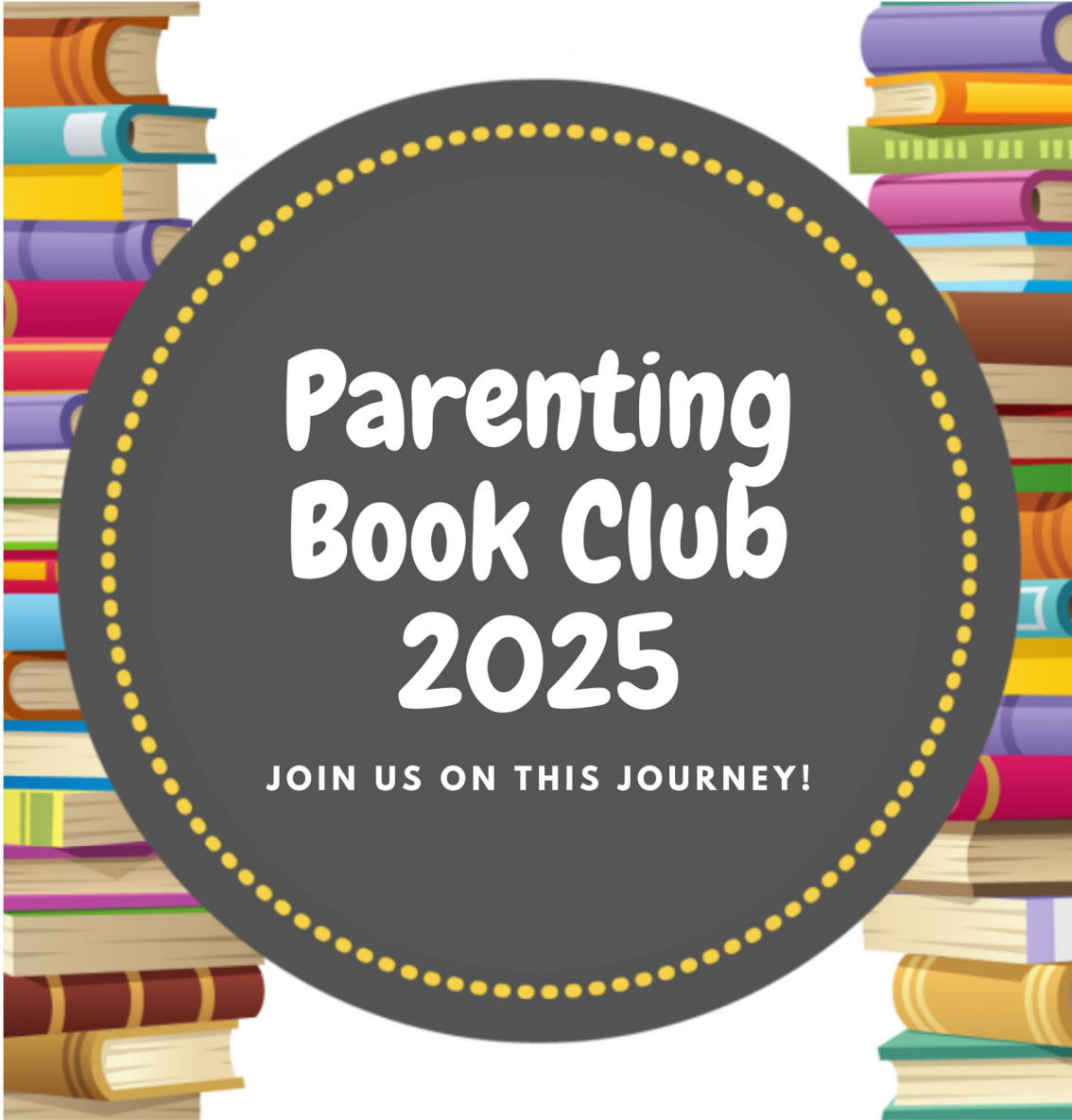




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All correspondence to: PO Box 4157, Loganholme, 4129. Email: info@calvarycc.qld.edu.au Phone: (07) 3287 6222
Principal and CEO: Mrs Cherylyne Gostelow

www.calvarycc.qld.edu.au

Dear Parents,

We are excited to announce the launch of our **Parenting Book Club** next year! This unique opportunity will be led by our counselling team and will focus on exploring key themes in parenting across different age stages, from Prep to Grade 12. Through the discussions, we aim to provide support, build community, and share insights as we navigate the joys and challenges of raising children. Each term, we will select a thought-provoking book and meet to discuss how its themes relate to our daily lives as parents.

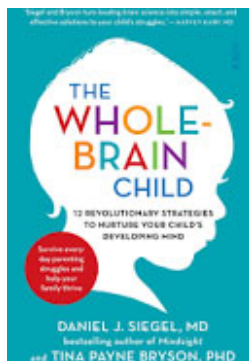
Below is a curated list of books tailored to the developmental needs of children at different ages. Whether you are a parent of a Prep student or a teenager, there's something here for everyone.

