



## **Hirsch Pediatrics Recommended Book List**

Raising a child is a wonderful and rewarding experience. However, it can also be a difficult and confusing process. When there are so many different parenting strategies to sort through, it is helpful to find various systems that work best for your family.

Though you can also find dozens of other books that can serve as general resources for parenting, I have chosen to only list the following 3 books as absolutely essential guidance in raising your child. I have also included the age at which I strongly recommend reading the book.

**Steven F. Hirsch, MD**

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### **Sleep Management**

**Healthy Sleep Habits, Happy Child** by Marc Weissbluth, M.D. (503 pages, \$14.95)

Dr. Weissbluth is a pediatrician and leading authority in the field of children's sleep. He believes that healthy sleep affects the overall health of the child. He helps parents recognize their child's natural sleep cycles and focuses on the five components of healthy sleep. I strongly recommend reading the relevant sections of this book (i.e. newborn sleep) prior to the birth of your baby.

### **Feeding Issues**

**Child of Mine: Feeding with Love and Good Sense** by Ellyn Satter (535 pages, \$16.95)

Ellyn Satter, a dietitian and social worker, discusses feeding issues for infants and young children in this book. She helps parents develop a system for meal time that aims to prevent picky eating and power struggles. I recommend reading this book by 12 – 15 months before your child becomes a picky eater.

### **Behavior Management**

**1 – 2 – 3 Magic** by Thomas W. Phelan, Ph.D. (208 pages, \$14.95)

Dr. Phelan discusses a simple and effective strategy for managing behavior and effective disciplining techniques for children age 2 and older. There is also a section on addressing children with mild conduct disorder and oppositional defiant disorder. I recommend reading this book by 15 – 18 months so you are able to understand and manage your child's behavior before your child begins having tantrums. There is also a website ([www.parentmagic.com](http://www.parentmagic.com)) and a video (120 minutes).