

FAMILY ISSUES BOOK RESOURCES

Note from Council on Social Responsibility

These references have been provided as an assistance for clergy, youth workers and church members should you require information or resources or help for those who may be experiencing relationship difficulties. The views expressed in the material listed are not necessarily those of the Methodist Church but we wish to provide a broad spectrum of literature and supports.

PARENTING BOOKS

Daughters and Dads by Chap and Dee Clark

Chap Clark is professor of youth, family, and culture at Fuller Theological Seminary. He is the president of ParenTeen' Seminars, senior editor of Youthworker Journal, and the author of over fifteen books. Dee Clark is a family therapist.

Disconnected: Parenting Teens in a Myspace World by Chap and Dee Clark

Parents worry they don't have the understanding or training to be able to care for their kids in a world that is increasingly superficial, politicized, and performance driven. "Disconnected" makes the concepts and strategies described in the bestselling "Hurt: Inside the World of Today's Teenagers" accessible to parents. After the overwhelming response to Hurt, authors Chap and Dee Clark here equip parents with an up-to-date, realistic parenting book that doesn't ignore the harsh realities of adolescent life.

Parenting the Teenage Brain: Understanding a Work in Progress by Sheryl Feinstein

The field of neuroscience is continually churning out exciting discoveries that help us better understand the human brain. Observing the brain while in action provides rich information on the behaviour of teenagers giving us insight into their emotional and cognitive state. This book combines research from neuroscience and psychology along with a heavy dose of common sense and humour to offer parents important strategies to support and guide their teenager. Although not written from a Christian perspective this book still provides excellent information.

Detoxing Childhood: What parents need to know to raise happy successful children by Sue Palmer

Sue Palmer provides an essential guide on how to bring up children in a way that avoids the problems of a toxic world. With practical, easy-to-follow advice she explains what children need, in terms of food, play, sleep and talk; what childcare and education will help most; how families can work together for the best, given the hectic pace of 21st century life; and how to turn the electronic village of TV, computers and mobile phones to our advantage. Although not written from a Christian perspective this book still provides excellent information.

The Sixty Minute Mother by Rob Parsons

Rob Parsons talks to mothers to gain insight into the pressures that are unique to them. Mums from all walks of life have contributed to this fascinating journey through motherhood. Issues covered include:

- Why do I sometimes feel so guilty?
- My children are teenagers now - what happened?
- Should I work full-time or stay at home?
- I love my kids - but is it all right not to like them occasionally?
- Single mums: the challenge and the hope
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The Sixty Minute Father by Rob Parsons

No-one was ever heard to say on their death bed, "I wish I'd spent more time at the office". And yet so often that's how we live. This practical, down-to-earth book helps fathers to see how they can seize the day, laugh more with their children, and give love without strings.

The Sixty Second Mother by Dianne Parsons

Motherhood is, without doubt, a joyful, painful, exciting, mind-numbing business, and above all a long-haul affair. This little book is dedicated to mothers everywhere, and just like our experience of motherhood, it contains a mixture of wisdom and humour. Where the quotes are from notables, I've attributed them, but many are from ordinary mums like you and me. *Dianne Parsons*

The Sixty Second Father by Rob Parsons

Here are just a few of the snippets and quotations found in this little book of bite-sized wisdom :

Get involved with your newborn baby as much as possible. Change as many nappies as you can, and hold her in your arms often. Talk to her as if she can understand every word. Football will do fine. When we've finished decorating' ... When I get promotion' ... When I pass the examinations' ... Don't keep saying, 'Later,' to those you love. A slower day is not coming.

Every Step Counts - building a healthy stepfamily by Christine and Tony Tufnell

Becoming a step-parent is not easy. Whether we have experience of raising a family or not, forming a new family raises many questions for everyone involved. In this practical and easy to read book, Christine and Tony Tufnell give valuable advice for anyone living, or planning to live, in a stepfamily.

Teenagers! What Every Parent Has to Know by Rob Parsons

A book that will be of help not just to parents, but all those who are concerned about teenagers grandparents, carers, youth workers, teachers, and those with younger children approaching their teens.

What Every Kid Wished Their Parents Knew ... and Vice Versa! by Rob Parsons and Lloyd Parsons

This is a humorous book for every parent who has ever wondered what their teenagers are thinking, and for all kids who need to understand what makes their parents tick.

Parenting is Heart Work by Scott Turansky and Joanne Millar

This book gives parents easy and practical steps they can follow to build good relationships with their children by effecting heart-changes in the child rather than outward compliance. The authors have combined their research of biblical principles and human behaviour to produce this easy-to-understand manual of parenting God's way.

Hopeful Parenting by David Jeremiah

New York Times best-selling author David Jeremiah presents a heart warming look at adventures in parenting. Drawing from his own rich journey through fatherhood, Pastor Jeremiah shares wit and wisdom on raising children in an unpredictable world. Each insightful chapter features timeless truths from God's Word, offering encouragement for the road ahead.

Home Improvement: 8 tools for effective parenting by Scott Turansky and Joanne Millar

Dr. Turansky and Joanne Miller offer practical, hands-on ideas for family rules that teach values, ways to let your children know when you mean business, plans for helping children deal with their anger, and constructive ways to end times of discipline.

MARRIAGE BOOKS

Rules of Engagement by Katharine and Richard Hill

This book will show engaged couples how to plan a successful wedding and build a marriage that lasts. It encourages couples to discuss key areas, including forgiveness, making decisions together and developing intimacy.

The Sixty Minute Marriage by Rob Parsons

Rob Parsons gives fresh insight, humorous stories and realistic advice. Including:

- How to argue - effectively
- How to strengthen your marriage
- Five myths about sex
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Loving Against the Odds by Rob Parsons

Here is a book for all couples - those with strong marriages who want to protect their relationship, those going through tough times, and those preparing for marriage. With humour and honesty, Rob Parsons covers issues such as communication, financial pressure, sex and the affair, and dealing with conflict.

The Highway Code to Marriage by Michael & Hilary Perrott

This book aims to help you build or rebuild a loving, healthy and lasting marriage sharing seven proven secrets to marital joy and fulfilment. Michael was Founder and first Director of Christian Guidelines, an organisation devoted to counselling and the promotion of family life, a ministry in which Hilary also shared.