

# Double Duty The Parents Guide To Raising Twins From Pregnancy Through The School Years

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From the Hips Rebecca Odes 2007 Offers a guide to the entire pregnancy, birth, and parenting experience, covering the latest information on having and caring for a baby, from what not to eat, drink, take, or do during gestation, to childbirth options and coping with postpartum emotions.

The A to Z Guide to Raising Happy, Confident Kids Dr. Jenn Berman 2010-09-24 As an experienced therapist, a parenting expert on television and radio, an award-winning columnist, and a parent, Dr. Jenn Berman provides insightful and informative advice to parents as they guide their children through early childhood. The A to Z Guide to Raising Happy, Confident Kids addresses twenty-six of the most important issues that modern parents face. Each self-contained and easy-to-read chapter covers a different topic, allowing busy parents to quickly find and read what they need. You'll turn to this great resource again and again as your children grow.

Parents 1998

Double Duty Christina Baglivi Tinglof 2009

Motivate Your Child Scott Turansky 2015-02-03 We need a parenting revolution! Most parenting approaches end up encouraging children to ask the wrong questions about life: What's in it for me? Are you going to pay me for

that? What's the minimum I need to do to get by? But God's Word gives us a better way to parent, one that builds strong internal motivation in children. When parents change the way they parent, kids change the way they live. This practical book explores a theology of internal motivation and then gives parents real-life solutions to equip their kids for life. You'll learn . . . • how to parent in ways that build internal motivation so that kids don't have to rely on you to get things done. • the four promptings of the conscience and how to coordinate your parenting to take advantage of them. • ways to energize your spiritual training with fun and creativity. • how to help children respond to mistakes instead of blaming, defending, or justifying. The greatest gift you can give your child is strong moral and spiritual development—this book shows you how. Every chapter includes practical examples of families applying the Bible to their current issues. Join the revolution!

Double Duty: The Parents' Guide to Raising Twins, from Pregnancy through the School Years (2nd Edition) Christina Baglivi Tinglof 2009-05-31 Not 10, but 20 fingers and 20 toes! The classic guide to parenting twins-now completely updated and revised! You're excited to hear your baby's heartbeat during the ultrasound. But what happens when you hear two heartbeats instead of one? Having a baby can cause any parent to feel overwhelmed, and with twins those concerns are multiplied by two. Having twins is a unique experience, and expert Christina Tinglof brings you the fully updated essential guide to help you cope with any issue that can arise-from pregnancy through the school years. With multiple pregnancies becoming more common, the second edition of this timely book provides you with the much needed information, practical tips, and strategies for handling the everyday challenges of parenting twins. Double Duty includes: Up-to-date information on diagnosis and treatment of complications common to multiple pregnancies-plus dietary guidelines specific to a twin pregnancy The latest must-have products that simplify day-to-day life Survival tips and trouble-shooting techniques for the critical first month Tips on how to breastfeed or bottle feed two infants at once Money-saving advice for accommodating two new additions to the family The pros and cons of placing twins in the same classroom Advice on how to discourage unhealthy sibling rivalry Includes the TOP FIVE: Exercises for extremely pregnant women Ways to bond with premature babies Baby wardrobe essentials Bedtime strategies Ways to establish each child's individuality VEndorsements for Double Duty 2nd Edition (ISBN: 0071613447) by Christina Baglivi Tinglof "Double Duty 2nd Edition is singularly successful in combining practical advice with reassurance and encouragement from seasoned parents of twins. It neither sugar coats nor overstates the challenges, but presents a straightforward picture of what parents can expect from their twins at every stage, from pregnancy through the teen years. Tinglof mingles thorough research with personal anecdotes to

present a comprehensive resource for parents of twins. With updated information about the medical issues of multiple pregnancy and new insights about the psychology of the twin relationship, the new edition is recommended reading for all prospective parents of twins” -Pamela Fierro, Guide to Twins & Multiples at About.com

