

Reading for Dads

Calgary Society for Healthy Child Development

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.

Our guest author, Gail Smillie recommends some books for Dads to read.

Parenting from the Inside Out. Dr. Daniel Siegel

Raising a Secure Child. Kent Hoffman, Glen Cooper and Bert Powell

Do Fathers Matter? What Science is Telling us About the Parent We've Overlooked. Paul Raeburn

You can enjoy Gail's article, *Hey Dad I See You* on our website.

<https://healthychildyyc.ca/hey-dad-i-see-you/>

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. You can join the library for free.

More information on *Raising a Secure Child*

"Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Readers learn how to protect and nurture babies through teens while fostering their independence, and what emotional needs a child may be expressing with difficult behaviour. Vivid stories and unique practical tools offer insight into how our own upbringing affects our parenting style (and what to do about it). This book puts the keys to healthy attachment within everyone's reach - self understanding, flexibility, and the willingness to make and learn from mistakes."

