

New Parents Guide

Understanding that each child is born with natural born tendencies, A Parent’s Guide seeks to help parents help their children develop their natural temperament tendencies, and overcome their natural weaknesses.

Capture the story of your baby’s first year! The first twelve months of your child’s life are full of precious, fleeting moments, from sleepy newborn yawns to first smiles and wobbly first steps. Why entrust your memories to hastily taken snapshots—or worse yet, none at all? Let professional photographer (and mom) Me Ra Koh help you capture the moments with 40 beautiful “photo recipes” anyone can do, with any camera. Telling your baby’s story in pictures has never been easier!

Eating problems are common in children and teenagers. Yet myths about such problems abound and it can be very difficult to separate the facts from popular beliefs; unusual or disturbed eating patterns can be understandably bewildering and distressing for parents. Whatever aspect of your child’s eating behaviour is causing you concern, this book will help you understand some of the more common reasons why problems arise, and will give you advice on what you and others can do to manage the situation. Written by two experienced clinicians, this new edition of Eating Disorders: A Parents’ Guide is dedicated to clarifying the subject of eating disorders. Combining an accessible and straightforward introduction to the subject with practical advice, this book represents the first step towards recognising, understanding and dealing with the problem. Case-studies are used to help parents understand their children’s experiences of this complex and challenging subject and sensitive advice is offered on a range of issues, including: how to identify a complete range of eating difficulties how to approach specific problems where to seek help and treatment. This book will be welcomed by anyone who is concerned about the eating habits of their children and will be invaluable to professionals working with those suffering from eating disorders.

Welcome to an exciting stage in your baby’s life: starting solid food! This will be a fun time for both you and your little one as your baby explores new tastes and gains a place at the family table. Jennifer offers you expert advice on everything you need to know to practice baby-led weaning safely and confidently: why you might want to use this method, when to start, what nutrients your baby needs, how to prevent choking, how to deal with allergies and what to feed vegetarian babies. Plus, she answers a ton of real-life questions parents often have when starting baby-led weaning and provides 125 delicious family-friendly recipes. So let’s get started! Tips for getting started, including signs of readiness for solid food. Info on safe food shapes and sizes, progressing as your baby develops. Strategies for dealing with food allergies and preventing picky eating. Guidelines for modifying family meals for your baby. Discover all the wonderful benefits of baby-led weaning – from good nutrition and a decreased risk of picky eating as your baby gets older to faster dexterity development and a healthier overall relationship with food.

Sleeping with Your Baby

The Parents’ Guide to Clubfoot

The Sleepeasy Solution

The Parents’ Guide to Baby-Led Weaning

A Survival Kit for the New Music Parent

The Parent’s Guide to the U.S. Navy

100 Ways to Build a Fossil-Free Future, Raise Empowered Kids, and Still Get a Good Night’s Sleep

A reference guide for parents includes information on childhood conditions and illnesses, offering tips and strategies for identifying and treating such ailments as croup, measles, fevers, tonsillitis, head lice, and shingles.

Help your child navigate feelings of sadness and loss with 100 unique, activity-based approaches that help them manage their childhood grief in a healthy and constructive way. The loss of a loved one is a complex, confusing experience for a child to understand. Children may struggle to express, process, and manage their complicated and conflicting feelings, whether the loss is a parent, grandparent, sibling, or even a pet. So, what should you do to help your child process their sadness, loss, and frustration in a more healthy, positive way? In A Parent’s Guide to Managing Grief, you’ll learn everything you need to know about how children grieve and what you can do to support them during their most difficult moments. From there, you’ll find 100 activities that you can use in a group setting, activities that you (or another caregiver) can do alone with your child, and ways to make the most of virtual interactions to support a grieving child. Explore activities like: -Making a scream box -Playing with clay -Feelings charades game -Making a memory bracelet -And many more! It can feel difficult to connect with your child as you process your own complicated emotions surrounding loss. Use these activities to help bridge the gap between you and your child and to help you both find comfort in a difficult situation. You’ll find all the tools you need to help your child (and even yourself) healthily process your grief and move towards happiness, understanding, and acceptance together.

