

BLÁTHÚ RECOMMENDED READING LIST

Kindergarten Specific

Free To Learn: Introducing Steiner Waldorf early childhood education

Lynne Oldfield

This book gives a picture of stress free childhood, exciting ways of seeing children, recognises the crucial roles of parents and teachers, and above all it values and respects the child. Hawthorn Press, ISBN 1903458064

Kindergarten Education - freeing children's creative potential

Betty Peck

What can children gather from the treasured world of childhood that will enrich their adult lives? Educator for over 50 years, Betty Peck celebrates the power of Kindergarten to help children find their creativity and imagination- opening the door to a passionate relationship with learning. The result is an essential resource for teachers and parents who want to give their children a meaningful education. Hawthorn Press, ISBN 1903458331

In a Nutshell - Dialogues with parents at Acorn Hill

Nancy Foster

In this valuable resource for both parents and teachers, Nancy Foster draws on her many years of experience as a Steiner Waldorf early childhood teacher to respond to parents' questions about their children...Nancy offers a warm and engaging look at thoughts and ideals which might guide parents in understanding their child's experiences at school or in making decisions for their particular family situation. ISBN 0976749807

Work and Play in Early Childhood

Freya Jaffke

Floris Books, ISBN 086315-227

The Waldorf Kindergarten Snack Book

Collected by Lisa Hildreth

Here is help for parents, teachers, and caretakers with planning snack menus and creating delicious soups, breads, and fruit dishes with and for young children. Learn how various foods effect us and how to use healthy ingredients to make appealing and nutritious treats. The author has also included a chapter on birthday cakes and festival foods. Rudolf Steiner Press, ISBN 0880105631

Making Waldorf Dolls

Maricristin Sealey

It is a beautiful thing to craft a doll with your own hands, sew it together with love, then make a gift of it to your child with the words 'I made this for you'. This comprehensive, well illustrated book will give even the most nervous beginner the confidence to produce a unique, handcrafted toy from natural materials. there are ten designs, instructions for knitting, sewing clothes, recycling cloth and much more. Hawthorn Press, ISBN 1903458587

Childhood's Garden, Shaping everyday life around the needs of young children

Helle Heckmann

Now available through ISKA. Helle is from Denmark and is active in teacher education throughout the world. For details on her book, which includes a DVD, click [here](#).

ACTIVITIES AND SUPPORT FOR CHILDREN

Festivals Family and Food

Carey and Large

This is a unique source of stories, recipes, things to make, activities, poems and songs. Each festival has its own well illustrated chapter. There are also sections on Birthdays, Rainy Days,

Convalescence and a birthday calendar: It explores the numerous festivals that children love to celebrate. Hawthorn Press, ISBN 0-950-7062-3X

Celebrating Irish Festivals

Ruth Marshall

This yearbook of Irish traditions includes Imbolc, Bealtaine, Lughnasadh and Samhain, with church holy days, agricultural festivals and Celtic Saint's days. It offers ways to engage children so they anticipate each festival with excitement and pleasure. It includes recipes, crafts and activities with easy-to-follow instructions. Well-loved traditions and modern interpretations blend into a reference book suitable for teachers, parents and others seeking a practical introduction to Irish festivals and celebrations. An excellent resource for anyone interested in Irish/Celtic seasonal festivals. A healthy mix of Christian and older traditional festivals, with activities suitable for kindergarten age as well as for older children and adults. ISBN 1903458234

All Year Round - Christian calendar of celebrations

Anne Druit, Christine Fynes-Clinton, Marije Rowling

Packed with beautifully illustrated ideas, this book is an inspirational guide to celebrating festivals throughout the year, from Candlemas to Christmas and Midsummer's day to the winter solstice. Following the cycle of the four seasons included in the book are dates, related folklore, myths, customs, ideas for the seasonal table, and lots of crafts, games, stories and recipes. Hawthorn Press, ISBN 1869890477

Storytelling and the Art of Imagination

Nancy Mellon

The Ancient art of story telling shines as a powerful antidote to today's passive, solitary world of electronic entertainment. As a path of self-development, story telling awakens and nourishes the timeless and archetypal experiences, symbols and forces of our inner lives and in the natural world. Yellow Moon, ISBN 0938756664

Storytelling with Children

Nancy Mellon

Hawthorn Press, ISBN 1-903458-08-0

Sing a Song of Seasons - songs from the seasons of nature to sing with young children

Rudolf Steiner, ISBN 0-88010-18

The Child's Changing Consciousness

Mary Thienes-Schunemann

This songbook is a tremendous resource for those who wish to work musically with children. Included are 12 songs from each season, a cd of all the songs, Articles on nature, children and singing, guitar chords and great resources ISBN 0970839707

