

Our Babies Ourselves By Meredith Small

The miracle of life--for a new generation. The completely revised fifth edition of the beloved classic offers an astonishing glimpse of the world within the womb alongside authoritative advice for expectant parents. Deep inside a woman's body, a miracle occurs. An egg and sperm meet and a new human being is created. Through the unique photographs of Lennart Nilsson, we see the fascinating process of fertilization unfold and watch as an embryo develops from a tiny cluster of cells into a fetus, growing and maturing day by day until the time comes to meet the world outside the womb. The book also describes pregnancy from a parent's perspective, diving into maternity care, health during pregnancy, prenatal testing, and labor and delivery. First published nearly fifty years ago, *A Child Is Born* broke astonishing new ground, bringing the magic of pregnancy and birth to life. This is the fifth edition of the beloved international classic, which teams Nilsson's classic medical photographs with new documentary photographs by Linda Forsell and a revised text by professor Lars Hamberger and midwife Gudrun Abascal.

A luminous new memoir from the author of the critically acclaimed national bestseller *After Long Silence*, *The Escape Artist* has been lauded by New York Times bestselling author Mary Karr as "beautifully written, honest, and psychologically astute. A must-read." In the tradition of Alison Bechdel's *Fun Home* and George Hodgman's *Bettyville*, Fremont writes with wit and candor about growing up in a household held together by a powerful glue: secrets. Her parents, profoundly affected by their memories of the Holocaust, pass on to both Helen and her older sister a zealous determination to protect themselves from what they see as danger from the outside world. Fremont delves deeply into the family dynamic that produced such a startling devotion to secret keeping, beginning with the painful and unexpected discovery that she has been disinherited in her father's will. In scenes that are frank, moving, and often surprisingly funny, She writes about growing up in such an intemperate household, with parents who pretended to be Catholics but were really Jews—and survivors of Nazi-occupied Poland. She shares tales of family therapy sessions, disordered eating, her sister's frequently unhinged meltdowns, and her own romantic misadventures as she tries to sort out her sexual identity. Searching, poignant, and ultimately redemptive, *The Escape Artist* is a powerful contribution to the memoir shelf. Sleep on the couch to make room for her gigantic pregnancy pillow Pass up tickets to the game since you'd "rather" register for the baby shower Haven't had sex since there was snow on the ground (and it's July) It may not make you sound like future father of the year, but there's one thing men everywhere can agree on: Pregnancy Sucks—for you. In this complete update of the bestselling first edition, Joanne and Jeff Kimes pair no-holds-barred humor with helpful advice to make sure you actually live to see the birth of your child. So whether you're sick of putting your foot in your mouth when you're trying to compliment her, you want the real scoop on what's going to go down in the delivery room (without the hospital-issued video), or you really just want a laugh (since you "volunteered" to give up drinking for the interminable nine months of her pregnancy), this book will tell you exactly what to do when that miracle of yours is making you totally, completely, just-cut-the-freakin'-cord-already! miserable.

In *Ancient Bodies, Modern Lives*, anthropologist Wenda Trevathan explores a range of women's health issues, with a specific focus on reproduction, that may be viewed through an evolutionary lens. Trevathan illustrates the power and potential of examining the human life cycle from an evolutionary perspective, and how such an approach could help improve both our understanding of women's health and our ability to respond to health challenges in creative and effective ways.