"Relax," writes author Mary DeMocker, "this isn't another light bulb list. It's not another overwhelming pile of parental 'to dos'; designed to shrink your family's carbon footprint through eco-superheroism." Instead, DeMocker lays out a lively, empowering, and – doable – blueprint for engaging families in the urgent endeavor of climate revolution. In this book's brief, action-packed chapters, you'll learn hundreds of wide-ranging ideas for being part of the revolution – from embracing simplicity parenting, to freeing yourself from dead-end science debates, to teaching kids about the power of creative protest, to changing your lifestyle in ways that deepen family bonds, improve moods, and reduce your impact on the Earth. Engaging and creative, this vital resource is for everyone who wants to act effectively – and empower children to do the same.

Congratulations on your babys arrival! Now begins the task of learning to become a parent! Its normal to find yourself seeking guidance and reassurance at this time. Many new baby care manuals offer prescriptive advice. Faced with a set of rules, first-time parents may feel anxious, confused and judged if things dont go to plan. This book is different. Never preaching, always reassuring, it will guide you through your babys first year, offering you vital information and support so you can focus on enjoying this precious time. From handling your newborn and adjusting to parenthood, to soothing a teething baby and tackling weaning, no avenue is left unexplored. Youll find family case studies included in every chapter, as well as extracts from the authors own diary, so you can benefit from other new parents sharing their experiences and tips. Only you can decide what sort of parent you want to be, but it helps if you know what you are letting yourself in for!

Advice, Information, Inspiration, and Support for Raising Your Child from Diagnosis through Adulthood

The Ultimate Guide for New Parents

A Parent's Guide to a New Baby

A Parent's Guide to Cosleeping

The New Parents' Guide to Photographing Your Baby's First Year

To Helping Your Child Develop Their Natural Temperament Tendencies

A Child-Centered Solution to Co-Parenting During Separation and Divorce

Help your child succeed and thrive! As a parent of a child diagnosed with Down syndrome, you may be feeling unsure of what to do next or where your child's journey will take you. In this book, authors Jen Jacob and Mardra Sikora share their experiences and guide you through life with Ds with expert advice from diagnosis to adulthood. Each page teaches you ways to support your child through major milestones; nurture their development; and ensure that they succeed behaviorally, socially, and cognitively. You'll also find valuable information on: Sharing the news with loved ones Transitioning into primary school Developing your child's social skills Discussing future opportunities, including employment and housing options With The Parent's Guide to Down Syndrome, you will have the tools you need to raise a happy, healthy, and thriving child.

A simple, easy-to-follow guide to parenting for new parents that will guide you through parenting to complete a successful and happy first year that can be overwhelming.The book covers many various subjects such as Baby's body, Baby sleep, Baby health, Baby clothes, Baby hygiene, Baby food, Baby's language, Baby's learning, Baby psychology, Green parenting, Working Parents and so on ! Learn what it is to be a parent from an experienced parent ! The book gives you childcare fundamental tips. It is short and easy to read. It won't scare you off and will help you get started with your new parent life. It tells you about important baby development milestones and gives practical advice.

Hip dysplasia affects 1 in 1,000 babies, either as developmental hip dysplasia (DDH) or congenital hip dysplasia (CDH). With this condition, the child's hip joint structure does not fit together normally and the problem can grow worse as the child grows. If untreated, the condition can cause serious hip problems in adulthood. Fortunately, this condition responds well to medical treatment and this book guides concerned parents through all of the options and obstacles of treating a child with hip dysplasia. The book covers hip anatomy, risk factors, how diagnosis is made, how to communicate with doctors about the condition and covers harnesses, braces, casts, surgery and potential complications for children ages 0-17. The book, also, addresses the special care needs of children with hip dysplasia and how to manage pain at home.

