

## How To Raise A Mum

Halloween is the best time to catch, entertain, and make friends with a ghost.

A powerful look at the importance of a mother ’ s presence in the first years of life \*\*Featured in The Wall Street Journal, and seen on Good Morning America, Fox & Friends, and CBS New York\*\* In this important and empowering book, veteran psychoanalyst Erica Komisar explains why a mother's emotional and physical presence in her child's life--especially during the first three years--gives the child a greater chance of growing up emotionally healthy, happy, secure, and resilient. In other words, when it comes to connecting with your baby or toddler, more is more. Compassionate and balanced, and focusing on the emotional health of children and moms alike, this book shows parents how to give their little ones the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most cutting-edge neurobiological research on caregiving, attachment, and brain development, Being There explains:
• How to establish emotional connection with a newborn or young child--regardless of whether you're able to work part-time or stay home
• How to ease transitions to minimize stress for your baby or toddler
• How to select and train quality childcare
• What's true and false about widely held beliefs like "I'm not good with babies" and " I ’ ll make up for it when he ’ s older "
• How to recognize and combat feelings of postpartum depression or boredom
• Why three months of maternity leave is not long enough--and how parents can take control of their choices to provide for their family's emotional needs in the first three years
Being a new mom isn ’ t easy. But with support, emotional awareness, and coping skills, it can be the most magical—and essential—work we ’ ll ever do.

An Entertaining, Enlightening Look at the Art of Raising Self-Reliant, Independent Children Based on One American Mom ’ s Experiences in Germany When Sara Zaske moved from Oregon to Berlin with her husband and toddler, she knew the transition would be challenging, especially when she became pregnant with her second child. She was surprised to discover that German parents give their children a great deal of freedom—much more than Americans. In Berlin, kids walk to school by themselves, ride the subway alone, cut food with sharp knives, and even play with fire. German parents did not share her fears, and their children were thriving. Was she doing the opposite of what she intended, which was toraise capable children? Why was parenting culture so different in the States? Through her own family ’ s often funny experiences as well as interviews with other parents, teachers, and experts, Zaske shares the many unexpected parenting lessons she learned from living in Germany. Achtung Baby reveals that today's Germans know something that American parents don't (or have perhaps forgotten) about raising kids with “ selbstandigkeit ” (self-reliance), and provides practical examples American parents can use to give their own children the freedom they need to grow into responsible, independent adults.

Practical advice for raising authentic, self-reliant teenage girls in the age of the Internet from the experienced clinical psychologist Dr. Roni Cohen-Sandler It may feel as though your preteen or teenage daughter is growing up in a different universe than you did. Between smartphones, social media, and cyberbullying, the world is changing. Technology is transforming how girls identify themselves, learn, develop social skills, and communicate with the people around them. Many mothers feel as though they are venturing into alien territory, with no idea how to navigate these unprecedented situations. But the good news is that regardless of your technological skill, you are still the best person to guide your daughter through all the chaos of adolescence. In Anything But My Phone, Mom! Dr. Roni Cohen-Sandler shows mothers how to handle the modern challenges of parenting teenage girls, drawing upon dozens of interviews with teenagers and their mothers, decades of clinical experience, and her own experience raising a daughter. With clear, practical advice, she provides insights and strategies for how you can better understand your daughter and what she's going through, maintain a close and loving relationship with her, keep her safe, and help her become a resilient, capable, confident, and healthy young woman.

How to Raise a Mom

How to Raise Mom & Dad

Raising Emotionally Resilient Daughters in the Digital Age

The Ten Basic Principles of Good Parenting

A Little Book for Mothers (And the People Who Love Them)

Learn to Worry Less, Focus on What Matters Most, and Raise Happier Kids

The First-Time Mom's Guide to Raising Boys

A friendly and practical guide to the stages and issues in boys'~? development from birth to manhood. From award-winning psychologist Steve Biddulph comes an expanded and updated edition of RAISING BOYS, his international best seller published in 14 countries. His complete guide for parents, educators, and relatives includes chapters on testosterone, sports, and how boys' and girls' brains differ. With gentle humor and proven wisdom, RAISING BOYS focuses on boys' unique developmental needs to help them be happy and healthy at every stage of life.