"Connection Parenting" is based on author Pam Leo's seven week parenting series, "Meeting the Needs of Children," that she has been teaching for over sixteen years. The premise is that a strong parent-child bond is the key to children's optimal human development and our most effective parenting tool. Connection Parenting is a proactive approach to parenting that supports parents and caregivers in creating and maintaining the strong bonds children need to thrive. Small print edition 5x8 Starkishia: Estrella is a story about a little girl who grew up too fast to feel the grass wear thin under the soles of her shoes. Abuse thickened her skin, yet her nightmares were as dark as they were real. The library became her sanctuary where stories took her to another place and time. But, in reality there was nothing imaginary about the bruises under her clothing as she advanced from one classroom to another during middle school, or nothing fictitious about being molested by the maggot hands of a despicable relative. Her plight was hidden in a small town in Georgia, just as her physical abuse was disregarded by the school's social worker. This colored child was brought into this world by her 14 year old mother who was ruthlessly dominated by her husband. Starkishia loved her mother above all else; her step-father who provided shelter for them witnessed her birth and helped raise her. She consumed pieces of joy, but sometimes she received broken reprisals and ended up walking down the dark road alone; yet in some fortunate way humanity was always within reach. After her parents split up, Starkishia and her family ended up in Texas. Single parenthood changed their family structure forevermore. Starkishia became a wage earner at age 13; she also became homeless the following year. She was, for years, engulfed by her impoverished and dysfunctional environment. She married a native of Mexico a few days after her 15th birthday. He nicknamed her 'Estrella' a Spanish term which means 'Star.' It goes without saying that Starkishia was born in the land of opportunity, but it was not exactly within her reach. Yes, she was her grandmother's star, but she was a statistic of minimal proportions as far as small town and suburbia America was concerned. Shortly after marriage, she became a mother. Afterward the life of this teen went downhill at lightning speed. Many readers will identify with her; for, she walked away from her husband broken hearted; then, she fell in love with another man, and as new babies arrived, she took her limited funds and focused on the lives of those under her roof; in time, her parental absence to her oldest two children turned flat out into abandonment. Have mercy! Starkishia was a lost teen, but through grace she eventually became a productive woman in American society. Meredith Etc., a small press, proudly introduces readers to *Starkishia: Estrella*, a story about the perils of teen parenthood,

economic dispossession, and the charity of new beginnings. Meredith Coleman McGee, Publisher/Acquisition Editor Meredith Etc., a small press Jackson, Mississippi, USA www.meredithetc.com

Designed to help parents to take charge of their home, offers tips on how to recognize six types of testing and manipulating behavior and how to constructively handle misbehavior at home and in public.

Parents who are fed up with the pressure to turn their children into star athletes, concert violinists, and merit scholars—all at once!—finally have an alternative: the world of Slacker Moms, where kids learn to do things for themselves and parents can cut themselves some slack; where it's perfectly all right to do less, have less, and spend less. Slacker moms say "No" to parenting philosophies that undermine parents'—and children's—ability to think for themselves. They say "Yes" to saving their money and time by opting out of the parenting competition. And they say "Hell, Yes!" to having a life of their own, knowing it makes them better parents. In this witty and insightful book, author Muffy Mead-Ferro reflects on her experience of growing up on a ranch in Wyoming, where parenting—by necessity—was more hands-off, people "made do" with what they had, and common sense and generational wisdom prevailed. We should all take her sane lead!

Drawing on scientific, historical, cross-cultural, and personal perspectives, offers insight into how infants view and experience the world, in a work structured around four fundamental infant activities.

An epic cultural journey that reveals how Venetian ingenuity and inventions—from sunglasses and forks to bonds and currency—shaped modernity. How did a small, isolated city—with a population that never exceeded 100,000, even in its heyday—come to transform western civilization? Acclaimed anthropologist Meredith Small, the author of the groundbreaking *Our Babies, Ourselves* examines the the unique Venetian social structure that was key to their explosion of creativity and invention that ranged from the material to social. Whether it was boats or money, medicine or face cream, opera, semicolons, tiramisu or child-labor laws, these all originated in Venice and have shaped contemporary notions of institutions and conventions ever since. The foundation of how we now think about community, health care, money, consumerism, and globalization all sprung forth from the Laguna Veneta. But Venice is far from a historic relic or a life-sized museum. It is a living city that still embraces its innovative roots. As climate change effects sea-level rises, Venice is on the front lines of preserving its legacy and cultural history to inspire a new generation of innovators.

