

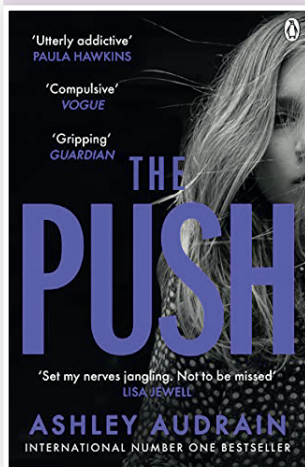
KILKENNY COUNTY COUNCIL LIBRARY SERVICE



Peaceful Parents, Happy Children

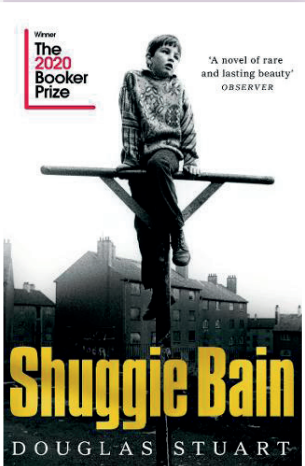
Many contemporary novels will resonate with a lot of parents. Perhaps after reading some of them you will even feel the struggles you encounter are trivial and that you have model offspring after all. The following are recent novels which we would highly recommend.

The Push



A tense, page-turning psychological drama about the making and breaking of a family—and a woman whose experience of motherhood is nothing at all what she hoped for—and everything she feared. Blythe Connor is determined that she will be the warm, comforting mother to her new baby Violet that she herself never had. The classic nature versus nurture debate.

Shuggie Bain



An epic story of young Hughie being raised by his alcoholic single mother Angie in working class Glasgow during the bleak 1980s. What sounds like a depressing story is saved by the humour and poignant scenes between mother and child. A worthy but easy to read Booker Prize winner. Available through your local library and also in eBook and eAudio-book through Borrowbox.

“Speak to your children as if they are the wisest, kindest, most beautiful and magical humans on earth, for what they believe is what they will become.”

Brooke Hampton, author

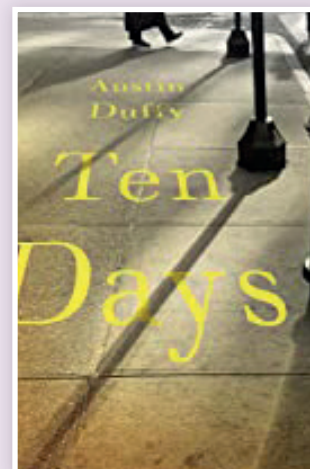


Boys Don't Cry



Debut novel that's set in a high rise flat in inner city Dublin. Told through the voices of 17-year-old Joe and his sweet 12-year-old brother Finn as they grow up with a drug dealer Dad. It's a tough upbringing especially when his father is imprisoned and Finn gets ill. The themes are harrowing but it's saved by the tender and humorous writing. Available through your local library and also in eBook through Borrowbox.

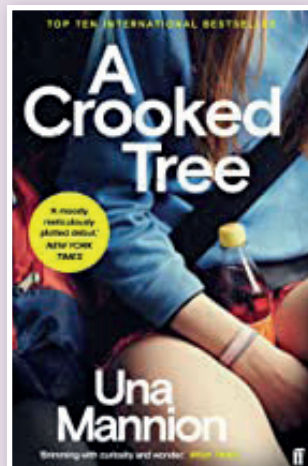
Ten Days



This is the story of the relationship between Wolf and his daughter Ruth. When Wolf's ex-wife Miriam dies of cancer his world is thrown upside down. They travel to New York to scatter Miriam's ashes and he has ten days to put rights wrong before

it's too late. It explores the complicated love between father and daughter.

A Crooked Tree



This portrays a family dealing with the consequences of one rash decision. While driving home, Libby's mother, exhausted and overwhelmed with the fighting in the backseat, pulls over and orders Libby's little sister Ellen to walk home as light fails. Ignoring the protests of her other children she drives away. What would you do as you watch your little sister getting smaller in the rear-view window?

