



# **Teaching Heart Institute**

Improving Social Emotional Intelligence,  
One Day at a Time

## **Book Resources for Parents**

1. *The Whole Child* by Daniel Siegel, M.D.
2. *Brainstorm* by Daniel Siegel, M.D.
3. *No Drama Discipline* by Daniel Siegel, M.D.
4. *Parenting From the Inside Out* by Daniel Siegel, M.D.
5. *Trauma-Proofing Your Kids* by Dr. Peter Levine, Ph.D.
6. *Beyond Consequences, Logic, and Control* by Heather Forbes, LCSW
7. *The Highly Sensitive Child* by Elaine Aron, Ph.D.
8. *The Connected Child* by Karyn Purvis, Ph.D. and Dr. Cross, Ph.D.
9. *In Focus: Improving Social Emotional Intelligence, One Day at a Time* by Tom McSheehy, MSW, LSW ( Only online for parents and must be used along with a classroom teacher who is using the teacher edition.)