Create the childbirth plan that's right for you Welcoming a new baby is an exciting and joyous time, but it's natural to be nervous about getting everything ready. The First-Time Parent's Childbirth Handbook empowers you with answers for all your burning questions about giving birth and the days before and after, with space to build a custom birth plan that matches your values and comfort level. Know your options--Explore the pros and cons of giving birth at a birthing center, at home, or in a hospital, so you can make the decision that fits your needs. Be prepared--Find checklists and questions to help you choose your care providers and make sure everyone around you is ready to follow your chosen birth plan. Stay confident--Feel more in control as you learn what to expect during the stages of childbirth and which medical interventions might arise. Make your childbirth journey the one you imagine with The First-Time Parent's Childbirth Handbook.

The Parents' Guide to Hip Dysplasia

The Parent's Guide to Birdnesting

New Parents' Survival Guide

The Attachment Parenting Book

The Baby Manual

The Parents' Guide to Climate Revolution

Good Nights

The American Academy of Pediatrics warns parents never to let their baby sleep in an adult bed--contrary to thousands of years of childrearing practices! A worldwide recognized co-sleeping authority wants parents to know that their babies are dramatically safer and healthier when put to bed in a safe, family sleeping environment. Walking readers through the important steps to creating a safe family bed, this book provides the latest information on the scientific benefits of co-sleeping.

Covers all aspects of clubfoot in babies and children, from diagnosis to treatment. Includes a short children's story about clubfoot.

Military ways are quite enigmatic, resulting in an alien world where acronyms often replace words and where “1330” is a time of day. Add to that, the Navy is not only military, it is nautical, which means that centuries of sea-going terminology and practices are added to the confusion. While the young men and women who sign on to become Sailors in the United States Navy receive extensive indoctrination and training, their parents do not. As their sons and daughters are becoming uniformed, the parents soon find themselves rapidly becoming uninformed. This book serves as the antidote to that debilitating disease of “uniniformity.” In these pages parents will find many of the mysteries of the Navy explained. It is both a translation guide—helping parents to understand the many new terms they will be hearing—and also a cultural guide, an explanation of their son’s or daughter’s chosen new world that includes high standards and a level of dedication not found in most walks of life. Alongside chapters covering uniforms, ranks, ships, and aircraft, parents will find explanations and guidance as to what to expect when their child first joins the Navy, the many benefits their Sailor will enjoy, and what parents should bring and do when visiting their Sailors in their new and somewhat alien world. Derived from another Naval Institute Press book by the same author, The Citizen’s Guide to the U.S. Navy, this informative book is a highly accessible guide that explains the strange ways of the Navy in terms that non-Sailors can understand. In nine short chapters, the author reveals such things as the many titles that military people have, the various alphanumeric designations that military personnel use to identify and distinguish themselves, the organization of the Navy and the Department of Defense, the origins and practices of such things as saluting, flag etiquette, side boys, and odd language (such as “aye-aye”), and an explanation of the many missions of the Navy. Also included is a primer on the various ships and aircraft that make up today’s fleet, a guide to “reading” a uniform, and the demystification of such things as the phonetic alphabet and military time. Designed to be an easy read for those who want the whole story, The Parent’s Guide to the Navy is also a useful reference work, easily “navigated” to find needed information. While parents need not be experts on the Navy, there is a middle ground that this book serves by providing a readable, edifying, and often entertaining explanation of this important but sometimes mysterious branch of the U.S. armed forces.