The ultimate must-read handbook for the modern mother: a practical, and positive tool to help free women from the debilitating notion of being the "perfect mom," filled with funny and all too relatable true-life stories and realistic suggestions to stop the burnout cycle, and protect our kids from the damage burnout can cause. Moms, do you feel tired? Overwhelmed? Have you continually put off the things you need to do for you? Do you feel like it's all worth it because your kids are happy? Are you "over" being a mother? If you answered yes to these questions, you're not alone. Parents today want to create the ideal childhood for their children. Women strive to be the picture-perfect Pinterest mother that looks amazing, hosts the best birthday parties in town, posts the most "liked" photos, and serves delicious, nutritious home-cooked meals in her neat, organized home after ferrying the kids to school and a host of extracurricular activities on time. This drive, while noble, can also be destructive, causing stress and anxiety that leads to "mommy burnout." Psychologist and family counselor Dr. Sheryl Ziegler is well-versed in the stress that moms face, and the burden of guilt they carry because they often feel like they aren't doing enough for their kids' happiness. A mother of three herself, Dr. Z—as she's affectionately known by her many patients—recognizes and understands that modern moms are all too often plagued by exhaustion, failure, isolation, self-doubt, and a general lack of self-love, and their families are also feeling the effects, too. Over the last nineteen years working with families and children, Dr. Z has devised a prescriptive program for addressing "mommy burnout"—teaching moms that they can learn to re-energize themselves and still feel good about their families and their lives. In this warm and empathetic guide, she examines this modern epidemic among mothers who put their children's happiness above their own, and offers empowering, proven solutions for alleviating this condition, saving marriages and keeping kids happy in the process.

A child provides instructions for properly capturing Santa--briefly--to ask him questions and tell him things.

A little boy offers advice about what not to give a mom on Mother's Day by providing examples of gifts that would be suitable for animal mothers.

Through Every Season of Raising Your Child

Achtung Baby

A Story of Teen Motherhood, College, and Creating a Better Future for Young Families

You Are a F\*cking Awesome Mom

Why Boys Are Different - and How to Help Them Become Happy and Well-Balanced Men

How to Babysit a Grandma: Read & Listen Edition

Some Miracles Need a Mom

An activist calls for better support of young families so they can thrive and reflects on her experiences as a Black mother and college student fighting for opportunities for herself and her child. Pregnant Girl presents the possibility of a different future for young mothers--one of success and stability--in the midst of the dismal statistics t dominate the national conversation. Along with her own story as a young Black mother, Nicole Lynn Lewis weaves in those of the men and women she's worked with to share a new perspective on how poverty, classism, and systemic racism impact teen pregnancy and on how effective programs and equitable policies can help teen parents earn college degrees, have increased opportunity, and create a legacy of educational and career achievements in their families. After Nicole became pregnant during her senior year in high school, she was told that college was no longer a reality--a negative outlook often unfairly presented to teen mothers. Nicole left home and experienced periods of homelessness, hunger, and poverty. Despite these obstacles, she enrolled at the College of William & Mary and brought her three-month-old daughter along. Through her experiences fighting for resources to put herself through college, she discovered her true calling and founded her organization, Generation Hope, to provide support for teen parents and their children so they can thrive in college and kindergarten--driving a two-generation solution to poverty. Pregnant Girl will inspire young parents faced with similar choices and obstacles that they too can pursue their goals with the right support.

