

How To Raise A Mum

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 surprier, 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 celebration of dads! The fun doesn't stop! Check out more 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

How to Raise a Mom Dragonfly Books

While this handbook can be read in only 60 minutes, it's packed with 10 years' worth of no-nonsense, actionable advice for new moms who want to learn how to sleep-train their baby, get a toddler to love eating healthy foods, avoid common parenting mistakes, know the rules for playdates, TV and video games-and raise a happy, healthy, smart, disciplined and interesting child. Should your baby sleep alone from day one? Can formula save your sanity? Are pacifiers a good thing? What should Dad's job be? How do you discipline a toddler? What are the tricks for healthy eating habits? All these questions are expertly answered, and so much more!

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.

Expert, practical advice for complete mental and physical maternal health Kate Rope's *Strong as a Mother* is a practical and compassionate guide to preparing for a smooth start to motherhood. Everyone knows the secret to having “the Happiest Baby on the Block.” This is your guide to being the Sanest Mommy on the Block. It will prepare you with humor and grace for what lies ahead, give you the tools you need to take care of yourself, permission to struggle at times, and professional advice on how to move through it when you do. This book will become a dog-eared resource on your nightstand, offering you the same care and support that you are working so hard to provide to your child. It will help you prioritize your emotional health, set boundaries and ask for help, make choices about feeding and childcare that feel good to you, get good sleep, create a strong relationship with your partner, make self care an everyday priority, trust your instincts, and actually enjoy the hardest job you will ever love. This book is here to take care of you.

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.

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.

Celebrate the bond between moms and children with this humorous New York Times-bestseller that invites the kids to do the hard work of raising their mom...if just for a day! This humorous new addition to the beloved HOW TO . . . books takes readers through a playful, busy day with Mom. Written in an instructional style, two siblings suggest the best ways to raise a happy, healthy mom--from waking her up in the morning to arranging play dates, to making sure she gets enough exercise, some quiet time, and plenty of veggies! Filled with charming role-reversal humor, creative ideas, and lots of love, *How to Raise a Mom* is the perfect gift for Mother's Day--or any day! Praise for the HOW TO . . . series: "A silly take on role reversal." -Kirkus Reviews Reviews (*How to Babysit a Grandma*) "Laugh-out-loud funny. . ." -Kirkus Reviews (*How to Raise a Mom*) ". . . laugh-out-loud scenes and funny hidden details." -Kirkus Reviews (*How to Babysit a Grandpa*) "Touches of humor in each of the digitally rendered illustrations." -Kirkus Reviews (*How to Surprise a Dad*) The fun doesn't stop! Check out more HOW TO... picture books: *How to Babysit a Grandma* *How to Babysit a Grandpa* *How to Catch a Santa* *How to Get Your Teacher Ready* *How to Raise a Mom* *How to Surprise a Dad*

We all know the stereotype of the Jewish mother: Hectoring, guilt-inducing, clingy as a limpet. In *Mamaleh Knows Best*, Tablet Magazine columnist Marjorie Ingall smashes this tired trope with a hammer. Blending personal anecdotes, humor, historical texts, and scientific research, Ingall shares Jewish secrets for raising self-sufficient, ethical, and accomplished children. She offers abundant examples showing how Jewish mothers have nurtured their children's independence, fostered discipline, urged a healthy distrust of authority, consciously cultivated geekiness and kindness, stressed education, and maintained a sense of humor. These time-tested strategies have proven successful in a wide variety of settings and fields over the vast span of history. But you don't have to be Jewish to cultivate the same qualities in your own children. Ingall will make you think, she will make you laugh, and she will make you a better parent. You might not produce a Nobel Prize winner (or hey, you might), but you'll definitely get a great human being.

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 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.

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 and 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 sleep!

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.

Nominated for a Books for a Better Life Award in Parenting Backed by peer-reviewed research, this hotly debated bestseller (San Francisco Chronicle) continues to open eyes with its finding that raising thriving, emotionally healthy sons does not require a man in the house. As the number of single-mom and two-mom households has grown, so have concerns about the possible damage caused by the lack of a stable male role model in the house. Determined to find the truth, research psychologist Peggy Drexler embarked on a long-term study comparing boys raised in nontraditional families with those whose fathers were present throughout their childhood. The results were startling. Female-headed households can provide even better parenting for boys than households with men. Sons from female-headed families can grow up emotionally stronger and more well-rounded than boys from "traditional" mother-father families—more in touch with their feelings yet masculine in all the ways defined by our culture.