A bighearted novel about falling in love, making a mess, and learning to let go, When You Get the Chance is the next effervescent novel from Emma Lord, New York Times bestselling author of the Reese Witherspoon YA Book Club pick You Have a Match. Nothing will get in the way of Millie Price’s dream of becoming a Broadway star. Not her lovable but super introverted dad, who raised Millie alone since she was a baby. Not her drama club rival, Oliver, who is the very definition of Simmering Romantic Tension. And not her “Millie Moods,” the feelings of intense emotion that threaten to overwhelm. Millie needs an ally. And when an accidentally left-open browser brings Millie to her dad’s embarrassingly moody LiveJournal from 2003, Millie knows just what to do—find her mom. But how can you find a new part of your life and expect it to fit into your old one without leaving any marks? And why is it that when you go looking for the past, it somehow keeps bringing you back to what you’ve had all along? "Chock-full of musical theater references and humor, the novel includes high-stakes emotional drama that is balanced by supportive friendships and strong, deep family connections...An entertaining personal journey with plot twists galore." - Kirkus Reviews

Education Begins at Birth

A Parent's Guide to Gifted Children

New Parents Guide

Congenital Adrenal Hyperplasia

Baby's First Year

Your Baby in Pictures

When You Get the Chance

From the author and illustrator of Good Moms Have Scary Thoughts, a guidebook for new parents packed with poignant comics and tips to help couples maintain a strong relationship with all the stress a beautiful baby brings.

Offers advice on issues such as prenatal testing, developmental expectations, medical needs, legal help, educational assistance, and familial adjustment

An accessible primer on phonics-based teaching filters out the obscure, political, and gimmicky practices of typical programs to provide parents with simple steps on teaching children how to read, providing a wealth of tools, instructional advice, and easy-to-follow guidelines. Original. 10,000 first printing.

Raising a gifted child is both a joy and a challenge, yet parents of gifted children have few resources for reliable parenting information. The four authors, who have decades of professional experience with gifted children and their families, provide practical guidance in areas such as: Characteristics of gifted children, Peer relations, Sibling issues, Motivation and underachievement, Discipline Issues, Intensity, perfectionism, and stress, Idealism, unhappiness, and depression, Educational planning, Parenting concerns, Finding professional help. Book jacket.

How to Ditch Diapers Fast (and for Good!)

The First Three Months

A Simple, Easy-to-follow Guide to Parenting for New Parents

Raising Vegan Kids

The A to Z of Children’s Health

A Parent’s Guide from Birth to 10 Years

A practical guide for new parents

Take coparenting to the next level and provide a stable environment for your children as you and your spouse begin tackling your separation or divorce. For parents who are separating and want to put their children first, birdnesting could be the interim custody solution you’ve been looking for. Instead of the children splitting their time being shuttled between mom and dad’s separate homes, birdnesting allows the children to stay in the “nest” and instead, requires mom and dad to swap, allowing each parent to stay elsewhere when not with the children. Initially popularized by celebrities, this method of coparenting is now becoming more mainstream as a way to help ease children into a new family dynamic. Birdnesting takes work and commitment but with Dr. Ann Gold Buscho’s guidance, you’ll learn everything you need to know about this revolutionary method. In The Parent’s Guide to Birdnesting, you will discover the pros and cons, the financial and interpersonal considerations, and if it’s the right decision for you and your family.

One-handed parenting: a practical guide for new parents contains information on various aspects of baby care for one-handed parents, including lifting and carrying, nappy changing, feeding, going out and about, bathing and bedtime. For each task area, the guide suggests things to consider and also offers practical tips and equipment ideas. The guide is aimed at parents who need to carry out tasks with one hand, and may also be useful for health professionals supporting one-handed parents.

No matter how much you long for and plan for a baby, no one is quite prepared for the impact their new arrival has on their life. Babies have a habit of not behaving the way the textbooks say they should. The New Parents’ Survival Guide is packed with practical advice and bite-sized tips on how to deal with common problems you are likely to encounter, including how to care for your newborn, solve the breast versus bottle dilemma, overcome breastfeeding woes, calm your crying baby, solve sleep issues, manage minor ailments, and take good care of yourself.

