtime story! by Tony Ross
- Puffin book of bedtime stories: eight favourite Australian picture books
- Sleep, sheep! by Kerryn Lyn Sparrow

