

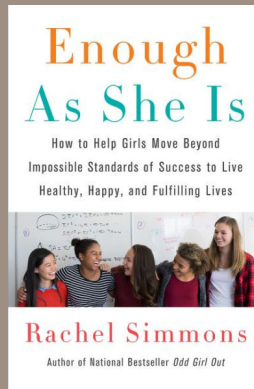
# ST VINCENT'S COLLEGE PARENT LIBRARY

Introducing our new Parent Library - a collection of titles in the SVC Sister Marion Corless Library selected for the parents of our students. If you would like to borrow one of the books on offer, please send us an email at [library@stvincents.nsw.edu.au](mailto:library@stvincents.nsw.edu.au)

We will prepare the loan and contact your daughter to collect it on your behalf. It will be sealed in a paper bag to address any privacy concerns you may have.

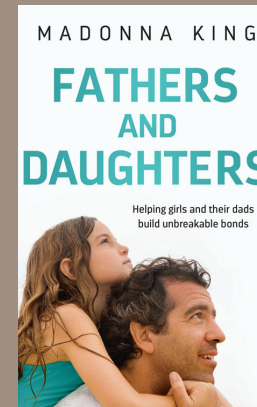
## THIS TERM'S FEATURED READS

This game-changing book reveals the extraordinary results of focusing on our children's strengths rather than always trying to correct their weaknesses. By showing us how to throw the 'strength switch', Dr Lea Waters demonstrates how we can help our children build resilience, optimism and achievement. Over 20 years, Waters has seen how this approach enhances self-esteem and energy in both children and teenagers - and how parents find it exciting and rewarding.



For many girls today, the drive to achieve is fuelled by brutal self-criticism and an acute fear of failure. *Enough As She Is* offers a clear understanding of this devastating problem and provides practical parenting advice--including teaching girls self-compassion as an alternative to self-criticism, how to manage overthinking, resist the constant urge to compare themselves to peers, take healthy risks, navigate toxic elements of social media, prioritize self-care, and seek support when they need it.

Exploring a father's role in his daughter's life from a daughter's perspective as well as the father's, Madonna examines the key issues that arise to help families navigate the sometimes very difficult moments. This insightful book reveals why daughters may turn against their fathers, teen rebellion, discipline, sexual education, the impact of broken families, how much influence a father can/should have and what you can do to repair a broken relationship.



A swimming prodigy who became one of Australia's first fitness entrepreneurs, Lisa Curry swam to Olympic fame in the '80s and '90s. With celerity and celebrity, she became in equal parts the darling of women's magazines and tabloid fodder, until, at 58, a family tragedy nearly consumed her. From the golden girl of Australian swimming to a 'super mum' and now a proud grannie, Lisa Curry has a powerful story to tell of endurance and enduring,



## THE REST OF OUR PARENT LIBRARY COLLECTION

CLICK BOOK TITLE FOR MORE INFORMATION

- [The bonsai child : why modern parenting limits children's potential and practical strategies to turn it around](#) - Judith Y Locke Ph.D.
- [Changing minds : the go-to guide to mental health for you, family and friends](#) - Dr Mark Cross
- [Introducing mental health : a practical guide](#) - Caroline Kinsella
- [When to really worry : Mental health problems in teenagers and what to do about them](#) - Michael Carr-Gregg
- [The resilience project : finding happiness through gratitude, empathy & mindfulness](#) - Hugh van Cuylenburg
- [The optimistic child](#) - Martin Seligman
- [Being 14](#) - Madonna King
- [Under pressure](#) - Lisa Damour
- [Untangled : guiding teenage girls through the seven transitions into adulthood](#) - Lisa Damour
- [L platters : how to support your teen daughter on the road to adulthood](#) - Madonna King
- [Ten-ager : what your daughter needs you to know about the transition from child to teen](#) - Madonna King
- [The age of overwhelm : strategies for the long haul](#) - Laura van Dernoot Lipsky
- [What you must think of me : a firsthand account of one teenager's experience with social anxiety disorder](#) - Emily Ford
- [You and your adolescent : the essential guide for ages 10-25](#) - Laurence Steinberg Ph.D.

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