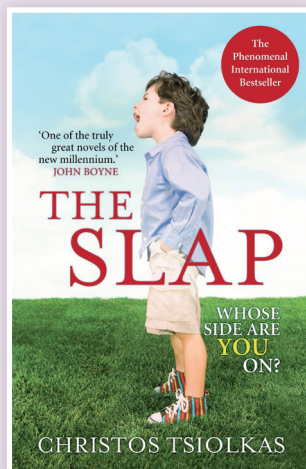
Big Little Lies



This is a book about parents behaving badly. It throws a light on the different type of parents who are connected by their children

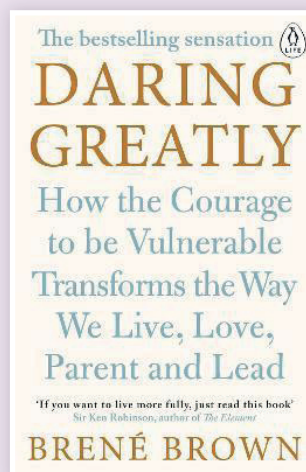
starting playschool. There are the usual cliques, the do-gooders, the parents who boast about their kids, the working mums versus the stay at home mums. But it's also a book about bullying, domestic violence and murder. Fore-warned! Available through your local library and also in eBook and eAudio-book through Borrowbox.

The Slap



At a party of adult friends and their children, Hugo, a four-year-old, goes to whack another child with a cricket bat and the father of the target stops this happening by slapping Hugo on the face. The parents of Hugo insist on police involvement and the police take it to court. The various adults are tested by the way in which Hugo's parents behave and expectations by all concerned. Dislikeable characters but thought-provoking.

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent and Lead

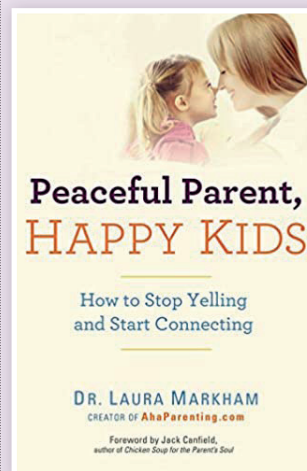


“Daring Greatly” is based on Brené Brown's research about vulnerability. You don't need to be a parent to benefit from this read! A powerful question Brown asks is, “Are you the adult that you want your child to grow up to be?” If you don't have kids yet

or don't plan to at all, it's important to realize that who you are as a person greatly influences the people – friends, family, colleagues – around you.

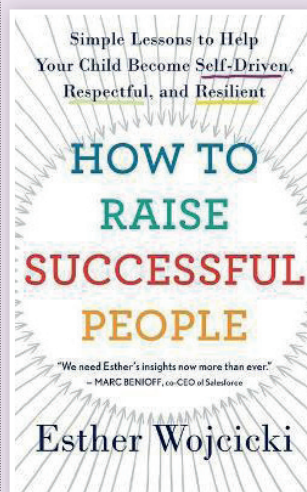
Peaceful Parent, Happy Kids:

How to Stop Yelling and Start Connecting



Laura Markman is a psychologist and creator of popular parenting website AhaParenting.com. Her book focusses the importance of developing an emotional connection with your child. When you have that vital connection, she says, there's no need to threaten, nag, plead, bribe or punish. Dr. Markman's advice reminds us that being a good parent has nothing to do with what other kids are or aren't doing. It's about nurturing an emotional connection with your kid and celebrating the things that make them unique.

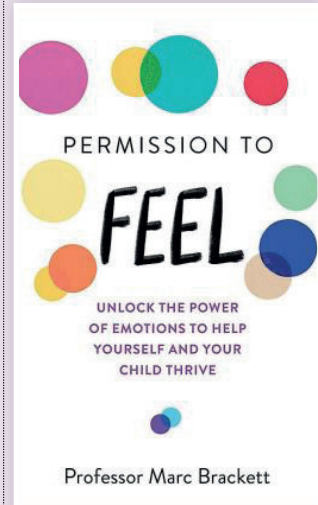
How to Raise Successful People



If there's one person who knows good parenting, it's Esther Wojcicki – mother of three super successful daughters: YouTube CEO Susa, 23andMe founder Anne and UCSF doctor and researcher Janet. Not your typical instructional parenting manual, it combines proven research and personal stories from Wojcicki's own experience

as a mother. Wojcicki's advice to parents is simple: Relax. The “parenting anxiety” epidemic has gotten worse over the years, and it's not doing our kids any good. More importantly, she shares her secret to raising successful people: “T.R.I.C.K.,” which stands for trust, respect, independence, collaboration and kindness.

Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves and Our Society Thrive.



Marc Brackett, a professor at Yale University's Child Study Center and director of the Yale Center for Emotional Intelligence, outlines a remarkably effective strategy for not just cultivating emotional intelligence in children, but also deepening parent's emotional intelligence.

Brackett's approach to teaching emotional intelligence is called “R.U.L.E.R.” – an acronym for five key skills:

1. Recognizing emotions in oneself and others
2. Understanding the causes and consequences of emotion
3. Labelling emotions with precise words
4. Expressing emotions, taking context and culture into consideration
5. Regulating emotions effectively to achieve goals and well-being

All of these titles, and many more are available through your local library.

See www.kilkennylibrary.ie for details.