Recommended Parenting Books by Age and Stage

Prep – Grade 2

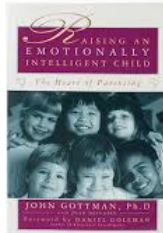
- **"The Whole-Brain Child"** by Daniel J. Siegel & Tina Payne Bryson

A practical guide to nurturing your child's developing mind, focusing on understanding emotions and fostering healthy brain development.



- **"Raising An Emotionally Intelligent Child"** by John Gottman

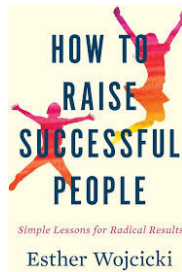
Learn how to connect with your child emotionally, enhancing their ability to understand and express their feelings.



Grade 3 – Grade 5

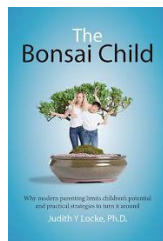
- **"How to Raise Successful People"** by Esther Wojcicki

Practical wisdom on raising independent, motivated children, with a focus on instilling values like trust, respect, and collaboration.



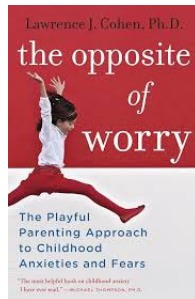
- **"The Bonsai Child"** by Judith Locke

In this book, Judith explains why the current generation of parents is struggling with society's pressures to parent in a certain and unrealistic way.



- **"The Opposite of Worry"** by Lawrence J. Cohen

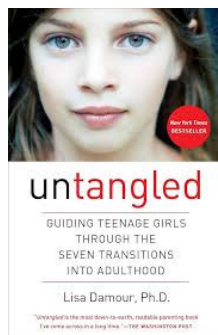
A book full of practical strategies to help your child manage stress and anxiety, designed for parents of school-aged children.



Grade 6 – Grade 8

- **"Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood"** by Lisa Damour

An insightful look at the key stages of development in girls, with advice for parents on how to support them during this challenging phase.



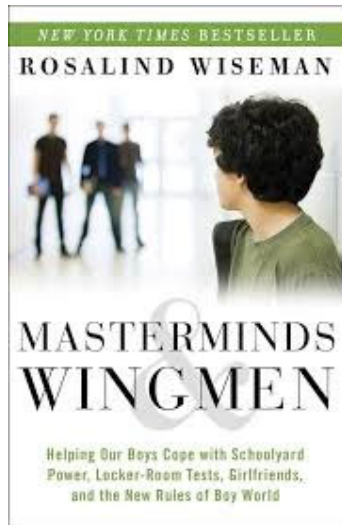
- **"Mothering our Boys"** By Maggie Dent.

Maggie shares her insights, her reflections, and (as always) her humour around mothering boys in this book that will help you be the mum your son needs you to be.



- **"Masterminds & Wingmen"** by Rosalind Wiseman

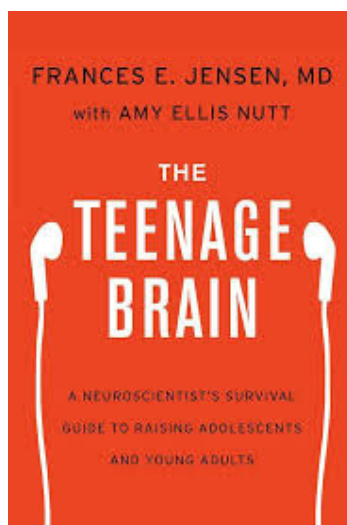
This book dives into the social world of boys and offers tips for navigating friendships, peer pressure, and emotional expression.]



Grade 9 – Grade 12

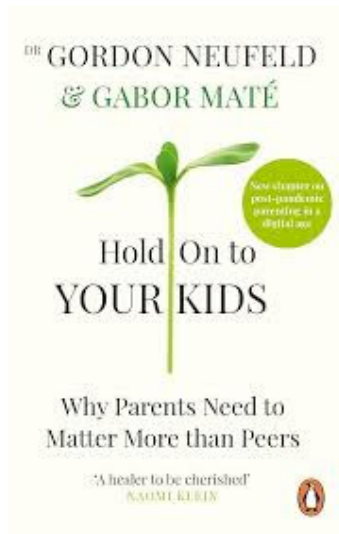
- **"The Teenage Brain"** by Frances E. Jensen

Written by a neuroscientist, this book explains the scientific developments happening in teens' brains and provides advice on how to parent effectively during these years.



- **"Hold On to Your Kids: Why Parents Need to Matter More Than Peers"** by Gordon Neufeld & Gabor Maté

A guide to strengthening the parent-child bond during the turbulent adolescent years and understanding peer pressure.



We look forward to seeing you in the book club and sharing this journey with you. **Your voice matters**, and together, we will explore ways to strengthen our relationships with our children, understand their development, and support each other as a community.

Stay tuned for more details on meeting dates and our first book selection for Term 1, 2025!

Warm regards,

The Counselling Team