

At the Skaneateles Library: Parenting Resources

Now that summer's over, it's time to buckle down and get back into the school routine. Parents, that means you, too! If you're looking for advice or encouragement on raising kids in the modern world, here are few highlights and new additions to the library's Parenting Collection:

He's Not Lazy: Empowering Your Son to Believe in Himself by Adam Price is for parents concerned about their teenage sons' lack of participation in school and other activities. Psychologist Price teaches parents to understand how the pressure to perform affects some teenagers and gives them tools to help their sons resist the urge to solve problems by opting out.

Kids, Sports and Concussion: A Guide for Coaches and Parents by Dr. William Paul Meehan III has the latest research on concussion injury in young athletes and discusses how to prevent, identify and treat concussions. Meehan is the director of the Micheli Center for Sports Injury Prevention and director of research for the Brain Injury Center at Boston Children's Hospital, making him a reliable resource for information on this controversial topic.

Middle School Makeover: Improving the Way You and Your Child Experience the Middle School Years by Michelle Icard is a concise, readable guide for parents who want to help their kids navigate the changes that middle school brings. Get advice on social media, power struggles, relationships, responsibilities and the research to back it up.

And for soon-to-be-parents, check out *From Ace to Zowie: The Ultimate Guide to Hip Baby Names* by Tobias Anthony and *The Pregnancy Encyclopedia* by Dr. Chandrima Biswas. *From Ace to Zowie* takes an entertaining look at contemporary baby names, but you'll find some serious contenders as well. *The Pregnancy Encyclopedia* answers all your questions about conception, health and wellness, labor and delivery, postpartum care and life with a newborn. Information is provided using colorful pictures and illustrations, making this book a great tool to refer to over and over again.

You can also stream parenting videos and documentaries for free from the library with our online resource Kanopy. Try the Great Courses series *Raising Emotionally and Socially Healthy Kids*, which features 12 separate videos on topics ranging from using positive discipline to teaching empathy to helping kids deal with anxiety.

Upcoming Events:

Movie Matinee: RBG

Wednesday, September 26th at 2:00PM

Buzz-worthy documentary about the life and career of Supreme Court Justice Ruth Bader Ginsburg, who has developed a breathtaking legal legacy while becoming an unexpected pop culture icon. Rated PG. 1hr 38min. Released 2018.

Manhattan Short Film Festival

Friday, September 28th at 1:00 PM and again at 7:00 PM

Unite with audiences in more than 300 cities spanning six continents to view and judge the work of the next generation of international filmmakers. Each film has a 30-second introduction from the director, total run time 2 hours. All participants can vote for Best Film and Best Actor.

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