



B O O K S



PDRM
Psikolojik Danışmanlık ve
Rehberlik Merkezi

Adolescence and Psychology

The Teenage Brain

Frances E. Jensen

A scientific exploration of teenage brain development, offering guidance for parents.

Effective Parenting and Communication

Boundaries with Kids

– John Townsend,
Henry Cloud

A guide to setting rules while fostering a respectful attitude toward the child.

Parental Magical –

Hedvig Montgomery

Provides scientific insights and practical advice on the role of parents in a child's psychological development.

How to Talk So Kids

**Will Listen & Listen So
Kids Will Talk** – Adele

Faber & Elaine Mazlish

Offers strategies to reduce conflict and improve communication with children

Self-Confidence and Emotional Development

Emotional Intelligence: Why It Can Matter More Than IQ – Daniel Goleman

Explains the impact of emotions on child development and how parents can guide this process.

Geliştiren Anne- Baba – Doğan Cüceloğlu

A foundational resource for parents who want to guide their children while respecting their individuality.

The Whole-Brain Child – Daniel J. Siegel & Tina Payne Bryson

A guide for parents to support children's emotional and cognitive development.



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Technology Addiction and the Digital World

Dijital Çağda Çocuk Yetiştirmek – Ayşe

Bilge Selçuk

Provides scientific recommendations for helping children build a healthy relationship with technology.

Parenting with Presence Practices for Raising Conscious, Confident, Caring Kids – Susan Stiffelman

A practical guide for parents on managing children's screen time and preventing screen addiction.

Managing Your Gaming and Social Media

Habits – Jocelyn Brewer

Offers insights into responsible parenting regarding social media, digital games, and screen time.

Academic Anxiety and Motivation

Motivasyon: Drive: The Surprising Truth About What Motivates Us – Daniel

H. Pink

Provides strategies to help children develop intrinsic motivation.

Sınav Kaygısını Yenmek – Prof. Dr.

Binnur Yeşilyaprak

A guide for supporting children under academic pressure.

Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting – Dr. Laura

Markham

A guide on how parents can support their children during stressful and anxious times.

Peer Bullying and Social Relationships

Cyberbullying Prevention and Response: Expert Perspectives – Sameer

Hinduja & Justin W.

Patchin

Offers scientific insights into the types, causes, and prevention of bullying.

Thrivers The Surprising Reasons Why Some Kids Struggle and Others Shine – Michele Borba

Offers insights for parents to help children develop social and emotional resilience.

No!– Jesper Juul

Guides parents on teaching children to set boundaries and advocate for themselves.