



Michael Vladeck
Bringing forth Personal Coaching and Counseling
For Individuals, Couples, and Families with teens

Resources For Parenting Boys

Understanding boys and specific aspects of their development

Books

So as not to be burdening you with a too extensive list of amazing book that will help you help your kid, here are a few classics. Please contact me for more info if you'd like that.

(The first two are the books that I recommend the most)

1. **Raising Cain - Protecting the Emotional Life Of Boys** - by Dan Kindlon and Michael Thompson.
FYI, The closest thing to an analog of this book for girls may be Reviving Ophelia by Mary Pipher (though she focuses more towards body image and eating disorders)
2. **The Wonder Of Boys** - by Michael Gurian
[Michael Gurian](#), as you may know, has many books that I think are great. He researches a lot, yet at times writes in a general sense that get's some people to think he's all about opinions - he isn't really. All children's development and behavior lie within a spectrum - his generalizations are to help create fundamental understanding.
3. **No Contest** - by Alfie Kohn.
I include this (slightly) controversial book because Alfie Kohn makes a very strong case that that fostering competition is not healthy, nor a healthy way to channel aggression (there are other ways). His stance against competition is certainly extreme, and I don't agree with it 100%, but It's worth a look, as it certainly makes some excellent and very insightful points. Perhaps reading varying reviews of it on Amazon and elsewhere would be helpful. [Here is more info on it.](#)
4. **Child Behavior: The Classic Child Care Manual from the Gesell Institute of Human Development** - by Baker, Ilg and Ames
This address the stages of development. They also have a series out that has books specific to the age of your child. They all seem to offer great information.
5. **Your Child's Growing Mind: Brain Development and Learning From Birth to Adolescence** - by Jane Healy

These two book below are classics - they open a bigger picture for what being male is, and what will support such development. These books are not scientific, but rather mythic and story telling.

6. **The Hero's Journey** - by Joseph Campbell
7. **Iron John** - by Robert Bly

(Another FYI, an *analog* of this book *for women*, would be [Women Who Run With The Wolves](#) - by Clarissa Pinkola Estes)

Websites

While these sites are not boy specific, they offer specific and insight into **development stages**.

1. <http://www.childdevelopmentinfo.com/development/erickson.shtml>

There is some more info on specifics of development in the sidebar on the left of the page as well.

2. <http://www.kidsgrowth.com/stages/guide/index.cfm>

And this is a video excerpt from a presentation by Naomi Aldort, author of the book **Raising our Children, Raising Ourselves** and excellent parenting teacher.

Here she gives a great tool for parents - communicating with children (boys or girls) in moments of conflict.

[Here she explains her S.A.L.V.E. approach.](#)

And here is simply a great video....

This is incredibly inspiring, and a great video to share with your son to begin a conversation.

[High School basketball player passes ball to mentally challenged player on the other team](#)



Michael Vladeck has been a coach and counselor for families with teenagers and adolescents since 2004. He has worked intensively with hundreds of parents and kids on their relationship dynamics, personal development and transformation throughout the last 15 years.

For more information on Michael, please visit www.MichaelVladeck.com