Parenting School-Age Twins and Multiples Christina Tinglof 2007-01-10 Real-world advice for when your twins' and multiples' concerns go beyond "Should they dress alike?" Should your twins be placed in the same homeroom at school? Does one of your kids have a harder time making friends than the other? How healthy is competition among your triplets? Christina Baglivi Tinglof, author of *Double Duty* and a mother of twins, expertly guides you through your kids' school years, from the first days of kindergarten to the always drama-filled years of high school. Drawing from the latest cutting-edge research and hundreds of parent-tested tips, Tinglof offers proven advice to: Encourage individuality Foster positive sibling relationships Discipline effectively Deal with one child developing faster than the other Manage common speech and reading difficulties

How to be a Parent Philippa Perry 2019-04-04 This is a parenting book for people who don't buy parenting books With straight-talking advice from renowned Psychotherapist Philippa Perry, *How to be a Parent* is the definitive guide for any parent looking to navigate their past, avoid repeating mistakes, and ensure they don't land their own kids in therapy. Through the combination of case studies, and therapeutic insight gained from over 20 years of working directly with clients, Perry tackles the wider issues of what it actually means to be a parent, rather than getting bogged down in the little details. This isn't a book about meeting developmental milestones, training your child to have enviable manners, or how to get the much idealised 'perfect' family, it's about creating functional relationships with your children so that they grow up feeling secure, knowing who they are and what they want - giving both them and you a shot at real happiness. Full of refreshing, sage and sane advice on the bigger picture of parenthood, *How to be a Parent* is the only book you'll ever really need to ensure you don't mess your kids up.

Stay-at-Home-Parent's Survival Guide Christina Baglivi Tinglof 2000-02-22 Each year thousands of parents, yearning for more time with their children, put away their briefcases and laptops in favor of baby gear and Legos. Yet being home with the kids all day isn't easy! Some of us need a little extra help with the transition. The *Stay-at-Home Parent Survival Guide* not only helps Moms and Dads survive the occasional stressful day--something every parent experiences now and then--but also inspires them with new ideas for indoor and outdoor activities, great places to take the kids, starting a playgroup, building a support system, and keeping connected in the adult community.

Even if you're a parenting pro, *The Stay-at-Home Parent Survival Guide* is a useful resource that offers unique ways to handle the day-to-day tasks of stay-at-home parenting, such as helpful tips for finishing the housework with the kids underfoot, meal and naptime strategies that work, skills for building a stronger marriage, managing your time effectively, beating the stay-at-home blues, and balancing household finances on a single income. In addition to the expertise of author Christina Baglivi Tinglof and other stay-at-home parents, *The Survival Guide* includes valuable insights from a variety of experts, including: Kathy Kristof, syndicated columnist, on how to set and reach financial goals Arlene Rossen Cardozo, author of *Sequencing*, on the evolution of the stay-at-home mom Dr. Sylvia Rimm, "Today" show parenting expert, on positive discipline Dr. Brian Ray, president of the National Home Education Research Institute, on homeschooling Elaine St. James, author of *Simplify Your Life with Kids*, on just that Ellen Parlapiano and Patricia Cobe, authors of *Mompreneurs*, on starting your own business from home Christina Baglivi Tinglof is a stay-at-home mom of three young sons and the author of *Double Duty: The Parents' Guide to Raising Twins*. She and her family live in Los Angeles.

*Stay-at-Home-Parent's Survival Guide* Christina Tinglof 2000-02-01 Each year thousands of parents, yearning for more time with their children, put away their briefcases and laptops in favor of baby gear and Legos. Yet being home with the kids all day isn't easy! Some of us need a little extra help with the transition. *The Stay-at-Home Parent Survival Guide* not only helps Moms and Dads survive the occasional stressful day--something every parent experiences now and then--but also inspires them with new ideas for indoor and outdoor activities, great places to take the kids, starting a playgroup, building a support system, and keeping connected in the adult community. Even if you're a parenting pro, *The Stay-at-Home Parent Survival Guide* is a useful resource that offers unique ways to handle the day-to-day tasks of stay-at-home parenting, such as helpful tips for finishing the housework with the kids underfoot, meal and naptime strategies that work, skills for building a stronger marriage, managing your time effectively, beating the stay-at-home blues, and balancing household finances on a single income. In addition to the expertise of author Christina Baglivi Tinglof and other stay-at-home parents, *The Survival Guide* includes valuable insights from a variety of experts, including: Kathy Kristof, syndicated columnist, on how to set and reach financial goals Arlene Rossen Cardozo, author of *Sequencing*, on the evolution of the stay-at-home mom Dr. Sylvia Rimm, "Today" show parenting expert, on positive discipline Dr. Brian Ray, president of the National Home Education Research Institute, on homeschooling Elaine St. James, author of *Simplify Your Life with Kids*, on just that Ellen Parlapiano and Patricia Cobe,

