

RESOURCES FOR PARENTS

- Ability Development from Age Zero by Shinichi Suzuki: A companion to *Nurtured By Love*. Many of the same topics are discussed, however, the focus of this book is on the parent and the child. The book was written in the 1960s with parents in mind.
- Nurtured by Love by Shinichi Suzuki: A collection of Dr. Suzuki's thoughts on the ideas that guided his life and work. From short vignettes the reader learns about his discovery of the Mother Tongue Method, his views on talent and education, and his belief that, for great artists, high standards of art and high ethical standards for life are synonymous. This book is a must for any Suzuki parent or teacher.
- First Class Tips for Suzuki Parents published by SAA: A collection of the best *American Suzuki Journal* articles for parents from the past 20+ years. An invaluable resource for new and experienced Suzuki parents and teachers. Topics cover the Suzuki philosophy, parent roles and responsibilities, motivation, and practical tips.
- Winning Ways published by SAA: Sequel to *First Class Tips*. New resource for teachers and teachers. Topics cover the Suzuki philosophy in action, motivation and practice, changing teachers, teenage students, recitals, auditions, and competitions
- Parents as Partners videos published by SAA: Contains footage from the sessions at the 12th Conference in Minneapolis. DVD format.
- Teaching from the Balance Point by Ed Kreitman: A veteran Suzuki teacher shares insights about establishing priorities, balanced posture, learning by rote, tone, intonation, musicianship, listening, musicianship, and practicing.
- The Suzuki Violinist: A Guide for Parents and Teachers by William Starr: A comprehensive guide to teaching the Suzuki violin literature, containing many illustrations. Written by an early leader in the field after his year in Japan observing and working intensively with Suzuki.
- To Learn With Love by William and Constance Starr: Practice, motivation, learning, nutrition, competition, and family lifestyles are a few of the topics discussed by these experienced teachers, performers, and parents.
- Helping Parents Practice: Ideas for Making it Easier by Edmund Sprunger: A response to the most common concerns of parents who practice a musical instrument with their children.
- How to Get Your Child to Practice without Resorting to Violence!! by Cynthia V. Richards: This book explores sources of motivation for the young music student and helps parents provide the right environment.
- Not Until You've Done Your Practice by Philip Johnston: Designed to help students make the most of the six days between lessons.
- Practiceopedia: The Complete Illustrated Guide to Mastering Music's Greatest Challenge by Philip Johnston: Practice ideas, strategies, tips, tricks, and traps.
- Sharpen Your Tools by Jennifer Burton: Fun, creative activities to reinforce musical and technical concepts for the young violinist.
- Expanding Horizons: The Suzuki-Trained Violinist Grows Up by Mark Bjork: Addresses topics pertaining to the older or more advanced student.
- Time to Practice: A Companion for Parents by Carrie Reuning-Hummel: A guided journal from the perspective of someone who is Suzuki student/teacher/parent. The first half of the book takes the parent on a journey of discovery about their own

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motivations and gifts as well as their child's. The second half applies these discoveries to the actual practice.

A Suzuki Parent's Diary: Or How I Survived My First 10,000 Twinkles by Carroll

Morris: A humorous and realistic view of what being a Suzuki parent is like.

SAA Website: www.suzukiassociation.org

SAA Journals

This is Your Brain on Music by Daniel J. Levitin: A neuroscientist and former record producer explains how music affects our brain and our emotions with examples from every genre of music.

- Mindset: The New Psychology of Success by Carol Dweck: A leading expert in motivation and personality psychology suggests that everyone has one of two mindsets. Those with a fixed mindset believe that you are born with a set of talents and abilities, whereas those with a growth mindset believe that talents and abilities can be developed. She gives suggestions to develop the growth mindset in children.

How to Talk So Kids Will Listen and Listen so Kids Will Talk by Adele Faber and Elaine Mazlish: Provides all the know-how required for happier, more constructive parent-child relations. Offers suggestions for dealing with children's negative feelings, expressing anger without being hurtful, setting firm limits and maintaining goodwill, using alternatives to punishment, and resolving family conflicts peacefully.

Siblings Without Rivalry by Adele Faber and Elaine Mazlish: Argues that constant conflict between siblings should not be the accepted norm, and offers parents practical advice on how to teach kids to get along.

Kids Are Worth It by Barbara Coloroso: Focuses on helping kids develop their own self-discipline by owning up to their mistakes, thinking through solutions, and correcting their misdeeds while leaving their dignity intact.

The Magic Years: Understanding and Handling the Problems of Early Childhood by Selma Fraiberg: takes the reader into the mind of the child, showing how he confronts the world and learns to cope with it.

The Challenging Child: Understanding, Raising, and Enjoying the Five Difficult Types of Children by Stan Greenspan: Most children fall into five basic personality types that stem from inborn physical characteristics: the sensitive child, the self-absorbed child, the defiant child, the inattentive child, and the active/aggressive child. This book shows parents how to match their parenting to the challenges of their particular child.

Outliers: The Story of Success by Malcolm Gladwell: Asks the question "What makes high-achievers different?" Studies the effects of culture, family, generation, and the idiosyncratic experiences of upbringing.

The Talent Code: Greatness Isn't Born. It's Grown. Here's How. By Daniel Coyle: Uses brain research, behavioral research, and real-world training to explain how to lay the foundation for a neural architecture of talent.

The Creative Habit: Learn It and Use It for Life by Twyla Tharp: An exploration of the nature of creativity. Suggests ways to cultivate habits that give birth to success and how to actively seek and nurture inspiration.