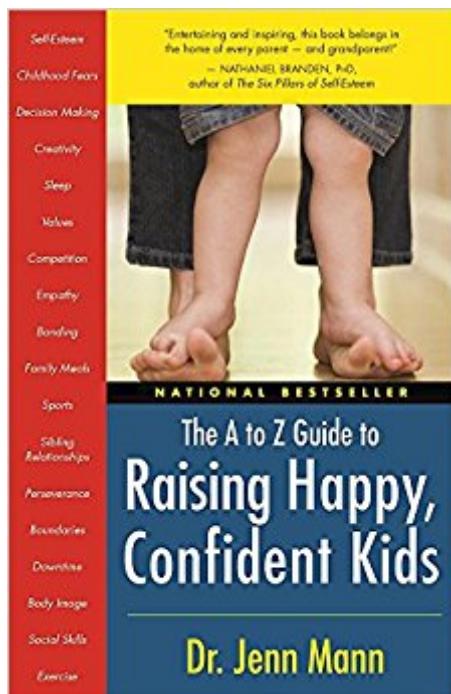


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# The To Z Guide To Raising Happy, Confident Kids



## **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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## **Customer Reviews**

Easy-to-read chapters . . . provide gentle, practical advice that any family can incorporate into daily life. -- *ForeWord Magazine*

"Entertaining and inspiring, this book belongs in the home of every parent -- and grandparent!" -- Nathaniel Branden, PhD, author of *The Six Pillars of Self-Esteem* "Insightful, informative advice . . . Sure to become a classic, it should be on every parent's bookshelf." -- from the foreword by Donna Corwin, author of *The Tween Years* "As a pediatrician and mom, I wish I could make this book required reading for all parents and caregivers. It is the perfect tool to help busy parents overcome the daily challenges of parenting." -- Dr. Tanya Remer Altmann, pediatrician and editor of *The*

Wonder Years "Filled with wisdom and deep insight into modern parenting. . . . Dr. Jenn's book is a true gift to parents." -- Elyse Resch, nutrition therapist and coauthor of Intuitive Eating "Every parent should read this book! Dr. Jenn has produced a well-researched and informative book that parents will actually enjoy reading. The A to Z Guide to Raising Happy, Confident Kids is filled with tons of helpful tips that parents can use." -- Jill Spivack and Jennifer Waldburger, authors of The Sleepeasy Solution

As a mother of a 6 year old son and 3 year old daughter I found this book has a wealth of helpful information. I like the way that the author presents both pro's and con's of different options so that you can make up your own mind as to what is good for you and your kids/family.

This book is great. I have 6 kids and this book was a great assist in helping us parent.

Good advise.

this book is good, it gives you good inside on certain subjects, i agreed with most of whats written, and helped me view some smaller things differently.

great! short, succinct chapters make this easy to read and easy to find what you're looking for.

It's made up of little short excerpts lacking a unifying theme, with many chapters that don't pertain to our family.

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.

I listen to Dr. Jenn on the radio as I drive. Her book contains excellent advice. It is full of good sense that is given with a caring attitude. I continue to learn from her wisdom. Anyone will learn more from reading her book.

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The to Z Guide to Raising Happy, Confident Kids Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem (The Instant Help Solutions Series) The Think Confident, Be Confident Workbook for Teens: Activities to Help You Create Unshakable Self-Confidence and Reach Your Goals The Danish Way of Parenting: What the Happiest People in the World Know About Raising Confident, Capable Kids It's OK to Go Up the Slide: Renegade Rules for Raising Confident and Creative Kids Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Children Are from Heaven: Positive Parenting Skills for Raising Cooperative, Confident, and Compassionate Children Positive Discipline: The First Three Years, Revised and Updated Edition: From Infant to Toddler--Laying the Foundation for Raising a Capable, Confident Happy, Happy, Happy: My Life and Legacy as the Duck Commander Baby-Led Weaning: The Essential Guide to Introducing Solid Foods - and Helping Your Baby to Grow Up a Happy and Confident Eater The Ultimate Girls' Guide Journal to Feel Confident, Pretty and Happy Secrets of the Capsule Wardrobe: How to Find Your Personal Style & Create a Happy, Confident Closet! Forks Over Knives Family: Every Parentâ™s Guide to Raising Healthy, Happy Kids on a Whole-Food, Plant-Based Diet Kids with Celiac Disease : A Family Guide to Raising Happy, Healthy, Gluten-Free Children Changing the Game: The Parent's Guide to Raising Happy, High Performing Athletes, and Giving Youth Sports Back to our Kids French Kids Eat Everything: How Our Family Moved to France, Cured Picky Eating, Banned Snacking, and Discovered 10 Simple Rules for Raising Happy, Healthy Eaters Weight Watchers Eat! Move! Play!: A Parent's Guidefor Raising Healthy, Happy Kids (Weight Watchers Lifestyle) The Ultimate Guide to Raising Farm Animals: A Complete Guide to Raising Chickens, Pigs, Cows, and More Storey's Guide to Raising Beef Cattle, 3rd Edition: Health, Handling, Breeding (Storeyâ™s Guide to Raising) Storey's Guide to Raising Turkeys, 3rd Edition: Breeds, Care, Marketing (Storeyâ™s Guide to Raising)

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