

Dear Parents,

Over the summer, your children will be doing some sort of summer reading assignment or program. This year, we have also decided to include some summer reading suggestions for parents. Many local high schools, including Benet Academy and the Glenbard Public Schools, are also passing along a summer reading list to their parents as well.

Most of the suggestions that you see below come from a list created by those high schools. We have adapted this list to focus on issues faced by grade school aged children and their parents. While we have not read all of these books ourselves, the recommendations come from a trusted source.

- No Drama Discipline
by Daniel Siegel, M.D. and Tina Payne Bryson, Ph.D.

- Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School
by John Medina

- The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives
by William Stixrud, Ph.D. and Ned Johnson

- The Good News About Bad Behavior: Why Kids are Less Disciplined Than Ever and What to do About It
by Katherine Reynolds Lewis

- The Happy Kid Handbook: How to Raise Joyful Children in a Stressful World
by Katie Hurley, LCSW

- The Art of Screen Time: How Your Family Can Balance Digital Media and Real Life
by Anya Kamenetz

- Screenwise: Helping Kids Survive (and Thrive) in Their Digital World
by Devorah Heitner, Ph.D.