

## Resources for Parents

You will find a number of strategies to help cope with the many issues that can arise as a parent in the articles below. (This list was compiled by Liana Lowenstein, MSW (<http://www.lianalowenstein.com>))

[The Healing Power of Family Play](#) by Charlotte Reznick

[Ten Favorite Parenting Techniques](#) by Liana Lowenstein, MSW, RSW, CPT-S

[Children and Tantrums: Why They Do It, How To Get Through It](#) by Katrinca Ford

[To Choose or Not To Choose: Teaching Children Choices](#) by Mark D. Ratta, MA., MBA, P.C.

[The Power of Fear](#) by Sandi Schwartz, MA

[Setting the Stage for Better Sleep: Parent and Baby](#) by Chai Benson

[Playing with Little Ones](#) by Marty Layne

[Parent-Led Play vs. Child-Led Play: Which is Better for Young Children?](#) by M.E. Picher, MA

[Parenting with Brains](#) by Jennifer Kolari, MSW., RSW

[Challenging Teens](#) by Gary Direnfeld, MSW, RSW

[Child Sex Play](#) by Gary Direnfeld, MSW, RSW

[What is a Family](#) by Linda Goldman

[How Bereaved Children Think, Feel, and Behave, and What Adults Can Do to Help](#) By Liana Lowenstein, MSW, RSW, CPT-S

[Tips for Explaining Death to Children](#) By Liana Lowenstein, MSW, RSW, CPT-S

[Helping Your Children through Separation and Divorce](#) By Liana Lowenstein, MSW, RSW, CPT-S

[Explaining Separation/Divorce to Children](#) By Liana Lowenstein, MSW, RSW, CPT-S

[Picky Eaters](#) by Linda Chapman

[Six Ways to Help Your Child Develop Better Friendships](#) by Charlotte Reznick

[Common Sources of Behavioral Problems in Children](#) by Brenna Hicks

[Keeping Children Safe from Abuse](#) by Connie Hammer

[The Heart of Discipline](#) by Charlotte Reznick, Ph.D.

[How to Play with Your Child](#) by Tammi Van Hollander

[Should you let your kid win?](#) by Sara Dimerman

[Managing Anger \(Before it Manages You!\)](#) by Tammy Fletcher, LMFT

[How to Help My Child with ADHD](#) by Dr. Gary G. Brannigan and Dr. Howard Margolis

[How to Help My Anxious Child](#) by Leanne Matlow

["No, Because I Said So" From "An Allowance is Not a Bribe"](#) by Allan M. Gonsler, LCSW, RPT-S

[Helping Children When a Family Member Has a Life-Threatening Illness](#) by Liana Lowenstein, MSW, RSW, CPT-S and Brianne Thompson

[How to Help Grieving Children](#) by Fran King B.A., B.Ed, C.B.E., C.G.T.

[Cocooning™ With Your Newly Adopted Child](#) by Patti M. Zordich, Ph.D.

[The Three Questions Your Teens Should Ask Before Dating](#) by Elsbeth Martindale, PsyD

[Developing Healthy Self-Esteem in Your Child](#) by Sara Dimerman.

[Reframing Children's Behaviors](#) by Caelan Kuban, LMSW

[To Consider the Eulogy that Will Be Spoken at Our Funeral](#) by Dr. Robert Brooks

[What is Selective Mutism?](#) by Carolyn Nelson, LCSW-C, RPT

[Negative Self Talk](#) by Julianne Neely and Abbie Kelley

[Developing Academic Potential From "An Allowance is Not a Bribe"](#) by Allan M. Gonsler, LSCSW, RPT-S

[Help Your Child Sleep Alone: The SnoozeEazy Program for Bedtime Fears](#) by David D. O'Grady

[How To Stay In The Play With Little Ones](#) by Lynne Kenney, PsyD

[27 Ways to Express Love To Your Young Child](#) by Lynn Louise Wonders

[My Son is My Greatest Teacher](#) by Marcy White