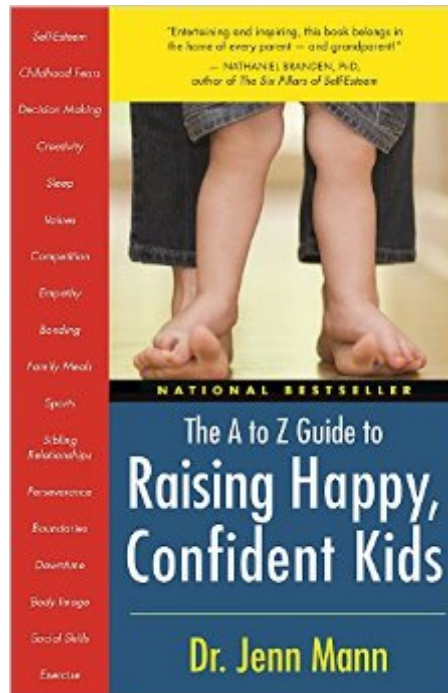


The book was found

The A To Z Guide To Raising Happy, Confident Kids



Synopsis

Parents no longer have time to read long books about the theories of parenting. What they want are quick pieces of advice geared to their busy lifestyles and immediate needs. Dr. Jenn comes to the rescue with this fun yet useful book that offers 26 short chapters on everything from pets to being a sports parent to healthy relationships to food to keeping your marriage as much fun as it was before the children arrived. Designed to be browsed or picked up from time to time for specific help, the book provides insight and guidance for any parent but focuses on those with toddlers to third grade. Upbeat, lively, and humorous, this book answers parents'™ most frequent questions about how to raise a healthy, well-adjusted child. Because every chapter is only a few pages long and can stand on its own, busy parents can read what they need when they need it.

Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #141,546 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Children's Health > Eating Disorders](#) #500 in [Books > Parenting & Relationships > Parenting > Early Childhood](#) #2447 in [Books > Cookbooks, Food & Wine > Special Diet](#)

Customer Reviews

This book is great. As an active and involved father, I am eager to do what is best for my baby but since this is my first child, I don't really know what I am doing half the time (and I question that what I am doing the other half is actually going to make my son better-off in any way). By default, I end up trying to replicate how my and my wife's parents raised us and piece it together with the knowledge I have gleaned over the years by watching others. That has not been enough. Recently I went out and bought a bunch of parenting books to help fill in the gaps. The general books seemed to be written for mothers and I found them to be largely unhelpful. The books written for dads dealt a little too much with how I felt, instead of how to help my child. This book is written in short chapters that deal with specific and relevant issues in practical, easy to understand ways. It poses important questions

and then actually answers them with helpful tips that I found to be very easy to apply to my child-rearing techniques.

As a psychotherapist, I read many books and often make recommendations to clients. This book is at the top of my list. Dr. Berman has done a wonderful job summarizing some of the most important things parents need to know so as to raise happy, healthy, confident kids. I enthusiastically recommend this magnificent, practical, fun, interesting, and easy-to-read book to any parent. It really is a must read!

i am finding this book to be full of useful, thoughtful and helpful advice. i enjoy dr. jenn's voice and perspective. i am a new parent i am enjoying reading about how to foster trust and openness in my relationship w/my children, and how to encourage their creativity, honesty and confidence. i am also a seasoned teacher and found the information and suggestions on sports, diet, and other issues that relate to girls to be especially insightful. i am almost finished reading the book and i look forward to using it as a resource for years to come. i highly recommend 'raising happy, confident kids!'

I have a ten month old daughter. I want nothing more for this beautiful little girl, than to be happy and confident. Kids are cruel, school can be brutal, and I'm hoping to get her off on the right foot with some self esteem. This book didn't really provide great advice on how to help her achieve that. This book is more of a comprehensive guide to parenting. Much of the content is things I would have done anyway, sort of common sense parenting to those of us who care enough to read a parenting book. Many of the topics, while relevant to parenting, fail to relate back to the confidence issue I was looking for. Having said that, there are a few good nuggets. My opinion is that this is a book that would best be checked out from a library, and not necessarily purchased for ones frequent reference.

What I love about this book is that the author is not just an expert but also a parent - so she writes with authority, but also with heart. Touching on everything from your child's self-esteem to important research about kids and TV, Berman is not just spouting opinions - she grounds everything in solid research, so you can really trust this information. The short chapters are perfect for busy parents and also packed with great info.

Amazing book! I highly recommend this book to EVERY parent. Amazing insight from Dr. Jenn.

This book is so useful, even for Grandmas like me. There is always more to learn about raising a child and these times are so much more complex than the 70s when I did my Mommying. Dr. Jenn makes everything clear and even adds a touch of humor. The separate chapters make it possible to address just one question or you can read it through. I'd recommend this book to everyone who has a child or grandchild in their life or one on the way.

I don't have kids yet but I read this for a reference to the future. I grew up with an eating disorder and I really want to make sure I don't pass my past flaws along to my future children. This book has great tips and guidelines in parenting I will refer back to when I am a parent. I believe it will help my future children out in the long run.

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