Dr. Michel Cohen, named by the New York Post as the hip, "must-have" pediatrician, has an important message for parents: Don't worry so much. In an easy-reference alphabetical format, *The New Basics* clearly lays out the concerns you may face as a parent and explains how to solve them -- without fuss, without stress, and without harming your child by using unnecessary medicines or interventions. With sensitivity and love, Dr. Michel describes proven techniques for keeping your children healthy and happy without driving yourself crazy. He will show you how to set positive habits for sleeping and eating and how to treat ailments early and effectively. You'll learn when antibiotics are helpful and when they can be harmful. If you're having trouble breast feeding, pumping, or bottle weaning, Dr. Michel has the advice to set you back on track. If after several months your baby is still not sleeping through the night, *The New Basics* will provide you with tried-and-true methods to help ease this difficult transition for babies and parents. Dr. Michel recognizes that you're probably asking the same questions his own patients' parents frequently ask, so he includes a section called "Real Questions from Real Parents" throughout the book. You'll find important answers about treating asthma, head injuries, fevers, stomach bugs, colic, earaches, and other ailments. More than just a book on how to care for your child's physical well-being, *The New Basics* also covers such parenting challenges as biting, hitting, ADD, separation anxiety, how to prevent the terrible twos (and threes and fours ...), and preparing your child for a new sibling.

A powerful look at the importance of a mother's presence in the first years of life **Featured in *The Wall Street Journal*, and seen on *Good Morning America*, *Fox & Friends*, and *CBS New York*** In this important and empowering book, veteran psychoanalyst Erica Komisar explains why a mother's emotional and physical presence in her child's life—especially during the first three years—gives the child a greater chance of growing up emotionally healthy, happy, secure, and resilient. In other words, when it comes to connecting with your baby or toddler, more is more.

Compassionate and balanced, and focusing on the emotional health of children and moms alike, this book shows parents how to give their little ones the best chance for developing into healthy and loving adults. Based on more than two decades of clinical work, established psychoanalytic theory, and the most cutting-edge neurobiological research on caregiving, attachment, and brain development, *Being There* explains:

- How to establish emotional connection with a newborn or young child—regardless of whether you're able to work part-time or stay home
- How to ease transitions to minimize stress for your baby or toddler
- How to select and train quality childcare
- What's true and false about widely held beliefs like "I'm not good with babies" and "I'll make up for it when he's older"
- How to recognize and combat feelings of postpartum depression or boredom
- Why three months of maternity leave is not long enough—and how parents can take control of their choices to provide for their family's emotional needs in the first three years

Being a new mom isn't easy. But with support, emotional awareness, and coping skills, it can be the most magical—and essential—work we'll ever do.

Aren't babies precious? So is sleep. Your baby is capable of sleeping through the night and this book will show you how. A whip smart and entertaining guide that focuses on WHY babies sleep the way they do, this book arms you with evidence-based and flexible tools that work for every unique situation so that you can teach your baby how to sleep well. This book will help you tackle the thorniest sleep snags, including:

- > Navigating the tricky newborn phase like a pro
- > Getting your child to truly sleep through the night
- > Weaning off the all-night buffet
- > Mastering the precarious tango that is healthy napping
- > Solving toddler and preschooler sleep struggles

Sleep expert Alexis Dubief, of the wildly popular website, podcast, and group *Precious Little Sleep*, imparts effective, accessible, and flexible strategies based on years of research that will dramatically improve your child's sleep. You'll love the practical solutions and the way she presents them. And it works! Buy it now.

