

THE BEST PARENTING BOOKS YOU MAYBE NEVER HEARD ABOUT

ARTICLE

I was searching through webs to not only hang on books I know and found a lot of tip and books, blogs and stories about parenting and becoming a parent. As always, it is not easy to find the right portion for everyone, so I found some, which I never heard about but found interesting. Take this list as an inspiration, if you've read them, tell us more about it and if not and you will, for sure let me know later, there's always space to learn more about parenting as we already found out.

Becoming Attached by Robert Karen

This occasionally slow-going but fascinating book goes deep on the history of attachment theory and its current renaissance, raising questions like: In what specific ways did my parents ruin me for all future relationships? The infant is in many ways a great mystery to us. Every one of us has been one; many of us have lived with or raised them. *Becoming Attached* is not just a voyage of discovery in child emotional development and its pertinence to adult life but a voyage of personal discovery as well, for it is impossible to read this book without reflecting on one's own life as a child, a parent, and an intimate partner in love or marriage.

Your two years old by Louise Bates Ames

This book is part of a series of the best little books about child development. They're all actually little — about 150 pages (a third of which are black-and-white photo illustrations of children from the '70s) — and follow the same general formula: here's what you're dealing with, here's what tends to work, isn't it fascinating!, do what works and it will get better soon. I goddamn love them. Read these books with a glass of wine after bedtime to remind yourself your kid is not a fact a monster. Revel in the fleeting particulars of him at this age. Laugh when the best advice the authors can come up with for stubborn 3.5-year-olds is this: Send them to preschool, because they'll behave better for people who aren't their parents.

All joy and no fun by Jennifer Senior

This book is a great answer to every time you've ever wondered, "Is it just me, or is being a parent bad in a very particular way right now?" A leading question, maybe, but Senior has convinced me that the answer is "Yes." Inspiring either a consoling self-forgiveness or a maddening fire under one's ass (both, one hopes), former New York staff writer Senior winningly leads us through the world of modern parenthood with both depth and breadth, in a voice that is insightful, relatable, and genuinely searching.

Simplicity parenting by Kim John Payne

This book is a classic parent troll, so you'll need to be ready for that. Read it at a time of emotional fortitude, ideally at a moment when you think to yourself, "Okay, things are about to get easier soon. I feel like I can finally catch my breath. Is there a man somewhere who can Kondo my family life?" (The author's first name is Kim and yes, I felt betrayed when I realized he was in fact an Australian man and not a Scandinavian woman sent to share the gospel of toys made from natural wood.) "Even if some of the details were unrealistic," Payne argues, "your dreams about your family had truth to them." He may as well be talking about this book.

The Child, the Family, and the Outside World by D.W. Winnicott

Pay a corrective visit to the wildly influential pediatrician and psychoanalyst who introduced the world to the concept of the “good-enough mother.” Dr. Winnicott explores the basic relationships of childhood starting with the bond of love between mother and infant, which he views as the key to personality. Speaking directly and informally, he explains everyday issues such as feeding, crying, playing, independence, and shyness as well as serious problems such as stealing and lying. Throughout each discussion, Dr. Winnicott emphasizes the inborn abilities of parents and carefully distinguishes these from the skill that must be learned. Fascinating chapters on the roots of aggression, on the fear of dependence and its unfortunate consequences in adulthood, and on the innate morality of the baby reveal Dr. Winnicott's characteristic wit and insight.

No bad kids by Janet Lansbury

I am normally averse to “schools” of parenting (and anything overarching when it comes to kids), but I make an exception for Janet because: (1) The phrase “without shame” is in the title and shame might be one of the ruling negative emotions in my life and if there’s anything I’d like to spare my son it’s that, and (2) Lansbury brings a self-aware resistance to dogma that’s refreshing and reasonable. She seems to want to help our children blossom into their best, most authentic selves without totally fraying our nerves in the process. There’s value in a parenting mentor who seems to more interest in process than product (or is it the other way around?). Unruffled, proud, self-confident. I never know if she means us or the children — how nice that both are taken into account.

This list could be never ending... there’s such amount of books and ways to raise a child. But you only can know, which book, way or feeling is the right for you. Never forget what’s beating in your chest and follow your heart. You’ll not be only good enough, but you’ll be a mum your kids will love forever. It’s great that you’re searching for inspiration and help, go further with it, always take your feeling into considerations and follow your beliefs. It will work.

What did I read and love?

- Respektovat a být respektován – [short review](#) – this was a base for me
- [How to Talk So Kids Will Listen & Listen So Kids Will Talk](#)
- [Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too](#)
- [Koncept kontinua](#)

QUESTIONS

1. Which of them would you love to read and which not? Why?
2. Is there an unknown author in parenting literature you would like to recommend to others?
3. Which book did you like the most? What would you recommend us?
4. What attracts you most to a book - title? Author? Cover? Reviews? Or something completely different?
5. Did you read a book which surprised you? Not expecting of it something?