

## Zero to Five: 70 Essential Parenting Tips Based on Science (and What Ive Learned So Far)



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## ZERO TO FIVE: 70 ESSENTIAL PARENTING TIPS BASED ON SCIENCE (AND WHAT IVE LEARNED SO FAR)

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Pear Press. No binding. Condition: New. 200 pages. If youre new to the world of parenting, the miracle of life might not always feel so miraculous. Maybe your pregnancy leaves you sick more often than it leaves you glowing. (At least its good for babys brain. ) Maybe your latest 3 a. m. wakeup has left you wondering how sleep like a baby ever became a figure of speech -- and wondering whether letting baby cry it out is OK so you can finally sleep through the night again. Or youre curious if letting your kid play games on your phone is OK, even though youre going to do it anyway. First-time parent Tracy Cutchlow has been there and gone through that. Zero to Five takes 60 tips from the most well-regarded scientific research -- and distills them into something you can easily digest during one of your 2-minute-long breaks in the parenting day. The pages are beautifully illustrated by award-winning photojournalist Betty Udesen. Combining the warmth of a best friend with a no-nonsense tone, Cutchlow has fit the answers to plenty of your parenting questions into one stunning spiral-bound volume. Questions such as: Should I talk to my pregnant belly newborn Is that going to feel weird (Absolutely. )What type of play actually boosts a childs later academic success (Play that exercises a childs self-control. )How can I instill a love of learning in my child (A specific type of praise. )Can I help my child make good friends (Start with music lessons. )What tamps down temper tantrums (Naming emotions aloud. )How do I get through an entire day of this (With help. Lots of help. )Whether you read the book all the way through or just take it a page at a time, Zero to Five will help...



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