In this refreshingly down-to-earth exploration of human mating and sexuality, an acclaimed anthropologist looks at the fascinating intersection between the imperatives of our glands and genes, and the culture in which we live. Why do we fall in love with the people we do? Is there an alternative, more feminist, way to interpret traditional human sexual biology and evolution? These are but a few of the questions that anthropologist Meredith Small explores in her compelling book on human mating, *What's Love Got to Do with It?*

This unprecedented collection of articles is an introduction to the study of cultural variations in childhood across the world and to the theoretical frameworks for investigating and interpreting them. Presents a history of cross-cultural approaches to child-development Recent articles examine diverse contexts of childhood in ecological, semiotic, and sociolinguistic terms Includes ethnographic studies of childhood in the Pacific, Africa, Latin America, East Asia, Europe and North America Illuminates the process through which people become the bearers of culturally/historically specific identities Serves as an ideal text for anthropology courses focusing on childhood, as well as classes on development psychology When it comes to parenting, more isn't always better-but it is always more tiring In Japan, a boy sleeps in his parents' bed until age ten, but still shows independence in all other areas of his life. In rural India, toilet training begins one month after infants are born and is accomplished with little fanfare. In Paris, parents limit the amount of agency they give their toddlers. In America, parents grant them ever more choices, independence, and attention. Given our approach to parenting, is it any surprise that American parents are too frequently exhausted? Over the course of nearly fifty years, Robert and Sarah LeVine have conducted a groundbreaking, worldwide study of how families work. They have consistently found that children can be happy and healthy in a wide variety of conditions, not just the effort-intensive, cautious environment so many American parents drive themselves crazy trying to create. While there is always another news article or scientific fad proclaiming the importance of some factor or other, it's easy to miss the bigger picture: that children are smarter, more resilient, and more independent than we give them credit for. *Do Parents Matter?* is an eye-opening look at the world of human nurture, one with profound lessons for the way we think about our families.

From an international expert on infant-parent communication, *Your Baby Is Speaking To You* is destined to become a parenting classic. Through intimate access to babies and their families, Dr. Kevin Nugent and acclaimed photographer Abelardo Morell capture the amazingly precocious communications strategies babies demonstrate from the moment they are born. *Your Baby Is Speaking to You* illustrates the full range of behaviors—early smiling to startling, feeding to sleeping, listening to your voice and recognizing your face. The newest research—including information on subtle and fleeting behaviors not seen or explained in any other book—illuminates the meaning of the things babies do that concern and delight new parents: – the language of yawning – the rich range of cries, and how to understand their meanings – baby's earliest “sleep smiles” and sleep states, and what they signify *Your Baby Is Speaking To You* delivers the information parents crave in gentle, accessible style while giving parents the confidence they need to respond to their own baby's way of communicating during the very first astonishing days and the months beyond.

To what extent do our parenting practices help or hinder our children? As parents, how much influence do we have over what kind of people our children will grow up to be? In the follow-up to her critically acclaimed *Our Babies, Ourselves*, Cornell anthropologist Meredith Small now takes on these and other crucial questions about the development of preschool children aged one to six. While *Our Babies, Ourselves* explored the physical and cultural preconceptions behind child-rearing and offered new clues to parenting practices that might be detrimental to a baby's best interest, *Kids* delves even deeper. Unraveling the deep-seated notions prescribed in most parenting books, *Kids* combines the latest scientific research on human evolution and biology with Small's own keen observations of various cultures for a lively, eye-opening view of early childhood in America. Small not only reveals how children in this age group socialize and absorb the rules that underlie the societies they live in; she also explains the extent to which parents enhance or hold back the emotional and psychological growth of their kids. In her engaging style, Small blends memorable accounts from her own experiences raising a preschooler with fascinating findings from her pioneering cross-cultural research, which spanned the country as well as the globe. Covering myriad aspects of the miraculous process of human growth, Small breaks new ground on topics such as why childhood is the optimum time for acquiring language skills; how children absorb knowledge and learn to solve problems; how empathy, and morality in general, make their way into a child's psyche; and the ways in which gender impacts identity. Underlying each chapter is an illuminating discussion of how the roles parents assign children in America shape the self-esteem and self-image of a future generation. Rich with vivid anecdotes and profound insight, *Kids* will cause readers to rethink their own parenting styles, along with every age-old assumption about how to raise a happy, healthy kid.