Children With High-Functioning Autism: A Parent's Guide offers parents the information needed to help them cope with their child's autism and to navigate the path as they first perceive differences, seek assistance and treatment, and help their child develop into his or her full potential. Including examples of the author's own experiences with her child with autism, this book helps families realize that there are others on similar paths—and that help is available. With topics ranging from understanding the first signs of autism and the diagnosis, finding a support network, and filling out necessary paperwork, to determining the various types of therapies available and planning for adulthood, this book provides parents with valuable insight into this new world. With an emphasis on high-functioning autism, Pervasive Developmental Disorder-Not Otherwise Specified, and Asperger's syndrome, Children With High-Functioning Autism: A Parent's Guide helps parents learn to celebrate small areas of growth and keep the focus on the child.

The Happy Parents' Guide to the Family Bed (and a Peaceful Night's Sleep!)

Babies with Down Syndrome

A Parent's Guide to Nurturing Your Baby with Love, Respect, and Understanding

100 Activities for Coping, Comforting, & Overcoming Sadness, Fear, & Loss

A Parent's Guide to Managing Childhood Grief

The Music Parents' Guide

With 125 Recipes

A guide to raising a baby from birth to age one by applying the wisdom of Montessori, from the bestselling author of The Montessori Toddler and a coauthor with expertise in infant care and education. The Montessori Baby guides new parents in how to interact with babies in ways that assist their development and foster a respectful relationship between parent and child.

Potty train your child confidently, quickly, and successfully—even as a first-time parent! Are you nervous about potty training? Worried that you don't know enough to see it through to the end? Concerned that you don't have enough time to devote to it? This positive, practical, easy-to-follow guide is here to help. By approaching potty training with a proven program, first-time tips and tricks, the right tools, and a confident mindset, you can cross dirty diapers off your endless to-do list and celebrate your child's transition to the toilet. Here's everything you need to know to get your child out of diapers once and for all! The First-Time Parent's Guide to Potty Training features: □ An easy, step-by-step, 3-day program for ditching diapers, including nap and nighttime training, day care strategies, and on-the-go potty training □ Troubleshooting advice for accidents, backsliding, temper tantrums, and more □ Guidance for your child if they're anxious, willful, or simply reluctant You can potty train your child, and this book will guide you and cheer you on every step of the way.

The essential guide to parenting toddlers--strategies, humor, and support for new parents Toddlers don't come with a manual, but here's the next best thing. We're Parenting a Toddler! is a comprehensive guide to parenting toddlers, with tons of practical strategies and sympathy for first-time parents. Get sound advice and funny stories from a four-time parent who's been in the toddler trenches, covering key situations from eating, sleeping, and tantrums, to potty training, communication, and so much more. This book about parenting toddlers includes: Toddler psychology--Better understand your little one's behavior with explanations from their perspective and developmental standpoint. Taking time out--Explore valuable tips for calmly and effectively parenting toddlers, including how to regulate your own emotions. Age-specific insights--Discover tips and insights for 1-2 year-olds as well as 2-3 year-olds for each issue, helping you confront challenges like discipline and respecting boundaries as your toddler grows. Parenting toddlers isn't for the weak, but you can get through the tantrums and tough times with this helpful guide.

From birth to age six, children have an extraordinary capacity to learn. EDUCATION BEGINS AT BIRTH offers advice to parents on how to maximize potential and raise smart kids. If you are a parent of an infant, toddler, or preschooler, this is the perfect book to help you foster your little one's intellectual, physical, emotional, and social development. It includes essential tips, strategies, and practical things you can do to: (1) create early educational experiences in your home; (2) encourage discovery through play and investigation; (3) nurture a life-long learner; (4) establish an environment that values growth; and (5) inspire curiosity and creativity. Dr. Jeff and Annie Wiesman teach parents how to create a language-rich environment where young children learn beginning concepts in math, science, literacy, social studies, and the arts. They include a wide variety of engaging activities and a detailed description of what you should teach at different developmental stages. Connect the principles in this guide with the teachable moments that occur in everyday life and you will help your kids develop essential skills for success in school and beyond.