From international bestselling author Liz Climo comes You're Mom, a hilarious and relatable collection of original comics about motherhood Moms: they are there for us through the good, the bad, the scary, the sticky, and everything in between. They also read us a lot of picture books along the way, and now there's a picture book just for them. Liz Climo brings her trademark wit and adorable drawings to You're Mom: a funny, honest, and sweet homage to motherhood. Detailing the ups and downs of mothering, along with the many paths to becoming a mom and the different types of motherhood, Climo pairs humorous observations with clever illustrations of baby animals a their mothers. With more than 100 beautiful drawings, You're Mom is a book for the new mom, the seasoned mom, anyone in a mom-like role, or anyone who has ever loved a mom. It's a thank you to those taking on the challenging role of parenting - and it's also short and sweet, which means you can read it and then hopefully get some Be B.L.E.S.S.E.D.! That is what Sharon Jaynes teaches as she focuses on being a Proverbs 31 mother. Today's over-committed, harried housewives and mothers sorely need practical suggestions and loving encouragement. Don't go it alone. You need a friend who has been there. Sharon Jaynes is the friend you've been looking for. Her heart is warm and her wisdom is straightforward.

The Godmother of Silicon Valley, legendary teacher, and mother of a Super Family shares her tried-and-tested methods for raising happy, healthy, successful children using Trust, Respect, Independence, Collaboration, and Kindness: TRICK. Esther Wojcicki--"Woj" to her many friends and admirers--is famous for three things: teaching a high school class that has changed the lives of thousands of kids, inspiring Silicon Valley legends like Steve Jobs, and raising three daughters who have each become famously successful. What do these three accomplishments have in common? They're the result of TRICK, Woj's secret to raising successful people: Trust, Respect, Independence, Collaboration, and Kindness. Simple lessons, but the results are radical. Wojcicki's methods are the opposite of helicopter parenting. As we face an epidemic of parental anxiety, Woj is here to say: relax. Talk to infants as if they are adults. Allow teenagers to pick projects that relate to the real world and their own passions, and let them figure out how to complete them. Above all, let your child lead. How to Raise Successful People offers essential lessons for raising, educating, and managing people to their highest potential. Change your parenting, change the world.

Being There

Instructions from Someone who Figured it Out

Mom's Journey

Are You My Mother? Read & Listen Edition

The Power of Connection to Build Good Men

How to Build Wealth While Raising a Family

Being a Great Mom, Raising Great Kids

How to Raise a MomDragonfly Books

When Emma Johnson's marriage ended she found herself broke, pregnant, and alone with a toddler. Searching for the advice she needed to navigate her new life as a single professional woman and parent, she discovered there was very little sage wisdom available. In response, Johnson launched the popular blog Wealthysinglemommy.com to speak to other women who, like herself, wanted to not just survive but thrive as single moms. Now, in this complete guide to single motherhood, Johnson guides women in confronting the naysayers in their lives (and in their own minds) to build a thriving career, achieve financial security, and to reignite their romantic life--all while being a kickass parent to their kids. The Kickass Single Mom shows readers how to:
• Build a new life that is entirely on their own terms.
• Find the time to devote to health, hobbies, friendships, faith, community and travel.
• Be a joyful, present and fun mom, and proud role model to your kids. Full of practical advice and inspiration from Emma's life, as well as other successful single moms, this is a must-have resource for any single mom.

Raising a mom is hard work, but this book will help you learn exactly how to do it! From waking her up in the morning to arranging playdates to making sure she gets enough exercise and plenty of veggies, you'll raise a happy and healthy mom in no time.

Celebrate the love between a dad and child in this charming picture book about showing dad that you care. The perfect gift to surprise dad with on Father's Day! So you want to surprise your dad? You're in luck! The pages of this book are full of tips on how to become a super dad surpriser, including tips for things you can make, do, or find--just for your dad. Be sure to read up on:
· Yummy treats and presents for a dad
· What to do if he starts getting suspicious
· How to prepare for the big moment (where to hide everyone, and how to practice whispering “Surprise!”)
From the author--illustrator team behind the New York Times bestselling HOW TO... series comes an adorable, funny, surprising HOW TO... picture books: How to Babysit a Grandpa How to Babysit a Grandma How to Catch Santa How to Get Your Teacher