As a research neuroscientist, Lise Eliot has made the study of the human brain her life's work. But it wasn't until she was pregnant with her first child that she became intrigued with the study of brain development. She wanted to know precisely how the baby's brain is formed, and when and how each sense, skill, and cognitive ability is developed. And just as important, she was interested in finding out how her role as a nurturer can affect this complex process. How much of her baby's development is genetically ordained--and how much is determined by environment? Is there anything parents can do to make their babies' brains work better--to help them become smarter, happier people? Drawing upon the exploding research in this field as well as the stories of real children, *What's Going On in There?* is a lively and thought-provoking book that charts the brain's development from conception through the critical first five years. In examining the many factors that play crucial roles in that process, *What's Going On in There?* explores the evolution of the senses, motor skills, social and emotional behaviors, and mental functions such as attention, language, memory, reasoning, and intelligence. This remarkable book also discusses: how a baby's brain is "assembled" from scratch the critical prenatal factors that shape brain development how the birthing process itself affects the brain which forms of stimulation are most effective at promoting cognitive development how boys' and girls' brains develop differently how nutrition, stress, and other physical and social factors can permanently affect a child's brain Brilliantly blending cutting-edge science with a mother's wisdom and insight, *What's Going On in There?* is an invaluable contribution to the nature versus nurture debate. Children's development is determined both by the genes they are born with and the richness of their early environment. This timely and important book shows parents the innumerable ways in which they can actually help their children grow better brains. *Why Love Matters* explains why loving relationships are essential to brain development in the early years, and how these early

interactions can have lasting consequences for future emotional and physical health. This second edition follows on from the success of the first, updating the scientific research, covering recent findings in genetics and the mind/body connection, and including a new chapter highlighting our growing understanding of the part also played by pregnancy in shaping a baby's future emotional and physical well-being. Sue Gerhardt focuses in particular on the wide-ranging effects of early stress on a baby or toddler's developing nervous system. When things go wrong with relationships in early life, the dependent child has to adapt; what we now know is that his or her brain adapts too. The brain's emotion and immune systems are particularly affected by early stress and can become less effective. This makes the child more vulnerable to a range of later difficulties such as depression, anti-social behaviour, addictions or anorexia, as well as physical illness. *Why Love Matters* is an accessible, lively, account of the latest findings in neuroscience, developmental psychology and neurobiology – research which matters to us all. It is an invaluable and hugely popular guide for parents and professionals alike.

Feminist Parenting is a collection of writings from women around the globe who offer unique standpoints on feminist theory, intersectional feminist parenting, and empowerment, through poetry, research, and prose. Global perspectives include Anwar Shaheen's research on parenting inequality in Pakistan, Marlene Pomrenke's examination of Aboriginal single mothers attending University, and Iza Desperak's insights on single motherhood in Poland. The collection offers Johanna Wagner's witty, self-reflective essay on her ambivalence toward her new role as a lesbian parent, and Sarah Keeth's abortion fantasy sonnet "Tomatoes" in which she describes a pregnant woman who desires, yet struggles with her pregnancy. *Feminist Parenting* brings together unique voices and provides riveting perspectives on an institution in flux. The anthology pulls back the veil on power dynamics in relationships and exposes some of the challenges of feminist parenting in society. Authors shed critical light on long-held parenting conventions such as unpaid carework labor, gender roles, and family power dynamics, and expose how particular conventions reproduce gendered inequality. Feminist resistance strategies are offered by authors for "doing parenting," to increase "mother-power" in the family. This collection raises important questions about contemporary women's roles and adds to the current literature on feminism, parenting, gender, and family diversity.

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.