Eating Disorders

The First-Time Parent's Guide to Potty Training

A Parent's Guide

A Parents' Guide, Second edition

The Ordinary Parent's Guide to Teaching Reading

The Montessori Baby

What About Us?

Teaches sleep-deprived parents how to define sleep goals that work for their family's schedule and style, helping them create a customized sleep planner for their child to ensure consistency with both parents as well as extended caregivers.

Offers advice on issues such as prenatal testing, developmental expectations, medical needs, legal help, educational assistance, and familial adjustment.

Expert advice for caring for babies and toddlers! From learning how to change a dirty diaper to pleasing a picky eater, it can sometimes be difficult to navigate parenthood--especially if you're new to it all. Featuring advice from top childcare experts, The Only Baby Book You'll Ever Need provides you with answers to every parenting question that crosses your mind! Each chapter teaches you all about the different stages of development and how you can raise a healthy and happy child. This indispensable guide also offers easy-to-understand instructions and parent-tested strategies on: Choosing a pediatrician Babyproofing your home Figuring out your baby's sleep patterns Potty-training your toddler Pleasing a picky eater With parenting advice for both babies and toddlers, this one-stop resource includes only the most important tips and advice so that you are truly prepared for the years ahead.

America's foremost baby and childcare experts, William Sears M.D. and Martha Sears, R.N., explain the benefits -- for both you and your child -- of connecting with your baby early. Would you and your baby both sleep better if you shared a bed? How old is too old for breastfeeding? What is a father's role in nurturing a newborn? How does early attachment foster a child's eventual independence? Dr. Bill and Martha Sears -- the doctor-and-nurse, husband-and-wife team who coined the term "attachment parenting" -- answer these and many more questions in this practical, inspiring guide. Attachment parenting is a style of parenting that encourages a strong early attachment, and advocates parental responsiveness to babies' dependency needs. The Attachment Parenting Book clearly explains the six "Baby B's" that form the basis of this popular parenting style: Bonding, Breastfeeding, Babywearing, Bedding close to baby, Belief in the language value of baby's cry, and Beware of baby trainers. Here's all the information you need to achieve your most important goals as a new parent: to know your child, to help your child feel right, and to enjoy parenting.

A Parent's Guide to Everything!

A New Parents Guide to Safeguarding Your Over-Anxious, Over-Extended, Sleep-Deprived Relationship

The Only Baby Book You'll Ever Need

A Commonsense Guide to Understanding and Nurturing Your Baby

A New Parents' Guide

A Novel

The First-Time Parent's Childbirth Handbook

A lot can happen with 10 minutes of musical practice a day. Self-disciplined, compassionate, responsible, collaborative, confidant, and proud. These are all characteristics of children who play musical instruments. What's more, the benefits of music education reach far beyond the lesson and well into all aspects of adulthood.This book will help your child reap the rewards of opening that case; together, you will learn what music can teach. Every child is naturally talented.* Consistent practice is the key to success.* Parents and music educators are partners in the learning process.* How to remove barriers to successful practice.* The importance of giving your child ownership of their learning.With the right approach, your child will do much more than grow in musical proficiency, they will become the person they were meant to be.*

Your baby sleeps in your bed, and you love it. Except for those nagging worries about safety. ("She's so small, I'm so big!") And what your relatives are saying. ("She'll never leave your bed!") And that little foot that always ends up on your face. Worry no more! Good Nights puts your concerns about the family bed to rest, with fun and easy-to-use guidance on safety, coping with criticism, and even keeping the spark in your marriage (albeit outside the bedroom). With warmth and humor, Dr. Jay Gordon, a nationally recognized pediatrician who has endorsed the family bed for decades, and Maria Goodavage, a former USA Today staff writer with training in sleep research, give you everything you'll need in order to thrive - and at times, simply survive - with the family bed. Good Nights provides a comprehensive look at: - SCIENTIFIC RESEARCH - Science is uncovering a wealth of advantages, including possible protection from SIDS, for babies who share their parents' bed. - SURPRISING BENEFITS - Parents of young babies get much more sleep with the family bed! And little ones who spend time sleeping next to parents end up more independent (you read that right!) and closer to their parents than their cribbed peers. - SAFETY - The authors give simple-to-follow advice on how to make your family bed at least as safe as a crib. - SOUND SLEEP - Yes, it can be had. Good Nights lets you know how to overcome the obstacles. - SEX - Ditto. - SAYING GOOD-BYE - Your child really will leave your bed! Good Nights helps you help your child move on when the time is right. If you're among the record number of parents turning to the family bed, turn to Good Nights. It's a bedside companion you won't want to be without.

