



Reading tips



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Here is a list of very useful texts for parenting training (some texts may not be available in all languages)

Emotional intelligence for a child. A guide for parents

by John Gottman and Joan DeClaire

Every parent wonders about the best ways to educate their children to realize their talents and enjoy life to its fullest: in this growth path, a fundamental role is played by emotional intelligence, that is, the ability to merge one's aptitudes with qualities such as empathy and attention to relationships with others. A psychologist known throughout the world for his studies on the relationships between parents and children, Gottman shows in this book how parents can become good "emotional coaches": through clear explanations and a large number of practical examples, the the author examines the crucial phases of the development of children and teenagers - from managing feelings to controlling impulses, from the importance of listening to overcoming conflicts - and illustrates step by step how to transmit to children the qualities necessary to grow stronger and happier .

Emotional development and Emotional Intelligence: "educational implications

by Peter Salovey and David J. Sluyter

In recent years, innovative schools have developed courses in what has been called emotional literacy, emotional intelligence, or emotional competence. This volume scientifically evaluates these developments, pairing the perspectives of psychologists with those of educators who offer valuable commentary on the latest research. It is an authoritative study that describes the scientific basis for our knowledge of emotions as it specifically relates to children, the school environment, and emotional literacy. Experts in psychology and education have long viewed thinking and feeling as opposites of reason, on the one hand, and passion on the other. And emotion, often labeled chaotic, random, and immature, has not traditionally been seen as an aid to reason. That all changed in 1990, when Peter Salovey and John D. Mayer coined the term emotional intelligence as a challenge to the belief that intelligence is not based on processing emotionally charged information. Salovey and Mayer defined emotional intelligence as the ability to monitor one's own and others' feelings and emotions, to discriminate between them, and to use motivated scientists, educators, parents, and many others to consider the ways in which emotions themselves constitute an intelligent system. With this groundbreaking volume, invited contributors present cutting-edge research on emotions and emotional development in a way useful to educators, psychologists, and anyone interested in the unfolding of emotions during childhood. This unique book bridges theory and practice by juxtaposing scientific explanations of emotions with brief commentary from educators that elaborates on how these advances can be used in the classroom.

Emotional intelligence

by Daniel Goleman

Why can people hired on the basis of classic intelligence tests turn out to be unsuitable for their job? Why doesn't a very high IQ protect you from major failures, such as the crisis of a marriage? Why do some of us easily build social relationships while others are incapable of doing so? In this revolutionary book that has transformed our way of looking at intelligence, Daniel Goleman focuses on the importance of emotional components even in the rational functions of thought and explains why success or failure in the decisive sectors of existence are determined by a complex mixture in which factors such as self-control, perseverance and empathy have a predominant role. With captivating and flowing writing , Goleman shows how emotional intelligence

can be developed and perfected, to better govern our emotions and always get the most out of ourselves and others.

Emotional intelligence in everyday life

di Ciarrochi , J. Forgas , JP Mayer, JD

What role do emotions play in human affairs? How do feelings affect our personal relationships and our work life? Emotional intelligence (EI) is the ability to perceive, understand and manage emotions, an extremely important skill for all of us. Despite extensive recent interest in EI, we still do not know enough about the psychology of emotional experience. This is the first book to provide an informative and comprehensive review of scientific research in the field and the ways in which EI is important in everyday life. After an introduction, the first part of the book examines the fundamental issues related to EI. Discusses the development of the EI construct, its definitions, and how it can be measured, as well as reviews research regarding the role that emotion plays in rational, intelligent thinking, and behavior. The second section of the book focuses on the important applications of EI to everyday life, addressing key questions such as: * How can emotional intelligence be used to improve health, financial decisions, friendships, marriages, and career success? * How can emotional intelligence training programs be implemented in schools and the world of work? Written in an engaging and accessible style, Emotional Intelligence in Everyday Life provides a much-needed review of this important and growing field and should be of interest to laypeople, students, researchers, and professionals alike. marriages and professional success?

