

Suggested Reading: *Positive Parenting*

- **Newborn Mothers: When a Baby is Born, So is a Mother** - Julia Jones
- **The Conscious Parent: Transforming Ourselves, Empowering Our Children** - Shefali Tsabary
- **Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids** - Hunter Clarke-Fields
- **The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind** - Daniel Siegel + Tina Payne Bryson
- **Rewilding Motherhood: Your Path to an Empowered Feminine Spirituality** - Shannon K. Evans
- **Positive Discipline** - Jane Nelsen
- **Own Your Motherhood** - Jessica Kimball