We can not raise a happy child if we are constantly screaming threats at them. No parent sets out to hurt their child, but this type of parenting does just that. To raise a happy child that wants to behave, you need to retrain yourself first. You need to change the way you think and react to their behavior. You need to understand your triggers and heal yourself. Only then you can begin to heal your relationship with your children. Making the decision to be a positive parent will benefit your whole family. You will find that your children want to behave and follow your rules. You will be less stressed out by the end of the day. Your house will not feel like a battle zone. Instead, you can create a home full of peace and love for the whole family. This book will show you why strict and permissive parenting do not work. You will learn just how easy it is to embrace a positive parenting style. While learning how to be a positive parent, you will not only heal the relationship with your children but heal yourself along the way.

An indispensable guide to welcoming children—from babies to teens—to a lifelong love of reading, written by Pamela Paul and Maria Russo, editors of The New York Times Book Review. Do you remember your first visit to where the wild things are? How about curling up for hours on end to discover the secret of the Sorcerer's Stone? Combining clear, practical advice with inspiration, wisdom, tips, and curated reading lists, How to Raise a Reader shows you how to instill the joy and time-stopping pleasure of reading. Divided into four sections, from baby through teen, and each illustrated by a different artist, this book offers something useful on every page, whether it's how to develop rituals around reading or build a family library, or ways to engage a reluctant reader. A fifth section, "More Books to Love: By Theme and Reading Level," is chockful of expert recommendations. Throughout, the authors debunk common myths, assuage parental fears, and deliver invaluable lessons in a positive and easy-to-act-on way.

In A Couple After God's Own Heart Interactive Workbook, Jim and Elizabeth George build on the content of their book, A Couple After God's Own Heart, to create a companion guide that leads husbands and wives through a fascinating study on God's plan for marriage. Through a unique blend of Bible study material, questions for thought, and "What Can I Do Today?" applications, couples will grow a closer and

deeper union as they... learn from the successes and failures of key couples in the Bible discover the essentials to a better marriage participate in discussions designed to stimulate communication with each other set and apply goals that help husbands and wives be all God designed them to be determine how to make the best of the strengths and weaknesses in their relationship This friendly and practical study offers life lessons from a variety of well-known couples in Scripture, and will equip spouses to experience more and more of the incredible bliss only God can bring into a marriage.

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.

“[T]his book is so much more than a memoir Her prose has the power to undo deep-set cultural biases about poverty and parenthood.”—New York Times Book Review

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 that 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 3-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 2-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.

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.

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.

As you prepare to become a mother, you face an experience unlike any other in your life. Having a baby will redirect your preferences and pleasures and, most likely, will realign some of your values. As you undergo this unique psychological transformation, you will be guided by new hopes, fears, and priorities. In a most startling way, having a child will influence all of your closest relationships and redefine your role in your family's history. The charting of this remarkable, new realm is the subject of this compelling book. Renowned psychiatrist Daniel N. Stern has joined forces with pediatrician and child psychiatrist Nadia Bruschiweiler-Stern and journalist Alison Freeland to paint a wonderfully evocative picture of the psychology of motherhood. At the heart of *The Birth of a Mother* is an arresting premise: Just as a baby develops physically in utero and after birth, so a mother is born psychologically in the many months that precede and follow the birth of her baby. The recognition of this inner transformation emerges from hundreds of interviews with new mothers and decades of clinical experience. Filled with

revealing case studies and personal comments from women who have shared this experience, this book will serve as an invaluable sourcebook for new mothers, validating the often confusing emotions that accompany the development of this new identity. In addition to providing insight into the unique state of motherhood, the authors touch on related topics such as going back to work, fatherhood, adoption, and premature birth. During pregnancy, mothers-to-be talk about morning sickness and their changing bodies, and new mothers talk about their exhaustion, the benefits of nursing or bottle-feeding, and the dilemma of whether or when they should return to work. And yet, they can be strangely mute about the dramatic and often overwhelming changes going on in their inner lives. Finally, with *The Birth of a Mother*, these powerful feelings are eloquently put into words.

Explains how to help your teacher get ready for events in the school year.

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.

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!