12 revolutionary strategies to promote your child's mental development

by Tina Payne Bryson, Daniel J. Siegel

Your kids won't stop throwing exasperating tantrums. Are they plotting to make your life impossible? But no, they are just at the mercy of their still developing brain! In this innovative book, with a very concrete approach, Daniel Siegel, a successful neuropsychiatrist, and Tina Payne Bryson, a highly experienced parental consultant, shed light on the emotional storms of childhood, explaining how in children the right hemisphere of the brain and the emotionality that distinguishes it tend to get the better of the logic and rationality of the left hemisphere. By following the 12 revolutionary strategies suggested by the authors, it will be possible to transform a child's explosion of anger into an opportunity to achieve integration between the different parts of his brain and promote adequate development.

The child's brain explained to parents. To raise our children in the best way

by Alvaro Bilbao

Theoretical and practical manual on how to help children develop their intellectual and emotional potential in the first six years of life, a Montessori inspiration for an agile manual suitable for the new times and balances of families. To understand how to support the development of the child's brain in the most important period of his life, the text addresses the fundamental themes of the pedagogical educational path, illustrating for each topic the mechanisms of functioning of the brain: games and examples of dialogues and interactions between children are proposed and parents, illustrations, diagrams.

Positive discipline. Raising responsible, independent and collaborative children, in the family and at school, with respect, firmness and kindness

by Jane Nelsen

Psychologist Jane Nelsen explains how to put Positive Discipline into practice: an effective method to help parents and teachers remain firm and kind to children, without the need to resort to punishments, and at the same time encouraging the child to develop independence , the sense of responsibility, collaboration and the ability to find solutions independently.

A book for:

- build good communication with children (from 3 years to adolescence)
- empower children without losing respect for themselves
- teach children not what to think, but how to think
- face the challenge of adolescent rebellion.

The challenge of discipline

by Daniel J. Siegel, Tina Payne Bryson

Daniel Siegel and Tina Payne Bryson, deal with the most important challenge for raising a child: discipline. Starting from the real meaning of the term "discipline" (instruct and teach, not scold), the authors show how to empathize with the child and channel his emotions to transform a crisis of anger or crying into an opportunity for growth. In this way it will be possible to break the vicious circle of the child's tantrums and the parent's punishments, replacing it with more effective strategies suitable for each stage of development.

Everyone to bed! How to help your baby sleep without crying

by Alvaro Bilbao

Based on his skills in the neuroscientific field and his experience as a psychologist and father, the author proposes a path based on love and trust. The strategies are divided by age (from birth/from 1 year to 2 years/from approximately 2 to 6 years) and accompanied by examples taken from the author's family life, or from the cases he has faced with his patients. The fundamental premise, apparently banal but in fact not so obvious, is that the newborn is fully a person, who becomes part of our life with needs that are very different from ours, but equally important. The challenge for parents is to be able to reconcile the needs and rights of all the people who make up the family, to live in harmony and develop fully, and the author demonstrates that this can be done gently and without trauma, particularly in a delicate moment like that of bedtime.

Attachment and loss

by John Bowlby

Bowlby tackles a fundamental concept of psychoanalysis from a completely new perspective, that of the roots of the emotional bond between mother and child. The nature and origin of this bond are studied starting from the assumption that the instinctive behaviors of higher animal species and man must have a common matrix: the search for this matrix with regard to attachment behavior constitutes precisely one of the essential aspects of the book. Bowlby's hypotheses have found confirmation in further experimental studies, which the author examines in detail in this second revised and expanded edition. The conclusions deviate in part from Freud's positions and from the conception more generally accepted by psychoanalysis scholars: attachment behavior does not have its roots in the satisfaction of the child's need for food, but constitutes an autonomous primary drive, of non-specific origin. strictly biological.

Affective development and environment

by Donald Winnicott

Dependence in early childhood is an incontrovertible act, and in these essays, Winnicott tries to ensure that the theory of personality development takes it into account. According to the Author, ego psychology has meaning only if it is solidly based on the fact of addiction and the study of early childhood.

Effective parents. Raising responsible children

by T. Gordon

A well-tested method proposal so that, through the educational practices of respect, listening and collaboration in solving conflicts and problems, the family also becomes a creative space of democracy.

