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ATTACHMENT AND CONSCIOUS PARENTING RESOURCES

Connecting Biology and Relationship

www.askdrsears.com

www.attachmentparenting.org

www.belvederearts.com

www.beyondconsequences.com

www.calmsguide.com

www.centreforattachment.com

www.childtrauma.org

www.circleofsecurity.org

www.consciouslyparenting.com

www.drdansiegel.com

www.drgabormate.com

www.fatherstobe.org

www.infant-parent.com

www.naturalchildproject.org

www.postinstitute.com

www.parentmap.com

www.mindfulpediatrics.com

www.whatbabieswant.com

www.traumamichigan.org

Article: “The Science of Attachment: The Biological Roots of Love by Lauren Lindsey Porter found at www.naturalchildproject.org

Bruce Lipton on Conscious Parenting in his book *Biology of Belief*

Google “Conscious Parenting” and “Mindful Parenting” for many resources

Books:

“Attachment in the Classroom” by Heather Geddes

“A Secure Base” by John Bowlby

“Everyday Blessings: The Inner Work of Mindful Parenting” by Myla & Jon Kabat-Zinn

“Hold on to Your Kids” by Dr. Gordon Neufeld and Dr. Gabor Mate’

“Inside I’m Hurting: Practical Strategies for Supporting Children with Attachment Difficulties in Schools” by Louise Michelle Bomber

“Parenting from the Inside Out” by Daniel Siegal and Mary Hartzell

“Magical Parent Magical Child” by Michael Mendizza with Joseph Chilton Pearce

“The Boy Who was Raised as a Dog” by Bruce Perry

“The Connected Child” by Karyn Purvis and others

“The Science of Parenting” by Margot Sunderland (other books at this site at Amazon)

“Trauma Proofing Your Kids” by Peter Levine and Maggie Kline

“Unconditional Parenting: Moving from Rewards and Punishments” by Alfie Kohn

“Why Love Matters: How Affection Shapes a Baby’s Brain” by Sue Gerhardt found at

www.whylovematters.com

Film: “Trauma, Brain, & Relationship at www.traumaresources.org

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