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,

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

**Toymaking with Children**

**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

Ready to Learn, from birth to school readiness

Bringing the Best out in Boys

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

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
(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