Everyone blames parents for the problems of young people and those that young people seem to cause for society. Experts, in light of the alarming statistics on the ever-increasing number of children and young people who suffer from serious emotional disorders, become involved in drugs or commit suicide, complain: "it's all the parents' fault". And when children do poorly in school or become irrecoverable outcasts, teachers and school officials say that "it is the parents' fault."

But who helps parents? How much effort is put into assisting them to become more effective in raising their children? And how can a parent discover his mistakes and learn about possible alternatives? The contribution of this book, now a classic used in 37 countries around the world and translated into 18 languages, lies precisely in giving concrete answers to the questions that parents ask.

The art of communicating with children. The phrases and behaviors that really work

by Suzanne Vallières

The words we use, and the way we use them, are fundamental to creating constructive relationships with our children, based on respect and not criticism. If we want to be good parents we must therefore develop an adequate communication process. Using a direct and friendly style, the author concretely suggests how to relate to children in the small and large difficulties of daily life, reporting many examples of phrases and behaviors "that work" or that are better avoided. Among the many topics covered: how to deal with arguments between siblings; how to promote children's self-esteem; how to behave when faced with lies; how to be able to say "no" to your children; how to make them accept rules and prohibitions. Our child is an evolving being: it is up to us to help and guide him.

The child is competent

by Jesper Juul

The child has notions, values and evaluation criteria that concretely guide his experience, right from his birth. Erroneously, however, we behave towards him as if he had no personality characteristics and parents tend to impart the knowledge necessary for regular human and social development. This model induces a deleterious state of insecurity in the child, damaging his young self-esteem from an early age. Juul, instead, invites careful observation of the child, no longer considered as a passive subject but, on the contrary, as an "active center of skills".

The family is competent

by Jesper Juul

Jespers Juul, Danish, is a family therapist and in his career he has always worked with families to encourage the development and effectiveness of family reactions. His contribution to parental education is well-known at European level. In this book he provides useful suggestions so that parents learn to correctly convey positive emotions and functional behaviors to the child's growth. Many of the parents' behaviors, whether excessively permissive or authoritarian, hinder the child's growth and autonomy. It is possible for parents to self-observe the family relationship and understand which behaviors are more or less suitable for situations and generate positive or negative effects on their child. In this book Jesper Juul explains how to make the right choices even in difficult situations and base family life on one's personal values.

No parent is perfect

by Isabelle Filliozat

Being a parent is a fantastic adventure, which however sometimes turns out to be very challenging: we are often insecure and overwhelmed by doubts and end up feeling guilty for our inadequacy. We catch ourselves acting like our mother, when we promised ourselves to do the opposite, or we repeat the exact same phrases that, in our father's mouth, sounded so hateful. We would like to feel only love and tenderness for our children,

but this is not always the case. The wounds of our past and our personal history influence us more than we think. This enlightening essay makes us understand better why this happens, and guides us, with advice and practical exercises, towards the freedom of becoming the parents we want to be. Aware that perfection is not of this world.

Mistakes not to be repeated. How knowing your history helps you be a parent

by Daniel J. Siegel and Mary Hartzell

"I never thought I would have the same behaviors with my children that made me suffer as a child, yet I find myself acting exactly that way." Many parents feel forced into inadequate and repetitive models of interaction, not compatible with the caring and loving relationships they had imagined for their children. However, through a deeper understanding of our past experiences we can free ourselves from the impulsive behaviors that imprison us in the present and give our children happiness and emotional security.

Be there. How the presence of parents affects children's development

by Daniel J. Siegel and Tina Payne Bryson

One of the scientific data that allows us to more reliably predict the positive outcome of a child's development is the fact that there has been at least one person in his life capable of being regularly present for him. In an age of digital distractions and pressing commitments, being there for a child might seem like a truly daunting task. But, Daniel Siegel and Tina Payne Bryson reassure, being present does not necessarily require large amounts of time and energy. Being there means offering a child a quality presence, which is simple to ensure if you take into account what is needed for healthy child development: protection, understanding, comfort and security, the "poker of attachment". Based on the latest discoveries in neuroscience, this volume contains stories, "action plans", simple strategies and suggestions to provide a child with "attachment poker" in every situation: when he encounters difficulties or, instead, succeeds brilliantly in a task and also when we apologize for the times we weren't there for him. A valuable guide to cultivating a healthy emotional landscape in a child.