Most new parents think of diapers as a smelly, expensive, and unavoidable necessity. The good news is that it's possible—even practical—to raise your kids without diapers. In *Diaper Free!*, Ingrid Bauer shows how you can: * Save thousands of dollars * Reduce landfill waste (single-use disposable diapers are responsible for one third of the non- biodegradable waste in landfills) * Avoid diaper rash * Use the "Four Tools for Diaper Freedom" to enhance your relationship with your baby and deepen communication. Based on extensive research, case studies, and the author's own experience, *Diaper Free!* is a warm and helpful companion at every stage, from the first magical days of your baby's life, to complete toilet independence. BACKCOVER: "The true solution to the diaper dilemma. . . . Packed with information, examples, and support. A valuable addition to the library of any pregnant or new mother." —Teresa Pitman, La Leche League International

A complete guide to the concept of attachment parenting, which argues that parental responsiveness to a baby's needs leads to a well-adjusted child, offers tips on breastfeeding on demand, responding to a baby's cries, minimizing parent-child separation, and avoiding baby "gadgets." Original.

Every new parent should know the facts about modern, convenient cloth diapers. With a small up-front investment and a few extra hours a week, families can save hundreds of dollars.

Since the beginning of the twentieth century, millions of anxious parents have turned to child-rearing manuals for reassurance. Instead, however, they have often found yet more cause for worry. In this rich social history, Ann Hulbert analyzes one hundred years of shifting trends in advice and discovers an ongoing battle between two main approaches: a "child-centered" focus on warmly encouraging development versus a sterner "parent-centered" emphasis on instilling discipline. She examines how pediatrics, psychology, and neuroscience have fueled the debates but failed to offer definitive answers. And she delves into the highly relevant and often turbulent personal lives of the popular advice-givers, from L. Emmett Holt and Arnold Gesell to Bruno Bettelheim and Benjamin Spock to the prominent (and ever conflicting) experts of today.

Challenges idealized concepts about motherhood that the author believes compromise women's rights and empowerment without benefiting children, citing such factors as unrealistic parenting standards, media scare tactics, Reprint. 500,000 first printing.

When a new baby arrives among the Beng people of West Africa, they see it not as being born, but as being reincarnated after a rich life in a previous world. Far from being a tabula rasa, a Beng infant is thought to begin its life filled with spiritual knowledge. How do these beliefs affect the way the Beng rear their children? In this unique and engaging ethnography of babies, Alma Gottlieb explores how religious ideology affects every aspect of Beng childrearing practices—from bathing infants to protecting them from disease to teaching them how to crawl and walk—and how widespread poverty limits these practices. A mother of two, Gottlieb includes moving discussions of how her experiences among the Beng changed the way she saw her own parenting. Throughout the book she also draws telling comparisons between Beng and Euro-American parenting, bringing home just how deeply culture matters to the way we all rear our children. All parents and anyone interested in the place of culture in the lives of infants, and vice versa, will enjoy *The Afterlife Is Where We Come From*. "This wonderfully reflective text should provide the impetus for formulating research

possibilities about infancy and toddlerhood for this century." — Caren J. Frost, *Medical Anthropology Quarterly* "Alma Gottlieb's careful and thought-provoking account of infancy sheds spectacular light upon a much neglected topic. . . . [It] makes a strong case for the central place of babies in anthropological accounts of religion. Gottlieb's remarkably rich account, delivered after a long and reflective period of gestation, deserves a wide audience across a range of disciplines."—Anthony Simpson, *Critique of Anthropology*

What happens to skilled craftsmen when global trade brings cheap mass-produced goods to market? Economic anthropologists have been wondering and worrying about the fate of artisans and their crafts for decades. In "Fast, Easy, and In Cash," veteran ethnographers Jason Antrosio and Rudi Colloredo-Mansfeld show how disruptive to local economies global capitalism has been, but they also shed light on what it takes to survive as an artisan amid intense competition. Using lively and often surprising examples from collaborative research in Ecuador and Columbia, they describe the time-tested tactics small-batch producers have used to sustain their livelihoods and foster distinctively indigenous forms of capitalism. Antrosio and Colloredo-Mansfeld explain that their stories can teach us not just how to make money in uncertain economic environments but also how to turn work into a socially-conscious activity while defending and expanding local economies. This is a clear-eyed account of how people can successfully respond to the disruptions of global capitalism that will be welcomed by economic anthropologists and anyone else concerned with building sustainable economic communities in neoliberalism's wake."

