

Book Reviews

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Superbaby

12 ways to give your child a head start in the first 3 years

By: Dr. Jenn Berman

If you want a book to give you the tools to be the confident, secure, happy parent you long to be, choose this one. Put these tools and resources to use and you will build a mutually respectful and loving relationship which will benefit your children, yourself and your family.

In the first chapter, "Talk the talk", Dr. Jenn demonstrates how modeling behavior is a powerful tool. Even when a baby, your child reacts to tone of voice and body language, so smile. Be positive in your speech and use praise to build your relationship.

The author explains 10 Pillars of Praise. When you employ these on a daily basis, you will be planting strong roots for your future relationship. It is important that your praise be directed toward

the process, action or effort put forth by your child. Doing this lets the child see that it is the effort or work that leads to accomplishments.

You might think that too much praise will spoil your children—you cannot spoil a child by giving too much love/attention/affection. You can spoil the child by giving too many 'things' in place of love and affection.

This book is filled to the brim with wisdom that will guide you to parenting healthy, happy, successful children who will grow and prosper to a wonderful adulthood. We all need to feel loved and secure in order to become the very best we can. A foundation of security can be as easy as employing the four pillars of security: people, place, routine and ritual. You will learn how precious your children are when you follow the advice directing you to flexibility in your childcare duties.

Throughout these pages you find advice on feeding, communicating and modeling/ demonstrating behaviors. The reader is reminded that reading to your children presents a life-long skill that will enhance everything in life. You are given the tools to

make your child's experiences as safe and fulfilling as possible.

Resources for everything from toys to childcare options are combined with practical day to day tips for managing those all important

foundation years. I know you will find this book overflowing with first hand advice and 'doable' strategies. You will reference the pages over again and again.

For a fresh, down to earth, reliable start in parenthood's adventures, get a copy of *Superbaby*. This would be a perfect addition to your club's library or maybe even a "book discussion" group in your club. NB