authors of *Momprenuers*, on starting your own business from home Christina Baglivi Tinglof is a stay-at-home mom of three young sons and the author of *Double Duty: The Parents' Guide to Raising Twins*. She and her family live in Los Angeles.

*The Montessori Baby* Simone Davies 2021-05-11 A guide to raising a baby from birth to age one by applying the wisdom of Montessori, from the bestselling author of *The Montessori Toddler* and a coauthor with expertise in infant care and education. The *Montessori Baby* guides new parents in how to interact with babies in ways that assist their development and foster a respectful relationship between parent and child.

*A Parent's Guide to Raising Grieving Children* Phyllis R. Silverman 2009-04-02 When children lose someone they love, they lose part of their very identity. Life, as they knew it, will never be quite the same. The world that once felt dependable and safe may suddenly seem a frightening, uncertain place, where nobody understands what they're feeling. In this deeply sympathetic book, Phyllis R. Silverman and Madelyn Kelly offer wise guidance on virtually every aspect of childhood loss, from living with someone who's dying to preparing the funeral; from explaining death to a two year old to managing the moods of a grieving teenager; from dealing with people who don't understand to learning how and where to get help from friends, therapists, and bereavement groups; from developing a new sense of self to continuing a relationship with the person who died. Throughout, the authors advocate an open, honest approach, suggesting that our instinctive desire to "protect" children from the reality of death may be more harmful than helpful. "Children want you to acknowledge what is happening, to help them understand it," the authors suggest. "In this way, they learn to trust their own ability to make sense out of what they see." Drawing on groundbreaking research into what bereaved children are really experiencing, and quoting real conversations with parents and children who have walked that road, the book allows readers to see what others have learned from mourning and surviving the death of a loved one. In a culture where grief is so often invisible and misunderstood, the wisdom derived from such first-hand experience is invaluable. Filled with compassion and common sense, *A Parent's Guide to Raising Grieving Children: Rebuilding Your Family after the Loss of a Loved One* offers readers a wealth of solace and sound advice, and even--where one might least expect it--a measure of hope.

*Twins* 2000

*Raising Twins* Eileen M. Pearlman 2011-12-20 *Raising Twins* guides you through the physical, emotional, and cognitive developmental differences and challenges specific to twins. Straightforward and reassuring, this book addresses the key issues that impact twins from babyhood all the way through

adolescence: Sharing and comparisons Competition and rivalry The "secret language" of twins The good twin/bad twin myth Teen-specific issues like dating and applying for college And much more including lively, candid discussions with twins and their parents

Parent Like It Matters Janice Johnson Dias 2022-02 An accessible blueprint to embolden our daughters to be critical thinkers, fearless doers, and joyful change agents for our future--from the proud mother of teen activist Marley Dias, founder of 1000BLACKGIRLBOOKS. "A powerful resource for caregivers trying to raise courageous girls . . . It's my go-to and my how-to."--Kwame

