

PARENT SEMINAR RESOURCES

BOOKS

Parenting

- Untangled: Guiding Teenage Girls through the Seven Transitions into Adulthood—Lisa Damour
- 21st Century Girls—Sue Palmer
- The Bonsai Child—Judith Locke
- How to Raise an Adult—Julie Lythcott-Haims
- Parenting with Presence—Susan Stiffelman
- Parenting a Teen Girl: A crash course on conflict, communication and connection with your teenage daughter—Lucie Hemmen
- The New Puberty: How to navigate early development in today's girls—Louise Greenspan and Juliana Deardorff
- What's Happening to Our Girls?—Maggie Hamilton
- Queen Bees and Wannabes: Helping your daughter survive cliques, gossip, boyfriends and other realities of adolescence—Rosalind Wiseman
- No Drama Discipline: The whole-brain way to calm the chaos and nurture your child's developing mind—Daniel Siegel and Tina Bryson
- Tricky Teens—Andrew Fuller
- Girls Will be Girls—Joanne Deak
- Daughters and their Dads—Bruce Robinson
- Raising Girls—Steve Biddulph
- You Don't Really Know Me: Why mothers and daughters fight and how both can win—Terri Apter
- Teenagers, Alcohol and Drugs: What your kids really want and need to know about alcohol and drugs—Paul Dillon
- Surviving Adolescents—Michael Carr-Gregg
- Strictly Parenting—Michael Carr-Gregg
- How to Mother a Successful Daughter: A practical guide to empowering girls from birth to eighteen—Nicky Marone
- L Platers—Madonna King (*releases on 1 June 2022*)
- Grown and Flown—Lisa Heffernan and Mary Dell Harrington
- Failure to Launch—Mark McConville
- The Price You Pay for College—Ron Lieber
- Who Gets In and Why—Jeffrey Selingo
- The New Teenager—Dr Ginni Mansberg and Jo Lamble

Adolescent Girls

- The Girl with the Butterfly Tattoo: A Girl's Guide to Claiming her Power—Danielle Miller
- Lovability—Danielle Miller
- Girl Stuff: Your Full-On Guide to the Teen Years—Kaz Cooke
- More Secret Girls' Business—Fay Angelo, Heather Anderson and Rose Stewart
- It's a Girl Thing—Michael Nagel
- Girl Stuff: Your Full-On Guide to the Teen Years—Kaz Cooke
- More Secret Girls' Business—Fay Angelo, Heather Anderson and Rose Stewart
- Under Pressure—Lisa Damour

BOOKS (continued)

Mindset and Wellbeing

- Mindset: How we can Learn to Fulfil Our Potential—Carol Dweck
- Brainstorm: The Power and Purpose of the Teenage Brain—Daniel Siegel
- Grit: The Power and Passion of Perseverance—Angela Duckworth
- The Happiness Trap—Russ Harris
- Quiet Power: The Secret Strengths of Introverts—Susan Cain
- Mindfulness for Life—Stephen McKenzie and Craig Hassed
- Full Catastrophe Living—Jon Kabat-Zinn
- Mindfulness: A practical guide to finding peace in a frantic world—Mark Williams and Danny
- Self-Compassion: The proven power of being kind to yourself—Kristen Neff
- Mindful Learning—Dr Craig Hassed and Dr Richard Chambers
- Overcoming Perfectionism—Roz Shafran, Sarah Egan and Tracey Wade
- The Gifts of Imperfection—Brene Brown
- Daring Greatly—Brene Brown
- The Female Brain—Louann Brizendine
- Phosphorescence: On awe, wonder and things that sustain you—J. Baird
- The Gifts of Imperfection—B. Brown
- At Home Within: A little book of self-care wisdom—M. Gaston
- The Art of Wellbeing: Joyous living inspired by nature—M. Gaston
- Burnout—E. Nagoski and A. Nagoski
- Apples for the Mind—Tom Nemhy

LECTURES/PRESENTATIONS

- The Power of Vulnerability, Brene Brown: <https://www.youtube.com/watch?v=iCvmsMzIF7o>
- How to Raise Successful Kids – Without Over-Parenting, Julie Lythcott-Haims: <https://youtu.be/CyElHdaqkjo>
- Mindfulness In Schools, Richard Burnett: https://www.youtube.com/watch?v=6mlk6xD_xAQ
- The Teenage Brain, Daniel Siegel: <https://www.youtube.com/watch?v=TLULtUPyhog>
- Getting Stuck in the Negatives (and How to Get Unstuck), Alison Ledgerwood: <https://youtu.be/7XFLTDQ4JMk>
- The Mysterious Workings of the Adolescent Brain, Sarah-Jayne Blakemore: <https://youtu.be/6zVS8HIPUng>
- Grit: The Power and Passion of Perseverance, Angela Duckworth: <https://youtu.be/H14bBuluwB8>

Websites

- Smiling Mind Mindfulness—<http://smilingmind.com.au>
- Mindfulness in Schools Project—<http://mindfulnessinschools.org/>
- Headspace—<http://headspace.org.au/>
- Daniel Siegel’s website—<http://www.drdansiegel.com/>
- Office of the Children’s eSafety Commissioner—<https://esafety.gov.au/>
- Common Sense Media—<http://www.commonsensemedia.org>
- Dove Body Image—<http://selfesteem.dove.co.uk/>
- Body Image— <https://www.morethanabody.org/>
- The Butterfly Foundation—<http://thebutterflyfoundation.org.au/facts—sheets/>
- Doing Drugs with Paul Dillon—<http://doingdrugs-darta.blogspot.com/>
- Building Courage in Kids - <https://www.heysigmund.com/>
- eSafety Commissioner—<https://www.esafety.gov.au/key-issues/staying-safe/sending-nudes-sexting>
- Legal Aid – WA - <https://resources.legalaid.wa.gov.au/project/rulegal/packs/sexting/overview#close>
- Raising Children—Practical steps to discussing sexting with teenagers - <https://raisingchildren.net.au/teens/entertainment-technology/pornography-sexting>
- Family Zone—<https://www.familyzone.com/anz/families/blog/10-tips-for-parents-on-sexting>
- Australian Psychological Society—<https://www.psychology.org.au/getmedia/03213f59-9b8f-45b9-8575-2605958fd791/Trans-and-gender-diverse-children.pdf-with-additional-resources-listed>
- Very Well Family—<https://www.verywellfamily.com/a-parents-guide-to-lgbtq-community-4783527#using-proper-pronouns>
- Parents of Gender Diverse Children—https://www.pgdc.org.au/books_for_parents - link to book suggestions
- Hey Sigmund—www.heysigmund.com

APPS (For mobile phone)



Stop, Breathe, and Think



Mindshift



Mindfulness Daily



MoodMission



Smiling Mind



OurPact—restricts the use of apps at certain times



ThoughtDiary Pro



Self Control—free Mac application to help you avoid distracting websites



WorryTime by Reach Out



Breathe—measures heart rate and slow breathing



ClearFear by stem4: learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.



Move Mood by stem4: help you improve your mood by encouraging you to increase your motivation to carry out a variety of tasks in order to help you to move forward, take control and feel positive.



Calm Harm by stem4: help teenagers manage or resist the urge to self-harm.