Goodbye, Board Room and Legal Briefs--Hello, Dimples, Diapers, and Destruction Women know that raising children will be different from climbing the corporate ladder. But nothing can truly prepare them for the mind-muddling world of motherhood. It doesn't take long for a new mom to question whether her

tyrannical, diapered boss really understands her value to the organization. Because honestly? She's not always sure herself. With her signature wit, lawyer-turned-full-time-mommy Sarah Parshall Perry says what all new moms are thinking when they trade annual reports for homework help and yoga pants. Perry invites moms to laugh alongside her amidst the "Are you kidding me?!" moments that come with the job of raising humans. This book is story of every mother who gives up one thing to get something better--and ends up finding out what she's worth along the way.

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 more! Ladies, 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!

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.

A retired Wall Street Journal editor and mother compares two generations of women—boomers and GenXers—to examine how each navigates the emotional and professional challenges involved in juggling managerial careers and families. For the first time in American history, a significant number of mothers are heading major corporations, including General Motors, Ulta Beauty, and Best Buy. Over the past several decades, women have made gains throughout executive suites. Yet these “Power Moms” still struggle with balancing their management responsibilities with raising children. Joann S. Lublin draws on the experiences of the nation's two generations of these successful women to measure how far we've come—and how far we still need to go. Lublin combines

her own insights with those of eighty-five executive mothers across industries—including experienced public-company chiefs such as Carol Bartz, the first woman to command Autodesk and Yahoo; Hershey's Michele Buck, DuPont's Ellen Kullman, ITT's Denise Ramos, and WW International's Mindy Grossman—and twenty-five of their grown daughters. Lublin reveals how trailblazer boomers, many now in their sixties, often endured sweeping disapproval for their demanding management careers, even as their own daughters sometimes rejected their choices. While the second wave of executive mothers—all under forty-five—handle working parenthood with less angst, they still lead stressful lives. *Power Moms* provides lessons and advice to help today's professional women, their families, and their employers navigate this challenging terrain. Lublin looks at the trade-offs mothers are too often forced to make between work and family and the root causes, including the dearth of large-scale paid parental leave and other family-friendly policies. While it celebrates the gains women have made, *Power Moms* makes clear how much more must be done to make being a working mother easier.

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.

For any mom who has ever felt inadequate, overwhelmed, or guilty in trying to balance it all, popular podcaster Sarah Bragg offers brilliant clarity and respite in this friendly manual for becoming your most authentic self, instead of just surviving motherhood. Nothing will make you grow up faster than trying to raise a kid. This is what popular podcast host and mom Sarah Bragg explores so beautifully as she encourages and equips moms who are discovering all the ways they still need to grow. It's easy to lose our sense of self in the all-consuming process of raising our children, but Sarah reminds us that the best gift we can bring to our kids is our true, authentic selves. Through vulnerable and relatable stories, no-nonsense wisdom, and a compassionate perspective for all the joys and challenges of motherhood, Sarah provides shame-free practical help to surviving right where you are in life, in relationships, in work, and in faith. This

guidebook to health and sanity for the wilderness of parenting will help you: Give yourself permission and find the courage to show up as yourself Wrestle with how purpose, work, and calling fit together Notice and celebrate the good that's happening right around you Remember your worth is not in your kids or your role as a parent but in something far more lasting Find solidarity, understanding, and helpful encouragement to embrace all that motherhood is and remember who you truly are. Because you matter, and raising great kids starts with raising yourself well.

"This book is a true love letter, not only to Jha's own son but also to all of our sons and to the parents--especially mothers--who raise them." —Ijeoma Oluo, author of *So You Want to Talk About Race* and *Mediocre* Beautifully written and deeply personal, this book follows the struggles and triumphs of one single, immigrant mother of color to raise an American feminist son. From teaching consent to counteracting problematic messages from the media, well-meaning family, and the culture at large, the author offers an empowering, imperfect feminism, brimming with honest insight and actionable advice. Informed by Jha's work as a professor of journalism specializing in social justice movements and social media, as well as by conversations with psychologists, experts, other parents and boys--and through powerful stories from her own life--*How to Raise a Feminist Son* shows us all how to be better feminists and better teachers of the next generation of men in this electrifying tour de force. Includes chapter takeaways, and an annotated bibliography of reading and watching recommendations for adults and children. "A beautiful hybrid of memoir, manifesto, instruction manual, and rumination on the power of story and possibilities of family." —Rebecca Solnit, author of *The Mother of All Questions* 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.

