Parent Resources – Transition from PK to Kindergarten

***Brain Rules***, J Medina, 2008. ISBN 978-0-9797777-4-5

John lives in Shoreline and has spoken several times in Everett Public Schools. As a molecular biologist, he teaches us how our brains work and offers ideas that will transform how we work with learners. Topics include the impacts of exercise, the volatility of memory, the need for sleep, and the relationship between stress and learning in humans. Think of this book as a user’s guide to your brain, and the brain of your children.

***Grit: The Power of Passion and Perseverance,*** Angela Duckworth 2016. ASIN B010MH9V3W

A New York Times bestseller, this book explains that the secret to outstanding achievement is not talent but a special blend of passion and persistence Duckworth calls Grit. Based on her research, she explains why talent is hardly a guarantor of success. She has also found scientific evidence that Grit can grow. She has taught in some of our nation’s toughest schools, as well as at West Point, and has interviewed high achievers such as JP Morgan Chase CEO Jamie Dimon and Seattle Seahawks Coach Peter Carroll.

***Mind in the Making***, E Galinsky, 2010. ISBN 978-0-06-173232-4

Galinsky identifies seven essential life skills: focus and self-control, perspective taking, communicating, making connections, critical thinking, taking on challenges and self-directed/engaged learning. She connects each to the research on brain development, learning and parenting/teaching the early learner. Think of this as a guide for raising children who are intelligent, emotionally secure and equipped to succeed.

***Mindset*,** C Sweck, 2006. ISBN 978-0-345-47232-8

“You learned that so quickly. You’re so smart!”

“Look at that drawing. Martha, is he the next Picasso or what?”

“You’re so brilliant, you got an A without even studying!”

Praising children’s intelligence harms their motivation and their performance. If success means they’re smart, then failure means they’re dumb. That becomes a fixed mindset. Praising children’s brains and talents dose not create confidence, it has the opposite effect. This book shows parents how to foster a love of learning and build resilience in their children by developing a fluid mindset through the recognition of effort and incremental progress.

***Willpowe****r*, R Baumeisrter and J Tierney, 2011. ISBN 978-0-14-312223-4

Self control! Success in kindergarten requires the ability to wait your turn, share and resist those immature impulses. Teachers know that children will not meet their goals without first learning to harness self-control. This book gathers new research and taps into real-life experts to explain how we, as parents, can teach our children to focus their strength to resist temptation. An easy and entertaining read that has as much utility for us as adults as for our children.