Discover the intelligence of the heart. Know your emotions and face life successfully

by Isabelle Filliozat

Emotions are an integral part of our existence. We often consider them as impulses from which to defend ourselves or escape. We hide them, we ignore them. Sometimes we fear them so much that we prevent ourselves from experiencing them. Even schools and society tend to neglect them, asking us to improve rational skills and competences, without understanding that emotional intelligence is the secret to conscious personal growth. In this book, Isabelle Filliozat shows us how to manage emotions, how to better understand ourselves and our relationships thanks to them, deal with changes and achieve goals in any area of our life.

How to talk so that children will listen to you & how to listen so that they will talk to you

by Adele Faber and Elaine Mazlish

Experts in intergenerational communication, Adele Faber and Elaine Mazlish have written what is considered the "parents' bible" throughout the world: a long-selling manual that combines text and graphics, enriched with questionnaires, cartoons, diagrams and examples. In this new edition the two authors not only integrate the book with the suggestions and feedback obtained in recent years from readers and attendees of their seminars, but above all they review their advice in light of how the new generations are growing up: "digital natives" which pose unprecedented challenges to those who deal with them. This pedagogical classic, a safe and up-to-date reference point for all educational issues that arise in daily life, will teach you, among other things, how to: - manage children's anger, frustration, disappointment and other negative emotions; - establish

firm rules (and enforce them); - find effective alternatives to punishments; - gain the active collaboration of the little ones; - resolve family conflicts.

Your baby: all the answers. From birth to three years

by Tracy Hogg (Author) Melinda Blue

How to manage the many problems (sleep, loss of appetite, fear of detachment...) that arise in the first years of your child's life? Many anxious parents have asked Tracy Hogg for help, always obtaining essential advice and guidance. This book contains all of the childcare nurse's experience and her method for communicating with the little ones and understanding their true needs. Because to get the right answer, you first need to know how to ask the right question. Here is useful information for recognizing potential problems and techniques for solving them in daily life, as well as suggestions for avoiding those behaviors and parental attitudes, mostly unconscious, which can trigger negative dynamics. Always remembering that every child is a unique person and that the key to raising them peacefully (and remaining peaceful) is to create "tailor-made" strategies for them.

The secret language of the family. Parents, children, siblings: live and communicate peacefully at home

by Tracy Hogg (Author), Melinda Blau

In this book, which Melinda Blau completed after Tracy's death, the theme expands to the family as a whole, to help parents and children build a balanced, open relationship, based on listening, communication and support. reciprocal. The family unit thus becomes a "cooperative", in which the needs of each "member" are taken into consideration with the right attention, remembering, however, that the most important element is the sum of individualities. The secret to a happy family is to go beyond the exclusive relationship between parent and child, learn from your mistakes and live in the present by acting with responsibility, empathy and authenticity. Parents should transform themselves into loving leaders, capable of cultivating their children's talents while at the same time making them feel part of a group and leaving them free to explore the world safely, involving them in the environment around them. The key to understanding the secret language of the family is awareness: you are not an isolated nucleus and you do not fight alone, but you are part of a global universe with which you can interact to gain support and inspiration. This essay will help you slow down and understand what your family really needs.

Children's emotions

by Isabelle Filliozat

Having the intelligence of the heart means not only knowing how to love and understand others, but also being able to remain yourself in all situations. In short, it is the ability to be happy, not to be dominated by adversity, to choose one's life and to establish harmonious relationships with others. Who doesn't want this for their children? Drawing ideas and examples from everyday life, Isabelle Filliozat, psychotherapist, helps us understand the meaning of many behaviors and find the "right" words and ways to resolve even the most difficult situations.



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