

Getting Kids to Talk - and Learning to Listen

Parenting Resource List | Classical Academies Podcast

Prepared by Brenda S. Levin, LCSW
Author of What I Really Want to Hear

Books and free resources that complement active listening, acknowledging feelings, parental reflection, and connection with appropriate boundaries.

Recommended books

1. What I Really Want to Hear

Brenda S. Levin, LCSW

Short stories for children and grown-ups that invite conversations about feelings and model validating responses. Includes a feelings chart to support emotional awareness and communication.

[Book information / resource link](#)

2. How to Talk So Kids Will Listen & Listen So Kids Will Talk

Adele Faber and Elaine Mazlish

Practical examples of acknowledging feelings, encouraging cooperation, and resolving conflicts while respecting children's perspectives. A direct companion to the podcast's listening theme.

[Book information / resource link](#)

3. The Whole-Brain Child

Daniel J. Siegel, MD, and Tina Payne Bryson, PhD

Accessible explanations of children's developing brains, with strategies for understanding emotions and navigating difficult moments, including 'connect and redirect' and 'name it to tame it.'

[Book information / resource link](#)

4. Giving the Love That Heals: A Guide for Parents

Harville Hendrix, PhD, and Helen LaKelly Hunt, PhD

Explores how parents' childhood experiences influence their parenting and offers an intentional approach to safety, understanding, and emotional connection. Relevant to Imago-informed listening and reflection. Some editions credit Helen as Helen Hunt.

[Book information / resource link](#)

5. Raising an Emotionally Intelligent Child: The Heart of Parenting

John Gottman, PhD, with Joan DeClaire

Explains emotion coaching: noticing emotions, listening with empathy, validating and naming feelings, and helping children solve problems while maintaining limits.

[Book information / resource link](#)

6. The Power of Showing Up

Daniel J. Siegel, MD, and Tina Payne Bryson, PhD

Describes how dependable parental presence helps children feel safe, seen, soothed, and secure. Relevant to building trust that encourages children to keep coming to their parents. The linked page includes free companion handouts.

[Book information / resource link](#)

7. Parenting from the Inside Out

Daniel J. Siegel, MD, and Mary Hartzell, MEd

Helps parents reflect on their histories, emotional reactions, and relationship patterns so they can respond to their children with greater awareness and understanding.

[Book information / resource link](#)

8. No-Drama Discipline

Daniel J. Siegel, MD, and Tina Payne Bryson, PhD

Connects discipline with teaching and skill-building, offering ways to respond to challenging behavior while preserving the parent-child relationship.

[Book information / resource link](#)

9. How to Talk So Little Kids Will Listen

Joanna Faber and Julie King

For families with children ages two through seven, with concrete tools for acknowledging feelings and managing everyday conflicts.

[Book information / resource link](#)

Free articles and educational resources

CHOC: Active listening tips to improve parent-child communication

Practical tips from CHOC pediatric psychologist Dr. Guadalupe Gutierrez on attentive listening, reflecting feelings, and building trust with children.

[Read the resource](#)

CDC: Tips for Active Listening

Explains reflecting children's words and feelings, with examples parents can practice. Written for parents of young children.

[Read the resource](#)

The Gottman Institute: An Introduction to Emotion Coaching

A brief introduction to the five steps of responding to children's emotions with empathy and guidance.

[Read the resource](#)

NIMH: The Teen Brain - 7 Things to Know

Background on adolescent brain development, including the continuing development of planning and decision-making skills. Useful context for understanding teenagers' responses.

[Read the resource](#)