

# QUICK PARENTING RESOURCE GUIDE

## Sleeping Eating Pottyting Behaviour & Tantrums



### Sleeping:

Book: ***The Happy Sleeper*** by Heather Turgeon, MFT & Julie Wright, MFT

Good Night Sleep Site:  
[GoodNightSleepSite.com](http://GoodNightSleepSite.com)  
[Facebook.com/GoodNightSleepSite](https://Facebook.com/GoodNightSleepSite)

### Pottyting:

Book: ***Oh Crap! Potty Training***  
by Jamie Glowacki  
[JamieGlowacki.com](http://JamieGlowacki.com)  
[Facebook.com/OhCrapPottyTraining](https://Facebook.com/OhCrapPottyTraining)



### Eating:

Book: ***The Science Of Mom: A Research-Based Guide to Your Baby's First Year*** by Alice Callahan, PhD

Sarah Remmer, RD (Registered Dietitian):  
[SarahRemmer.com](http://SarahRemmer.com)  
[Facebook.com/SarahRemmerNutritionConsulting](https://Facebook.com/SarahRemmerNutritionConsulting)

### Behaviour & Tantrums:

Book: ***The Happy Kid Handbook***  
by Katie Hurley, LCSW

Book: ***Peaceful Parent, Happy Siblings*** by Laura Markham, PhD

[Positive-Parents.org](http://Positive-Parents.org)  
[Facebook.com/PositiveParentingToddlersAndBeyond](https://Facebook.com/PositiveParentingToddlersAndBeyond)

eBook: ***Taming Tantrums***  
by Andrea Nair, M.A., CCC [AndreaNair.com](http://AndreaNair.com)  
[Facebook.com/andrea.m.nair](https://Facebook.com/andrea.m.nair)

***Taming Tantrums App***  
For iPhone & Android

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