

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)