

PARENTING FOR OPTIMAL PERFORMANCE:

SESSION 2 – SKILLFUL COMMUNICATION (RESOURCES)

Emotion Management

Skillful Communication

Sustained Well-Being

Effective Boundaries

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Books

- Icard, M. **Fourteen Talks by Age 14.** (1st ed.) New York: Harmony Books, 2021. *Helpful and terrific set of "scripts" for difficult conversations.*
- Koplewicz, H. **Scaffold Parenting.** (1st ed.) New York: Harmony Books, 2021. *Practical and readable book about building resilience through feedback.*
- Faber, A and Mazlish E. **How to Talk So Kids Will Listen and Listen So Kids Will Talk.** (3rd ed.) New York: Scribner, 2012. *Considered a classic "go-to" parenting book about communication, with illustrations and practical advice.*

Articles/Links

- <https://www.newyorker.com/culture/the-new-yorker-interview/the-parent-of-a-teen-ager-is-an-emotional-garbage-collector>
- Curran, T. (2018). Parental conditional regard and the development of perfectionism in adolescent athletes: The mediating role of competence contingent self-worth. *Sport, Exercise, and Performance Psychology*, 7(3), 284–296. <https://doi.org/10.1037/spy0000126>
- TED Talk: The gift and power of emotional courage. David, D., January 2018. https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage
- Slack Team (2019, June 5.) Serena Williams shares thoughts on feedback and teamwork. <https://slack.com/blog/collaboration/serena-williams-stroke-of-genius-for-overall-success>