Ready How to Raise a Mom How to Read to a Grandma or Grandpa

Simple Lessons for Radical Results

There Are Moms Way Worse Than You

Peaceful Parent, Happy Kids

Practical Advice for Your Son's Formative Years

Developing Your Child's Future

How To Raise A Boy

Guiding Your Family with God's Strength and Wisdom

Marina Slayton and her husband, Gregory, best-selling author of Be a Better Dad Today, reveal the secrets to finding true joy in the sacred role of motherhood. Using story, humor, empathy, common sense, and straight talk—grounded in reality and personal experience—Be the Best Mom You Can Be helps readers from the best and most influential mothers in history. The book centers on a mother's desire for wisdom and her commitment to the wellbeing of her husband and children and provides six time-tested principles (the Six Secrets) for being a truly great mom. In the tradition of Stormie Omartian's and Barbara Rainey's books, the Slaytons offer value-based inspiration, a warm and personal tone, and insightful secrets to both educate and equip moms to be the best mothers they can be. This book will help any mom who wants to grow in her sacred role. Women who need encouragement or advice or who feel ill-equipped to be mothers will find the straight-forward evangelical perspective and practical advice life-changing.

A laugh-out-loud funny picture book. Packed full of tips on how to have fun with your mum and make her feel loved on Mother's Day! So you want to look after your mum? Then you need this book! Essential tips include: How to wake your mum up (nicely). How to be the best ever errands helper. How to help your mum relax. (Hint: you could sing her a lullaby) Always remember, mums are special. They require expert care and extra cuddles. This hilarious 'How To' guide style picture book is guaranteed to get kids giggling (and keep them busy!) Look out for more books in the brilliantly funny, New York Times bestselling series: How to Surprise a Dad How to Catch Santa How to Babysit a Grandad How to Babysit a Grandma How to Get Your Teacher Ready for School How to Scare a Ghost

The authors encourage parents to let go of unobtainable--and ill-advised--goals in favor of parenting philosophies that concentrate on the whole family. This eye-opening book presents the results of an original, never-before-published nationwide survey of over 1,300 parents.

100+ self-care hacks for any mom to eat right, move more, stress less and get a good night's sleep, by a doctor who is also a mom Why is it generally accepted that motherhood comes at the expense of our health--with all that weight gain, fatigue, and exhaustion? It doesn't have to be that way. What if your baby AND you could thrive together? We cure diseases. We create artificial ears using 3-D printers. We solved how to pee in space. We can figure this out--and now Dr. Darria has done just that. An Ivy league-trained physician and mom of two, Dr. Darria combed the latest in medicine, psychology, and holistic health for answers when her own health crises struck. She now brings those solutions to moms everywhere. For moms who just DontHaveTheTime (or energy), Mom Hacks gives you the specific smallest changes that yield the biggest impact for you and your child. Every hack is a mini super-charged solution with an immediate impact. So you feel good, lose the baby weight, and are more present, while raising thriving children--in an entirely do-able, time-saving, with-you-in-the-trenches way. Her humor and personal stories bring warmth and encouragement when mothers need it most. You can be the mother and woman you want to be, and with Mom Hacks, you don't have to listen to anyone who tells you otherwise. It's time for a new mom world order.

Mommy Burnout

Anything But My Phone, Mom!

