



The Confident Parent: A Pediatrician's Guide to Caring for Your Little One--Without Losing Your Joy, Your Mind, or Yourself

Jane Scott, Stephanie Land

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We've all heard the complaint from parents: They're more overwhelmed than ever before -- juggling demands on their time as well as conflicting advice from family, friends, frenemies and "experts" on how to achieve parental perfection--or risk jeopardizing their little one's future happiness.

Pediatrician Jane Scott has seen this parental anxiety up close, and in *The Confident Parent* she shares advice on how to cut through the confusion, dial down the insecurities and unhelpful advice, and simply do what countless parents around the world have done throughout history: tune in to their own instincts and respond to their little one's needs without overthinking, overstimulating, and overparenting.

Informed by a unique global perspective -- before training at Duke and setting up her current practice in Colorado, Dr. Scott lived in England and Ireland, as well as the Australian outback and the South African desert -- *The Confident Parent* shows readers how to be not just better caregivers but happier and more balanced human beings. The book covers the basics of baby and child-care from breastfeeding to managing temper tantrums, offering a fresh perspective that is refreshingly liberating. Takeaways include:

It is not "natural" or necessary for mothers to be with their young children all day and night.

Nurturing a marriage or partnership is as important to child rearing as nurturing the child.

Children are strong and resilient--unless parents teach them not to be.

Picky eating is learned, not innate.

There is such a thing as being too careful.

Sometimes the less you know about the so-called rules of parenting, the better you are at it.

This upbeat and empowering guide shows parents how small changes can yield big results -- helping them and their kids feel more secure, more confident, and more connected.

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The reason? Because this The Confident Parent: A Pediatrician's Guide to Caring for Your Little One--Without Losing Your Joy, Your Mind, or Yourself is an unordinary book that the inside of the publication waiting for you to snap the item but latter it will surprise you with the secret this inside. Reading this book beside it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any longer or you going to regret it. This unique book will give you a lot of advantages than the other book have such as help improving your ability and your critical thinking approach. So , still want to hold off having that book? If I had been you I will go to the e-book store hurriedly.

Randall James:

The book untitled The Confident Parent: A Pediatrician's Guide to Caring for Your Little One--Without Losing Your Joy, Your Mind, or Yourself contain a lot of information on that. The writer explains the girl idea with easy means. The language is very clear to see all the people, so do not really worry, you can easy to read that. The book was written by famous author. The author gives you in the new age of literary works. You can read this book because you can please read on your smart phone, or model, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and also order it. Have a nice learn.

Michael Sherman:

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