Alexander, New York Times bestselling author of Light for the World to See Renowned sociologist Dr. Janice Johnson Dias has devoted her life to nurturing and training girls to become change-makers--whether through her investment in her daughter Marley's humanitarian projects or through her work with the GrassROOTS Community Foundation's "SuperCamp." In these unprecedented times, her work has never been more urgent, as parents find themselves asking: How do we teach our children to change the world? Dr. Johnson Dias knows that self-realized girls are created through intentional parenting. And so she asks parents to make deliberate choices--from babyhood through adolescence--that will give their girls the resources and foundation to take hold of their own futures and to create sustainable social change. Unlike other parenting experts, Dr. Johnson Dias doesn't urge parents to focus solely on their children. Instead, she tasks them with a personal challenge: to find their own joy. Just as Dr. Johnson Dias brings her own jubilant passion to parenting, mentoring, and teaching, she inspires caregivers to do the same. Using cutting-edge research and Dr. Johnson Dias's own experiences, Parent Like It Matters offers information and strategies for making discussions of racism and sexism a daily practice, identifying heroes and mentors, educating yourselves together, and uncovering your girl's passions and what issues drive her the most. Parenting is enormous work; it can be as overwhelming as it is fulfilling. Within the pages of Parent Like It Matters, parents will find the invaluable tools they need to raise resilient, optimistic girls who determine for themselves what their world will look like.

The Everything Parent's Guide To Children With Juvenile Diabetes Moira McCarthy 2007-04-02 A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

The Ultimate Guide to Raising Teens and Tweens Douglas Haddad 2017-02-16 Are you concerned or frustrated with the choices your child makes when it comes to their peer groups, study habits, and use of social media? Do you feel your child is pushing you away and your connection is weakening? Are you unsure of the next steps you should take to help your child succeed? A whole new set of parenting concerns arise during tween and teenhood that can be

overwhelming for any parent. *The Ultimate Guide to Raising Teens and Tweens* offers a step-by-step plan for raising your adolescent through this tumultuous time. Douglas Haddad provides specific, proven tools for you to help your child become a problem solver and grow to be smart, successful, and self-disciplined. In *The Ultimate Guide to Raising Teens and Tweens*, you will: Discover the secrets of effective communication with your child Learn the techniques to stop behavior problems right in their tracks when they happen Know the strategies to best motivate your child and unlock their potential Find out how to set appropriate limits and hold your child accountable for their actions Understand today's "child-limiting challenges" and the solutions for handling them with your child Every parent wants the best for their child, and these years can be fraught with challenges: bullying, violence, gambling, sex, smoking, alcohol, substance use, eating disorders, depression, suicide, unhealthy eating, lack of physical activity, etc. Making sense of these challenges, this book offers exercises for incorporating the ten child unlimited tools into your parenting style and anecdotes to illustrate strategies and techniques. Supported by current research, the tools found in these pages will serve as a guide for any family with tweens or teens.

School, Family, and Community Partnerships Joyce L. Epstein 2018-07-19

Strengthen family and community engagement to promote equity and increase student success! When schools, families, and communities collaborate and share responsibility for students' education, more students succeed in school. Based on 30 years of research and fieldwork, this fourth edition of a bestseller provides tools and guidelines to use to develop more effective and equitable programs of family and community engagement. Written by a team of well-known experts, this foundational text demonstrates a proven approach to implement and sustain inclusive, goal-oriented programs. Readers will find: Many examples and vignettes Rubrics and checklists for implementation of plans CD-ROM complete with slides and notes for workshop presentations Eating Expectantly Bridget Swinney 2000-08 Provides information on proper nutrition, from conception through the postnatal period, and includes recipes and menus for each trimester.

Positive Discipline Jane Nelsen 1996 Explains why children misbehave; discusses class and family meetings, mutual respect, and responsibility; and tells how parents and teachers can be more understanding and supportive

Getting Ready for Baby Helene Tragos Stelian 2001 With tips on everything from finding the perfect obstetrician to choosing the right baby gear, *Getting Ready for Baby* will ease first-time mothers from pregnancy to birth and beyond. An information guide, organizer, and record book all in one, everything a mother-to-be needs is stashed in this handy and portable planner.

A Parent's Guide to Teaching Children Mitzvot Shmuel Singer 1991 As a

result, parents often cannot obtain adequate information from a single unified source. Rabbi Singer has provided a concise, well-organized overview that includes children with special needs.