Irrrefutable Proof That You Are Indeed a Fantastic Parent

How to Raise Successful People

100+ Science-Backed Shortcuts to Reclaim Your Body, Raise Awesome Kids, and Be Unstoppable

How to Scare a Ghost

Mom Hacks

*Your kids will enjoy this classic story even more in this beautiful Read & Listen edition. A baby bird is hatched while his mother is away. Fallen from his nest, he sets out to look for her and asks everyone he meets—including a dog, a cow, and a plane—“Are you my mother?” This ebook includes Read & Listen audio narration.*

*Are stress and feelings of inadequacy your constant companions? Peaceful mom. It hardly seems that the words could go together. Yet the peace we crave can be ours in every season of raising children. Whether you have teenagers or toddlers, being a mom is a daunting and amazing responsibility. And it's a part of God's design for you. You are deeply loved by God. Draw from the well of a relationship with him--even if it's a new well--to sift through all that the world plods in your path. Learn to partner with him. Grow stronger and more confident and begin to see your self the way God sees you--as a woman, as a mom, and as his child. Be encouraged and motivated through prayer and dialogue examples, personal stories, and scripture*

*applications. Consider your approach to being a mom, making commitments, and the power of forgiveness. Discover how God works through you to raise and shape your children, as you learn and grow with a peace that is truly beyond understanding.*

*Learn to overcome your everyday challenges as a mother with grace! Raising kids is a challenging task of magnificent repercussions. At the end of the day, your home may look like an intimidating war zone, or it could be a warm nest you can't wait to come back to. Which one would you choose? Mom's Journey shares hundreds of essential tips that pinpoint many of the possible scenarios a mom might encounter, from the labor room to parenting a teenager. The book touches all aspects of parenthood, walking you through the years and the developments of childhood and parenting, and the challenges they bring forth. Essential tips for smart and easy parenting. Mom's Journey was written by a mom who raised three kids in a loving and supporting family environment, while being a wife and a co-owner of a successful business - and without going too crazy in the process. It's based on real life experience of raising three daughters while balancing marriage and business. Hundreds of tips on all aspect of parenthood from day 1 to 18 years old. Raising kids is a task to be managed carefully and thoughtfully. It requires strength and borders on the one hand, as well as softness and caress, on the other. Mom's Journey is an essential book for any mother who is interested in maintaining a happy, calm and respectful family, where family members are kind to each other, considerate and happy. It shares tips for parenting that does not require raising one's voice or implementing punishment in order to make a stand. If you are a mother looking for guidance and advice - this book is for you! Scroll up to grab your copy of Mom's Journey now!*

*A guide to raising children covers the principles of adapting a parenting style to match a particular child's needs, establishing a structure and limits, and promoting such qualities as honesty, kindness, and independence.*

Risen Motherhood

Pregnant Girl

What Not to Give Your Mom on Mother's Day

The modern mother's guide to parenting her teenage son

Be the Best Mom You Can Be

You're Mom

Practical Tips for Raising Kids

A rhyming illustrated humor book for moms who feel they're not doing a good job (and that's all moms, right?). Packed with scientifically true examples of terrible parents in the animal kingdom, to remind and reassure any mother that there are way worse moms out there.

A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right “consequence,” look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

In How to Raise a Man, as you learn more about the development of masculinity, identify your parenting style and familiarise yourself with the issues facing parenthood today, you will become a more compassionate, centred and effective parent. In this era of #metoo and #allmenaretrash, it's evident that something is going wrong with the way men progress from childhood into adulthood, and few realise how critical the role of the purposeful and emotionally empowered mother is in a boy's journey to maturity. So, what does all this mean for you as the mother of an adolescent boy? Like it or not, mom, your son is Generation Z. He has been adored and treasured, photo-graphed and recorded. Many of his generation of adolescents are outwardly assertive and outspoken and have good boundaries, yet inwardly they are full of paradoxes. And they are confusing to manage – your GenZ rules you. They are clever. But as a mother, you need to be smarter. Teenagers need centred adults to guide them. Confident, capable adults should never overreact, sulk, withdraw or blame, and if you find yourself resorting to this behaviour, it is time to reset your parenting methods. If you are confused or irritated by your pre-teen or teenage son, or feel bewildered and hurt by his behaviour, this book will guide you to a clear understanding of teenagers in general and teenage boys in particular. Written by a parenting expert, and drawing on Western psychology as well as Eastern philosophy, the processes and ideas in this practical guide will help you raise the man you want your son to be.