Our Babies, Ourselves How Biology and Culture Shape the Way We Parent Vintage

A thought-provoking combination of practical parenting information and scientific analysis, *Our Babies, Ourselves* is the first book to explore why we raise our children the way we do--and to suggest that we reconsider our culture's traditional views on parenting. New parents are faced with innumerable decisions to make regarding the best way to care for their baby, and, naturally, they often turn for guidance to friends and family members who have already raised children. But as scientists are discovering, much of the trusted advice that has been passed down through generations needs to be carefully reexamined. In this ground-breaking book, anthropologist Meredith Small reveals her remarkable findings in the new science of ethnopediatrics. Professor Small joins pediatricians, child-development researchers, and anthropologists across the country who are studying to what extent the way we parent our infants is based on biological needs and to what extent it is based on culture--and how sometimes what is culturally dictated may not be what's best for babies. Should an infant be encouraged to sleep alone? Is breast-feeding better than bottle-feeding, or is that just a myth of the nineties? How much time should pass before a mother picks up her crying infant? And how important is it really to a baby's development to talk and sing to him or her? These are but a few of the important questions Small addresses, and the answers not only are surprising, but may even change the way we raise our children.

Imagine infants free from painful diaper rash, new parenthood without thousands of dollars wasted in diapering costs, toilet training that is natural and noncoercive, and, most important, happier babies and parents As Christine Gross-Loh reveals in her progressive, enlightening book, all this is possible and more. Infants are born with the ability to communicate their need to "go," just as they communicate hunger or sleepiness. Gross-Loh, a mother of two children who were diaper-free at eighteen and fifteen months, uses the tenets of "elimination communication," or EC, to teach parents how to identify and respond to their baby or toddler's natural cues. Unlike the all-or-nothing approach of some parenting books, *The Diaper-Free Baby* addresses three categories of parents: full-time, part-time, and occasional EC'ers. Parents can practice EC as much or as little as fits their family and lifestyle. A support group within a book, *The Diaper-Free Baby* also includes inspiring testimonials throughout every chapter. Parents who have successfully practiced EC identify common struggles, share experiences and problem-solving tips, and provide encouragement for those new to the technique. Their motivational stories together with Gross-Loh's practical advice will appeal to all parents interested in a fresh alternative to traditional toilet training.

"Your child can achieve great things." A few years ago, pregnant women in four corners of the world heard those words and hoped they could be true. Among them were Esther Okwir in rural Uganda, where the infant mortality rate is among the highest in the world; Jessica Saldana, a high school student in a violence-scarred Chicago neighborhood; Shyamkali, the mother of four girls in a low-caste village in India; and Maria Estella, in Guatemala's western highlands, where most people are riddled with parasites and moms can rarely afford the fresh vegetables they farm. Greatness? It was an audacious thought, given their circumstances. But they had new cause to be hopeful: they were participating in an unprecedented international initiative designed to transform their lives, the lives of their children, and ultimately the world. The 1,000 Days movement, a response to recent, devastating food crises and new research on the economic and social costs of childhood hunger and stunting, is focused on providing proper nutrition during the first 1,000 days of children's lives, beginning with their mother's pregnancy. Proper nutrition during these days can profoundly influence an individual's ability to grow, learn, and work--and determine a society's long-term health and prosperity. In this inspiring, sometimes heartbreaking book, Roger Thurow takes us into the lives of families on the forefront of the movement to illuminate the science, economics, and politics of malnutrition, charting the exciting progress of this global effort and the formidable challenges it still faces: economic injustice, disease, lack of education and sanitation, misogyny, and corruption.