Toymaking with Children

Freya Jaffke, Floris Books, ISBN 0-86315-367-4

The Breathing Circle - learning through the movement of the natural breath

Nell Smyth

The movement of the breath carries both language and life. Healthy learning and development benefits when we tune ourselves and our children to the breath rhythm. Here are activities, movements, and stories that can help. Hawthorn Press, ISBN 1-903458-64-1

Touching: human significance of the skin

Ashley Montagu

An entrancing classic written by the eminent American anthropologist highlighting how fundamental touch is to healthy child development. Harper and Row, ISBN 978-0060960285

General Child Development and Education

Natural Childhood

John Thomson, with Rahima Baldwin, Michaela Glockner, and Roland Meighan
The first practical and holistic guide for parents of the developing child
This beautiful book is comprehensive and enjoyable as well as practical. Simon and Schuster,
ISBN 0-02-020739-5

Well, I Wonder - Childhood in the Modern World, a handbook for parents, teachers, and carers

Sally Schweizer

Calling for a new evaluation of childhood and an awakening to the real needs of children, Well, I Wonder is packed with practical advice, anecdotes, humour and delightful quotes from the children Schweizer has taught. Rudolf Steiner Press ISBN 185584124X

The Genius of Play, Celebrating the Spirit of Childhood

Sally Jenkinson, Hawthorn Press, ISBN 1-903458-04-8

Ready to Learn, from birth to school readiness

Martyn Rawson and Michael Rose, Hawthorn Press, ISBN 1-903458-15-3

Bringing the Best out in Boys

Lucinda Neall, Hawthorn Press, ISBN 978-1903458297

Phases of Childhood

Bernard Lievegood

Dutch paediatrician, educator and management consultant - very involved in biography work which constitutes a part of his approach. Rudolf Steiner Press, ISBN 0-85440-353-1

The Incarnating Child

Joan Salter, Hawthorn Press, ISBN 1869-890-043

The Millennial Child

Eugene Schwartz

A well known Steiner teacher trainer & writer from the US - accessible even on the more esoteric aspects. Anthroposophic Press

Encountering the Self: transformation and destiny in the ninth year

Hermann Koepke

By a very experienced Waldorf teacher, this entire book focuses on the nine year change. Steiner Books ISBN 978-0880102797

The Education of the Child

Rudolf Steiner, Anthroposophic Press, ISBN 0-88010-414-7

(also available online at <http://rsarchive.org>)

The Child's Changing Consciousness

Rudolf Steiner

A wonderful broad sweep, aimed mostly at teachers. Rudolf Steiner Press ISBN 0-88010-18 (also available online at <http://rsarchive.org>)

THE CHALLENGES TO HEALTHY CHILDHOOD

Toxic Childhood

Sue Palmer

A New book causing a stir, which its title was exactly designed to do. It is celebrated in Waldorf circles because it affirms many prophetic warnings - covers diet, media and quality of time issues. Orion, ISBN 978-0752880914

The Hurried Child - growing up too fast too soon

David Elkind

Dr. Elkind shows that in blurring the boundaries of what is age appropriate, by expecting-or imposing-too much too soon, we force our kids to grow up far too fast. Dr. Elkind takes a detailed, up-to-the-minute look at the world of today's children and teens in terms of the Internet, classroom culture, school violence, movies, television, and a growing societal incivility--where hurrying occurs and why, and what we can do about it. Da Capo Press, ISBN 978-0738204413

Set Free Childhood

Martin Large

Parents survival guide for coping with computers and TV. Children watch TV and use computers for 5 hours daily on average. But electronic media demands conflict with the needs of children. The result? Record levels of learning difficulties, obesity, eating disorders, sleep problems, language delay, aggressive behaviour, anxiety - and children on fast forward. Hawthorn, ISBN 1903458439

Working with Anxious, Nervous and Depressed Children - a spiritual perspective to guide parents

Henning Kohler

A very compassionate and effective guide for helping us to work as parents and teachers free of anxiety and controlling short term notions of fixing what is out of balance. AWSNA, ISBN 9781888365283

Difficult Children - there is no such thing: An appeal for the transformation of educational thinking

Henning Kohler

Kohler pursues the question: can children actually be spoken of as increasingly 'difficult,' or is it the overall status of consciousness and of societal circumstances that is drifting towards a situation that is unbearable for children. Kohler places accepted patterns of thought in question and outlines in basic characteristics a spiritually deepened concept of education and upbringing, which could lead us out of the current crisis. Rudolf Steiner Press, ISBN 1888365447

The Young Child in the World Today - a compilation of articles

Some topics covered include: Young Children today - understanding and helping them, Caring for the life forces in the young child, as ye sow--so shall ye reap, New health problems, Sexual abuse of children, understanding, prevention and treatment, ADHD - A challenge for our time, Restless children, violence and electronic media, TV and ADD, children's development and television. AWSNA, ISBN 0972223819

Healing Stories for Challenging Behaviour

by Susan Perrow

is appreciatively reviewed [here](#) by Ruth Marshall