This guidebook, packed with wisdom, practical advice, resources, and encouragement, explores how moms can equip their sons with what they most need to succeed in life. Monica Swanson knew she'd tapped a heartfelt concern when nearly two million readers shared her blog post "What a Teenage Boy Needs Most from His Mom." In this helpful book, she takes mothers deeper into the insights they need for the boy-raising journey, covering topics from dealing with the daily influences of friends and technology to helping a boy grow to be physically, spiritually, and emotionally healthy. She also addresses learning and finding

passions, perspectives on relationships and dating, and work ethics and money management. Each chapter features relatable stories, handy checklists, and practical advice based on a combination of research, experience, and biblical truth to guide and equip a mom in helping her son achieve his God-given potential.

"You will devour these beautifully written—and very important—tales of honesty, pain, and resilience" (Elizabeth Gilbert, New York Times bestselling author of *Eat Pray Love* and *City of Girls*) from fifteen brilliant writers who explore how what we don't talk about with our mothers affects us, for better or for worse. As an undergraduate, Michele Filgate started writing an essay about being abused by her stepfather. It took her more than a decade to realize that she was actually trying to write about how this affected her relationship with her mother. When it was finally published, the essay went viral, shared on social media by Anne Lamott, Rebecca Solnit, and many others. This gave Filgate an idea, and the resulting anthology offers a candid look at our relationships with our mothers. Leslie Jamison writes about trying to discover who her seemingly perfect mother was before ever becoming a mom. In Cathi Hanauer's hilarious piece, she finally gets a chance to have a conversation with her mother that isn't interrupted by her domineering (but lovable) father. André Aciman writes about what it was like to have a deaf mother. Melissa Febos uses mythology as a lens to look at her close-knit relationship with her psychotherapist mother. And Julianna Baggott talks about having a mom who tells her everything. As Filgate writes, "Our mothers are our first homes, and that's why we're always trying to return to them." There's relief in acknowledging how what we couldn't say for so long is a way to heal our relationships with others and, perhaps most important, with ourselves. Contributions by Cathi Hanauer, Melissa Febos, Alexander Chee, Dylan Landis, Bernice L. McFadden, Julianna Baggott, Lynn Steger Strong, Kiese Laymon, Carmen Maria Machado, André Aciman, Sari Botton, Nayomi Munaweera, Brandon Taylor, and Leslie Jamison. Provides instructions for raising a happy, healthy mother, including introducing such stress-reducing activities as searching for wiggly worms, painting rainbows, eating snacks, and playing with toys.

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

Celebrate the bond between moms and children with this humorous New York Times-bestseller that invites the kids to do the hard work of raising their mom...if just for a day! This humorous new addition to the beloved HOW TO . . . books takes readers through a playful, busy day with Mom. Written in an instructional style, two siblings suggest the best ways to raise a happy, healthy mom—from waking her up in the morning to arranging play dates, to making sure she gets enough exercise, some quiet time, and plenty of veggies! Filled with charming role-reversal humor, creative ideas, and lots of love, *How to Raise a Mom* is the perfect gift for Mother's Day—or any day! Praise for the HOW TO . . . series: "A silly take on role reversal." –Kirkus Reviews Reviews (*How to Babysit a Grandma*) "Laugh-out-loud funny. . ." –Kirkus Reviews (*How to Raise a Mom*) ". . . laugh-out-loud scenes and funny hidden details." –Kirkus Reviews (*How to Babysit a Grandpa*) "Touches of humor in each of the digitally rendered illustrations." –Kirkus Reviews (*How to Surprise a Dad*) The fun doesn't stop! Check out more HOW TO... picture books: *How to Babysit a Grandma* *How to Babysit a Grandpa* *How to Catch a Santa* *How to Get Your Teacher Ready* *How to Raise a Mom* *How to Surprise a Dad*

"Mom, you're so mean!" Do you struggle to instill loving boundaries and become discouraged when your child doesn't like you for them? Let *The Mean Mom's Guide* inspire you to dig in and stand your ground when parenting gets tough—because a mean mom isn't always the mean you think it means. *The Mean Mom's Guide to Raising Great Kids* encourages overly nice "marshmallow" moms to instill a few much-needed boundaries. It motivates parents to stand their ground when childrearing is tough, most especially when a child doesn't like them for it.

Covering parenting from preschool to high school, each of the four sections highlights topics specific to each age. Scripture is weaved throughout as a continual reminder of God's truth, and "Mom 2 Mom" quotes at the end of each chapter are filled with heartfelt transparency from dozens of moms who lent their own experiences to encourage the reader. Mean moms encourage openly, love passionately, and know full well being called mean by her child is oftentimes a compliment.

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.

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