Did you ever wish new babies came with a manual? In this easy-to-read guide, you will learn all of the basics needed to take care of your newborn. Written by a pediatrician, this book contains the advice that parents will get at their first several newborn checkups, along with answers to the most common questions new parents ask. Inside this book: How to care for your baby How to help your baby sleep through the night How to combat colic How to recognize common rashes When to call the doctor ...and much more!

You too can use your experience and passion for photography to capture those special moments that will last a lifetime. This step by step book is designed to help you make be successful by giving you clear and specific steps to take in order to start and manage your business successfully. Timelines, strategies, planning, and tips are all included to increase your success and decrease costly mistakes. You'll learn: How to get started with little or no money even while working full time. What software to use in order to effectively automate your office. The right pricing structure in order to quickly become profitable. How to create an effective Business Plan. Marketing and advertising insights and which methods are most effective. 10 tips to win deals over the competition. How to build your Portfolio in order to get your first deal. How to choose the right equipment and at a fraction of the cost. What photographs sell the best and what shots not to miss. 5 secrets to handling any customer service issue. Understand the 5 point sales process and how to effectively control them. Includes: MS Project plan and detailed tasks to keep you on track. Includes forms such as standard contract, model release, competitive analysis, pricing guides, sales projections and many more. A full sales toolkit including the 4 buying motivators.

The First-time Parents' Guide to Surviving the Toddler Years

Breastfeeding

Lessons for Littles in Plant-Based Eating and Compassionate Living

The Parent's Guide to Down Syndrome

Children With High-Functioning Autism

The Go-To Mom's Parents' Guide to Emotion Coaching Young Children

The Exhausted Parent's Guide to Getting Your Child to Sleep from Birth to Age 5

The definitive handbook to raising vegan children you've always wished you had. Is bringing up a vegan baby unhealthy? Raising Vegan Kids is the ultimate vegan parenting manifesto that takes on this myth and answers all the other questions you've always way. Raising ethically vegan children, in fact, lays the groundwork for a lifetime of excellent health for your child, the animals, and the planet. Eric C. Lindstrom is in the position to know. Having raised one child on the Standard American Diet (SAD) and four on a lifestyle, and being a mid-life vegan convert himself, Lindstrom learned through experience. In this practical and tongue-in-cheek guide, Lindstrom dishes the real talk and shares the unique challenges vegans face when starting their children from scratch, practical tricks on how to raise compassionate, vegan children in all areas of life. Get your kids to eat vegetables (when it's all they eat anyway) Teach your children compassion with visits to sanctuaries instead of zoos Get advice for dealing with nonvegan social situations and holiday events Find tips for travel and road trips with the family Get access to resources, such as an A to Z of vegan recipes, movies, books, and websites And more! Both informative and hilarious, including expert advice from the world's leading plant-based chefs, this book is a must-read for every parent who chooses to raise their children on a plant-based diet. Recipes for your little vegans, Raising Vegan Kids is the guide every vegan parent who chooses to bring their kids up in a compassionate, sustainable world.

We're Parenting Toddlers!

A Parent's Guide to Preparing Infants, Toddlers, and Preschoolers for Kindergarten

One-handed parenting

A Step-By-Step Guide for Building Your Birth Plan