

# Our Top Game Changing Parenting Books

## Which books should you read to inspire your parenting?

Parenting today looks a whole lot different to the memories you have of the way you were raised. There's been so much research done and now we know more. We owe to ourselves for personal development, as well as to our kids, to think deeply about our parenting approach. It's a little overwhelming when you look at the parenting shelf in the bookstore though!

Our advice is to read one or two general parenting books to help you find direction with your style. Then read one book that you feel might be more specific to raising your child. Be led by your intuition and read around your child's psychology. For example, if your child struggles with anxiety, read a book related to kids who worry. If you feel like your child is showing signs of sensory processing issues, read a book such as **The Out of Sync Child by Carol Kranowitz**. I also loved *The Highly Sensitive Child* which was so insightful in relation to my eldest child. Here's our list of general parenting books which we've read ourselves and have been massive game changers in the values that now underpin our parenting!

- **The Whole Brain Child** by Dan Siegel and Dr Tina Payne Bryson
- **How to Talk so Kids will Listen and Listen so Kids will Talk** by Adele Faber and Elaine Mazlish
- **Raising Girls** by Steve Biddulph
- **Raising Boys** by Steve Biddulph
- **The book you wished your parents had read (and your kids will be glad that you did)** by Phillipa Perry