



ALCHEMY BY THE SEA

INSTITUTE FOR RADIANT HEALTH

CHILDHOOD & PARENTING BOOKLIST

At Alchemy by the Sea, we recognize the profound impact of childhood experiences on emotional development, cognitive functioning, and lifelong well-being. Our functional psychology research section provides evidence-based insights into childhood development, parenting strategies, and the science behind fostering emotional intelligence and resilience.

Neurobiology of Childhood Development

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind Authors: Daniel J. Siegel, M.D., and Tina Payne Bryson, Ph.D.

Overview: This book offers strategies to nurture children's developing brains, combining neuroscience and practical parenting advice. *Link:* [Amazon](#)

Parenting Approaches & Emotional Regulation

No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind Authors: Daniel J. Siegel, M.D., and Tina Payne Bryson, Ph.D.

Overview: This book provides insights into disciplining children by understanding their neurological development, promoting effective and compassionate parenting techniques. *Link:* [Amazon](#)

Mindful Discipline: A Loving Approach to Setting Limits and Raising an Emotionally Intelligent Child Authors: Shauna Shapiro, Ph.D., and Chris White, M.D.



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Overview: This book integrates mindfulness and neuroscience to offer strategies for setting boundaries while nurturing emotional intelligence in children. *Link:*

[Amazon](#)

Good Inside: A Practical Guide to Resilient Parenting Prioritizing Connection Over Correction [goodreads.com+1parentotheca.com+1](#) *Author:* Becky Kennedy, Ph.D.

Overview: This book emphasizes understanding and connection over discipline, offering a nurturing approach to raising resilient, emotionally healthy children.

Link: [Good Inside](#)

Intergenerational Trauma & Healing

It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle *Author:* Mark Wolynn

Overview: This book delves into how inherited family trauma affects our lives and offers guidance on breaking the cycle for future generations. *Link:* [Amazon](#)

The Role of Play, Nature & Connection

The Play Therapy Playbook for Parents: 100+ Fun-Filled Techniques to Build Communication, Trust, and Joy [amazon.com+1a4pt.org+1](#) *Author:* Laurie Zelinger, Ph.D.

Overview: This book introduces over 100 activities that deepen the parent-child connection, emphasizing play as a vital tool for resilience and personal growth.

Link: [Amazon](#)



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Nutritional & Lifestyle Interventions for Childhood Mental Health

The Gut-Brain Connection: How Understanding Your Child's Digestive Health Can Improve Their Mood and Behavior Author: Mary Ellen Sanders, Ph.D.

Overview: This book explores the link between digestive health and mental well-being in children, offering dietary strategies to enhance mood and behavior. *Link:* [Amazon](#)

Mindfulness & Parenting Stress Reduction

Mindful Discipline

The Mindful Parent: Strategies from Peaceful Cultures to Raise Compassionate, Competent Kids Author: Charlotte Peterson, Ph.D.

Overview: This book integrates mindfulness practices into parenting, drawing on peaceful cultures to raise compassionate and competent children. *Link:* [Amazon](#)