A lot of people wonder how Chinese parents raise such stereotypically successful kids. They wonder what Chinese parents do to produce so many math whizzes and music prodigies, what it's like inside the family, and whether they could do it too. Well, I can tell them, because I've done it... Amy Chua's daughters, Sophia and Louisa (Lulu) were polite, interesting and helpful, they had perfect school marks and exceptional musical abilities. The Chinese-parenting model certainly seemed to produce results. But what happens when you do not tolerate disobedience and are confronted by a screaming child who would sooner freeze outside in the cold than be forced to play the piano? Battle Hymn of the Tiger Mother is a story about a mother, two daughters, and two dogs. It was supposed to be a story of how Chinese parents are better at raising kids than Western ones. But instead, it's about a bitter clash of cultures, a fleeting taste of glory, and how you can be humbled by a thirteen-year-old. Witty, entertaining and provocative, this is a unique and important book that will transform your perspective of parenting forever.

Raising Boys

How to Babysit a Grandpa: Read & Listen Edition

The Confident Mom

The Dolphin Way

Gospel Hope for Everyday Moments

Smart Mom, Rich Mom

The Science of Mom

***Raise a kind and confident son with this advice for parenting boys ages 8 to 12 Parenting a young boy can feel like total chaos, especially if he's your first. His mind and body are changing, and so is his relationship with you. How do you handle puberty? His schoolwork? Health and hygiene? Don't worry, The First-Time Mom's Guide to Raising Boys will walk you through all of it with clear and proven advice from a mom of four (yes, four!) boys. Learn how to be a supportive resource and a role model for your son, and how to talk to him about the challenges he'll face. Find strategies for everything from teaching social responsibility to helping him build self-esteem and integrity. This is your complete resource for raising boys: Tackling the tough stuff--Address important issues like puberty, sex, consent, and mental health, with advice for initiating crucial conversations. For modern families--Explore advice that works for families of all types, plus tips for raising boys in the ever-expanding digital worlds of YouTube, Twitch, and more. Moments of reflection--Each chapter ends with thought-provoking questions that encourage you to think about your hopes and fears as a parent, and identify your values and priorities. Connect with your son and set him up for a happier adulthood with this ultimate guide to raising boys.***

***At a time when many boys are in crisis, a much-needed roadmap for helping boys grow into strong and compassionate men Over the past two decades there has been an explosion of new studies that have expanded our knowledge of how boys think and feel. In How to Raise a Boy, psychologist Michael Reichert draws on his decades of research to challenge age-old conventions about how boys become men. Reichert explains how the paradigms about boys needing to be stoic and "man like" can actually cause them to shut down, leading to anger, isolation, and disrespectful or even destructive behaviors. The key to changing the culture lies in how parents, educators, and mentors help boys develop socially and emotionally. Reichert offers readers step-by-step guidance in doing just this by: • Listening and observing, without judgment, so that boys know they're being heard. • Helping them develop strong connections with teachers, coaches, and other role models • Encouraging them to talk about their feelings about the opposite sex and stressing the importance of respecting women • Letting them know that they don't have to "be a man" or "suck it up," when they are experiencing physical or emotional pain. Featuring the latest insights from psychology and neuroscience, How to Raise a Boy will help those who care for young boys and teenagers build a boyhood that will enable them to grow into confident, accomplished and kind men.***

***Coach, cheerleader, confidant, chef and chauffeur -- the job description of a mom is as broad as the horizon. Perhaps this is why so many mothers deal with insecurity and uncertainty as they do their best to raise their children in a challenging and ever-changing world. If you've ever gone to bed disappointed with yourself, if you've ever felt like you weren't measuring up, or if you've ever wished there was a manual for motherhood, #1 New York Times bestselling author Joyce Meyer has just the book for you. In The Confident Mom you will be encouraged that you are not alone -- God is with you and He wants to help you with the challenges you face each day. Through inspiring stories, Biblical principles and Joyce's own valuable life lessons, there is no doubt you will discover the path to a new confidence and joy in motherhood. No matter your age, the size of your family, or the circumstances you find yourself in, The Confident Mom will help you become the joyful, confident mother God created you to be!***

