

## Parenting Resources



Parents want to raise their children in a healthy, happy home. However, difficulties on many fronts can increase stress and cause unhappiness. The following websites provide tips for dealing with situations faced by many parents, including adjusting to a new baby, separation and divorce, co-parenting, blended families, grandparenting, childhood obesity, depression in teens, health and education issues.

<https://www.nlm.nih.gov/medlineplus/parenting.html>

<https://www.helpguide.org/home-pages/parenting-advice.htm>

Top parenting resources from psychologists:

<https://www.apa.org/monitor/2018/04/parenting-resources>

Parenting materials are available to employees at the state library (KDLA). If you are interested in them, you can call the Library at 502-564-8300, ext. 342 or 800-928-7000, ext 342, or you can request items through the KDLA catalogue at <http://kdla.ky.gov/employees/databases/Pages/default.aspx>.

Materials can be picked up at the Library or items may be sent to your office by messenger mail, regular mail, or UPS.

Below are just a few of the parenting resources available at KDLA:

**The Challenging Child: Understanding, Raising, and Enjoying “Difficult” Types of Children** by Stanley I. Greenspan (1995)

**Co-Parenting Survival Guide** by Elizabeth Thayer and Jeffery Zimmerman (2001)

**How to Talk so Children Will Listen and How to Listen so Children Will Talk** by Adele Faber and Elaine Mazlish (1980)

**How to Talk so Teens Will Listen and How to Listen so Teens Will Talk** by Adele Faber and Elaine Mazlish (2005)

**Why Do You Have to Get Divorced and When Do I Get a Hamster?** by Anthony E. Wolf (1998)