



Parenting Resources

Below are a number of helpful, evidence-based resources for parenting and attachment. If you find a resource that you think should be listed, or removed, please let us know by email:

hello@duluthperinatal.org.

Websites:

[Circle of Security - Parenting](#) - Focuses on building secure attachment through recognition of our child's needs.

[The National At-Home Dad Network](#) - Not just for SAHDs! Find a group or learn how to start one.

[Good Inside](#) with Dr. Becky - Parenting strategies, membership, and workshops.

[Connected Parenting](#) (website, podcast) - Science and suggestions for parenting sensitive children.

[Zero to Three](#) - Learn about early development, wellbeing, and the ages and stages for humans.

[Wonder Weeks](#) - Another helpful resource for development.

[Help Me Grow Minnesota](#) - Many resources about the development of young children for parents and professionals.

[Mother.ly](#) - Diverse resources including classes, articles, a shop, and more.

[Fatherly](#) - Similar to Mother.ly but for people who respond to "dad."

[Big Little Feelings](#) - Resources for those raising, or caring for, toddlers.

[Slumberkins](#) - Social emotional learning tools for parents, teachers, and adults with little ones in their lives.

Podcasts:

[Raising Good Humans](#) (website, podcast) - empowering parents with evidence-based practices to put into everyday parenting. Judgement-free, science-backed topics and tools.

[Good Inside](#) (website, podcast) - equipping parents with a new way of seeing and solving challenges at home.

**Books:**

[The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind](#), Daniel Siegel & Tina Payne Bryson

[Work, Parent, Thrive 12 Science-Backed Strategies to Ditch Guilt, Manage Overwhelm, and Grow Connection \(When Everything Feels Like Too Much\)](#), Yael Schonbrun, PhD

[Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore](#), Kent Hoffman, Glen Cooper, Bert Powell, Christine M. Benton

[Screamfree Parenting, 10th Anniversary Revised Edition: How to Raise Amazing Adults by Learning to Pause More and React Less](#), Hal Runkel, LMFT

[The Conscious Parent](#), Dr. Shefali Tsabary, PhD

[No-Drama Discipline: the whole-brain way to calm the chaos and nurture your child's developing mind \(Mindful Parenting\)](#), Daniel J. Siegel, Tina Payne Bryson

[Raising Good Humans: A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids](#), Hunter Clarke-Fields MSAE

[Tiny Humans, Big Emotions: How to Navigate Tantrums, Meltdowns, and Defiance to Raise Emotionally Intelligent Children](#), Alyssa Blask Campbell, Lauren Elizabeth Stauble

[How to Talk So Kids Will Listen & Listen So Kids Will Talk \(The How To Talk Series\)](#), Adele Faber, Elaine Mazlish

[Hunt, Gather, Parent: What Ancient Cultures Can Teach Us About the Lost Art of Raising Happy, Helpful Little Humans](#), Michaeleen Doucleff, PhD

[Making a Baby](#), Rachel Greener

[Love Makes a Family](#), Sophie Beer

[Good Inside](#), Dr. Becky Kennedy

[Becoming the Parent You Want to Be: A Sourcebook of Strategies for the First Five Years](#), Laura Davis

Please note that the listed resources are intended for educational purposes only, and are not a substitute for the advice or guidance of a licensed healthcare professional. Resources shared are not done so under obligation, financial or otherwise. The presence of any particular item on this list does not represent an official endorsement or opinion of Duluth Perinatal, PLLC.