

Parenting Resources

These are just a few of *my* favorite things...

I'm always adding more and I love learning so send me *your* favorite resources!

Parenting

[Attachment Parenting](#)

[The Natural Child](#)

[Parenting Styles](#)

[Mothering](#)

[Natural Mother Magazine](#)

Resources from Natural Mother Magazine [Websites and Books](#)

[Dr. Jay Gordon](#)

[The Twin Coach](#)

[Peaceful Parenting](#)

[Positive Parenting](#)

[Holistic Moms Network](#)

Articles:

[Risky Play, Why Children Love It and Need It](#)

[Being an Elephant Mom in the Time of the Tiger Mother](#)

[AAP - Importance of Play](#)

Support Groups and Classes:

[The Fourth Trimester ~ Mother Support for the First Four Months with Jennifer Stover](#)

[Babywearing Group of SLO](#): Meet friends, try on new wraps and carriers!

[Parent Participation](#) Fun "parent-and-me" classes for infants through school age

(These classes were a godsend to me, and how I met 75% of my mama friends!

[La Leche League Meetings](#)

[SLO County Mommies](#)

[Moms Club of Atascadero](#)

Books (*My Parenting Favorites!*)

[The Continuum Concept by Jean Liedloff](#)

[Raising Our Children, Raising Ourselves by Naomi Aldort](#)

[Raising Your Spirited Child by Mary Sheedy Kurcinka](#)

[Everyday Blessings by Jon and Myla Kabat-Zinn](#)

[Our Babies, Ourselves by Meredith Small](#)

[The Other Baby Book by Megan McGrory Massaro and Miriam J. Katz](#)

[Raising Cain- Protecting the Emotional Life of Boys by Michael Thompson](#)

Baby Wearing

[Baby Wearing International](#)

[Becoming Mamas](#)

[You Tube Babywearing Videos](#)