

# Reading for Parents

Calgary Society for Healthy Child Development

In consultation with experts in early childhood development, our Society suggests some books for parents. We know that parenting is hard: we want to make it easier by providing reliable sources of information to help you to navigate the early years.

Some of these books are available at the **Calgary Public Library**. Or ask one of the knowledgeable staff to help you find a book on a specific parenting concern.

We encourage you to check out the online resource - *The Early Years* - from Alberta Health Services:

Healthy Parents Healthy Children.

[healthyparentshealthychildren.ca](http://healthyparentshealthychildren.ca)

For your convenience, we have a pdf of the manual that you can download on our website.

<https://healthychildyyc.ca/resources>

If you choose only one book, we highly recommend *The Whole-Brain Child*. Daniel Siegel & Tina Payne Bryson make science easy-to-read and they give really practical advice. Visit the [resources page](#) of our website and download a handout with a summary of the highlights of each chapter from the book, *The Whole-Brain Child*.