The Book That Launched an International Movement "An absolute must-read for parents." —The Boston Globe "It rivals Rachel Carson's *Silent Spring*." —The Cincinnati Enquirer "I like to play indoors better 'cause that's where all the electrical outlets are," reports a fourth grader. But it's not only computers, television, and video games that are keeping kids inside. It's also their parents' fears of traffic, strangers, Lyme disease, and West Nile virus; their schools' emphasis on more and more homework; their structured schedules; and their lack of access to natural areas. Local governments, neighborhood associations, and even organizations devoted to the outdoors are placing legal and regulatory constraints on many wild spaces, sometimes making natural play a crime. As children's connections to nature diminish and the social, psychological, and spiritual implications become apparent, new research shows that nature can offer powerful therapy for such maladies as depression, obesity, and attention deficit disorder. Environment-based education dramatically improves standardized test scores and grade-point averages and develops skills in problem solving, critical thinking, and decision making. Anecdotal evidence strongly suggests that childhood experiences in nature stimulate creativity. In *Last Child in the Woods*, Louv talks with parents, children, teachers, scientists, religious leaders, child-development researchers, and environmentalists who recognize the threat and offer solutions. Louv shows us an alternative future, one in which parents help their kids experience the natural world more deeply—and find the joy of family

connectedness in the process. Now includes A Field Guide with 100 Practical Actions We Can Take Discussion Points for Book Groups, Classrooms, and Communities Additional Notes by the Author New and Updated Research from the U.S. and Abroad Richard Louv's new book, *Our Wild Calling*, is available now.

Discover an age-old parenting method that treats children with dignity, respect, understanding, and compassion from infancy into adulthood. *The Natural Child* makes a compelling case for a return to attachment parenting, a child-rearing approach that has come naturally for parents throughout most of human history. In this insightful guide, parenting specialist Jan Hunt links together attachment parenting principles with child advocacy and homeschooling philosophies, offering a consistent approach to raising a loving, trusting, and confident child. *The Natural Child* dispels the myths of “tough love,” building baby’s self-reliance by ignoring its cries, and the necessity of spanking to enforce discipline. Instead, the book explains the value of extended breast-feeding, family co-sleeping, and minimal child-parent separation. Homeschooling, like attachment parenting, nurtures feelings of self-worth, confidence, and trust. The author draws on respected leaders of the homeschool movement such as John Taylor Gatto and John Holt, guiding the reader through homeschool approaches that support attachment parenting principles. Being an ally to children is spontaneous for caring adults, but intervening on behalf of a child can be awkward and surrounded by social taboo. *The Natural Child* shows how to stand up for a child’s rights effectively and sensitively in many difficult situations. The role of caring adults, points out Hunt, is not to give children “lessons in life”—but to employ a variation of The Golden Rule, and treat children as we would like to have been treated in childhood. Praise for *The Natural Child* “I had grown jaded with the flood of parenting books, but *The Natural Child* is a rare and splendid exception . . . I can’t praise it sufficiently, and would place it along with Leidloff’s *Continuum Concept* and my own *Magical Child* . . . It could make an enormous difference if read widely enough.” —Joseph Chilton Pierce, author of *The Magical Child* “In prose that is at the same time eloquent and simple, [Hunt] provides a mix of useful parenting tips that are supported by the philosophy that children reflect the treatment they receive. This is no less than an impassioned plea for the future—not only our children’s future, but the future of our way of life on this planet.” —Wendy Priesnitz, Editor, *Natural Life Magazine* “Quick and easy recipes, smart meal plans, and savvy advice for new (and not-so-new) moms”—Cover. Provides a cross-cultural look at the child-rearing practices in seven societies around the world.

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