***A PUBLISHERS WEEKLY BESTSELLER Motherhood is hard. In a world of five-step lists and silver-bullet solutions to become perfect parents, mothers are burdened with mixed messages about who they are and what choices they should make. If you feel pulled between high-fives and hard words, with culture's solutions only raising more questions, you're not alone. But there is hope. You might think that Scripture doesn't have much to say about the food you make for breakfast, how you view your postpartum body, or what school choice you make for your children, but a deeper look reveals that the Bible provides the framework for finding answers to your specific questions about modern motherhood. Emily Jensen and Laura Wifler help you understand and apply the gospel to common issues moms face so you can connect your Sunday morning faith to the Monday morning tantrum. Discover how closely the gospel connects with today's motherhood. Join Emily and Laura as they walk through the redemptive story and reveal how the gospel applies to your everyday life, bringing hope, freedom, and joy in every area of motherhood.***

***How to Catch Santa***

***A Practical Guide to Raising Whole Children in a Broken Generation***

***How to Raise a Mum***

***A Research-Based Guide to Your Baby's First Year***

***Becoming a Peaceful Mom***

***Be Financially Independent, Discover Your Sexiest Self, and Raise Fabulous, Happy Children***

In this inspiring book, Harvard-trained child and adult psychiatrist and expert in human motivation Dr. Shimi Kang provides a guide to the art and science of inspiring children to develop their own internal drive and a lifelong love of learning. Drawing on the latest neuroscience and behavioral research, Dr. Kang shows why pushy [tiger parents] and permissive [jellyfish parents] actually hinder self-motivation. She proposes a powerful new parenting model: the intelligent, joyful, playful, highly social dolphin. Dolphin parents focus on maintaining balance in their children's lives to gently yet authoritatively guide them toward lasting health, happiness, and success. As the medical director for Child and Youth Mental Health community programs in Vancouver, British Columbia, Dr. Kang has witnessed firsthand the consequences of parental pressure: anxiety disorders, high stress levels, suicides, and addictions. As the mother of three children and as the daughter of immigrant parents who struggled to give their children the [best] in life[Dr. Kang's mother could not read and her father taught her math while she dove around in his taxicab[Dr. Kang argues that often the simplest [benefits] we give our children are the most valuable. By trusting our deepest intuitions about what is best for our kids, we will in turn allow them to develop key dolphin traits to enable them to thrive in an increasingly complex world: adaptability, community-mindedness, creativity, and critical thinking. Life is a journey through ever-changing waters, and dolphin parents know that the most valuable help we can give our children is to assist them in developing their own inner compass. Combining irrefutable science with unforgettable real-life stories, The Dolphin Way walks readers through Dr. Kang's four-part method for cultivating self-motivation. The book makes a powerful case that we are not forced to choose between being permissive or controlling. The third option[the option that will prepare our kids for success in a future that will require adaptability]is the dolphin way.

Advice on how to manipulate your parents in order to avoid eating vegetables, extend your bedtime, or get a puppy.

When you babysit a grandma, if you're lucky . . . it's a sleepover at her house! And with the useful tips found in this book, you're guaranteed to become an expert grandma-sitter in no time. (Be sure to check out the sections on: How to keep a grandma busy; Things to do at the park; Possible places to sleep, and what to do once you're both snugly tucked in for the night.) From the author-illustrator team behind the bestselling How to Babysit a Grandpa comes a funny and heartwarming celebration of grandmas and grandchildren. This Read & Listen edition contains audio narration.

This is a hilarious and accessible picture book about a child spending time with his grandpa[now paired with adorable narration in this Read & Listen edition. Written in a how-to style, the narrator gives important tips for "babysitting" a grandpa, including what to eat for snack (anything dipped in ketchup, ice cream topped with cookies, cookies topped with ice cream) what to do on a walk (find lizards and dandelion puffs, be on the lookout for puddles and sprinklers), and how to play with a grandpa (build a pirate cave, put on a scary play). Filled with humor, energy, and warmth, this is a great gift for or from a grandparent, and perfect for lap reading when Grandpa comes to visit! This ebook includes Read & Listen audio narration.

How to Reclaim Your Life and Raise Healthier Children in the Process

Why Prioritizing Motherhood in the First Three Years Matters

An American Mom on the German Art of Raising Self-Reliant Children

How to Stop Yelling and Start Connecting

How to Raise a Mum How to Raise a Mum

The Kickass Single Mom

How to Raise a Man

Of all life's financial shocks, few compare to the \$250,000 price tag--not including college!--of raising a child. How will you pay for it? Many mothers have agonized over that question, letting it fuel their decisions concerning careers, budgets, and families. The only thing they can all agree on is: there are no easy answers.But there are plenty of rewarding possibilities! Smart Mom, Rich Mom explores how women today are navigating the financially challenging career/parenting years. Written by a national money columnist and mom of two, this invaluable resource for moms everywhere chronicles women who have stayed in the game as both moms and businesswomen--full-time, freelance, self-employed, and more--and emerged more prosperous and empowered than before having children.Mining these successful moms' experiences in order to uncover both career advice and strategies for spending and saving anyone can use, Smart Mom, Rich Mom includes stories, checklists, action steps, planning tools, and more to help more moms learn how to:• Prepare financially for parenthood, as well as adding to your litter• Balance thrift with generating income and investing wisely• Find flexibility at work while safeguarding your earning potential• Save for both college and retirement• Plan for unexpected events• And much moreLadies, this collection of stories from moms who have successfully worked full-time, freelance, self-employed, and in other ways, while also raising amazing children and providing financial freedom for their families, has room to add more--your story! Start it today!

Now updated! The new edition of this best-selling guide uses science to tackle some of the most important decisions facing new parents—from sleep training and vaccinations to breastfeeding and baby food. Is cosleeping safe? How important is breastfeeding? Are food allergies preventable? Should we be worried about the aluminum in vaccines? Searching for answers to these tough parenting questions can yield a deluge of conflicting advice. In this revised and expanded edition of The Science of Mom, Alice Callahan, a science writer whose work appears in the New York Times and the Washington Post, recognizes that families must make their own decisions and gives parents the tools to evaluate the evidence for themselves. Sharing the latest scientific research on raising healthy babies, she covers topics like the microbiome, attachment, vaccine safety, pacifiers, allergies, increasing breast milk production, and choosing an infant formula.

A much-needed voice of encouragement for every woman who had a baby and lost her mind Sometimes, motherhood feels never-ending. A child is born, chaos ensues, and it seems like life will never return to normal. In You Are a F\*cking Awesome Mom, award-winning journalist and Instagram star Leslie Anne Bruce acknowledges that, yes, motherhood is a total mind f\*ck-but then she offers the self-empowerment lessons new mothers need to get through the psychic upheaval and emerge stronger than ever. After childbirth, a woman's body, her relationships, and her very sense of self are tested like never before. Bruce encourages readers to look past the sugarcoated truisms about the miracles of child-rearing in order to embrace the real joys of motherhood, spit-up stains and all. Loaded with unfettered support from a mom who has been through it all, You Are a F\*cking Awesome Mom offers a lifeline of encouragement, inspiration, and community for the new mama who got a baby, lost her mind, and desperately wants to find herself again.

**How to Surprise a Dad**

**Battle Hymn of the Tiger Mother**

**So Embrace the Chaos, Get Over the Guilt, and Be True to You**

**A Parent's Guide to Raising Healthy, Happy, and Motivated Kids-Without Turning i nto a Tiger**

**Mommy Guilt**