Double Duty Christina Baglivi Tinglof 1998 Covers such topics as twin types, coping with pregnancy, planning the nursery, and different developmental milestones

Stay-at-Home-Parent's Survival Guide Christina Baglivi Tinglof 2000-02-01

Each year thousands of parents, yearning for more time with their children, put away their briefcases and laptops in favor of baby gear and Legos. Yet being home with the kids all day isn't easy! Some of us need a little extra help with the transition. The Stay-at-Home Parent Survival Guide not only helps Moms and Dads survive the occasional stressful day--something every parent experiences now and then--but also inspires them with new ideas for indoor and outdoor activities, great places to take the kids, starting a playgroup, building a support system, and keeping connected in the adult community. Even if you're a parenting pro, The Stay-at-Home Parent Survival Guide is a useful resource that offers unique ways to handle the day-to-day tasks of stay-at-home parenting, such as helpful tips for finishing the housework with the kids underfoot, meal and naptime strategies that work, skills for building a stronger marriage, managing your time effectively, beating the stay-at-home blues, and balancing household finances on a single income. In addition to the expertise of author Christina Baglivi Tinglof and other stay-at-home parents, The Survival Guide includes valuable insights from a variety of experts, including: Kathy Kristof, syndicated columnist, on how to set and reach financial goals Arlene Rossen Cardozo, author of *Sequencing*, on the evolution of the stay-at-home mom Dr. Sylvia Rimm, "Today" show parenting expert, on positive discipline Dr. Brian Ray, president of the National Home Education Research Institute, on homeschooling Elaine St. James, author of *Simplify Your Life with Kids*, on just that Ellen Parlapiano and Patricia Cobe, authors of *Mompreneurs*, on starting your own business from home Christina Baglivi Tinglof is a stay-at-home mom of three young sons and the author of *Double Duty: The Parents' Guide to Raising Twins*. She and her family live in Los Angeles.

SOS Help for Parents Lynn Clark 1996-01-01 This second edition of "SOS" provides parents with guidance for handling a variety of common behavior problems based on the behavior approach to child rearing and discipline. This approach suggests that good and bad behavior are both learned and can be changed, and proposes specific methods, skills, procedures, and strategies for parents to use in getting improved behavior from their children. The guide is divided into four sections. Section 1 presents some fundamentals of child behavior and effective discipline. Some of the causes of children's misbehavior

are examined as well as ways of increasing good behavior and eliminating bad ones. Section 2 provides advice for implementing the "time-out" method. Section 3 gives suggestions on how to: (1) manage bad behavior away from home; (2) use points, tokens, and contracts; (3) use time-out on two children at the same time; (4) use time-out on a toy instead of the child; (5) handle aggressive and dangerous behavior; and (6) help children express feelings. Section 4 suggests some additional resources for helping children. Each chapter includes a review of the most important ideas and instructions presented. The book's two appendices include an index of problem behaviors, quizzes and answers for parents, more resources for professionals, and tear-out sheets for parents and teachers. Approximately 60 references are included. A videotape, not available from ERIC, demonstrates the child-rearing rules, and errors to avoid, as well as other child management methods. A printed "Video Leader's Guide" for the training leaders provides objectives, suggested outlines for workshops, and guidelines for discussing the behavior vignettes in the video. Workshop evaluation forms and handouts are appended. A parent audio cassette on how to use "time out" effectively is also part of this multimedia package. (HTH)

Money Management for Parents Patrick Baldwin 2018-04-02 Get 2 Books for the price of 1. This Books Contains 2 of our most popular Books to help with Finances, Economics, and Raising Children to Achieve Financial Freedom Money Management for Parents: A Parent's Guide Book to Finances, Economics, and Raising Children to Achieve Financial Freedom Includes Following Books: Parenting: How to be a Great Parent and Raise Awesome Kids Parenting Economics 101: How to be Financially Stable in an Unstable World We have created this collection to give you an all-inclusive book to reference when searching for help with Finances, Economics, and Raising Children If you're looking for solid answers that guide you in the right direction this book is for you. This book will give you the answers you've been searching for. This book is a must for anyone who is serious about learning more about Guiding their Family's Finances, Economics, and Children to Achieve Financial Freedom. We look forward to assisting you within this book and welcome your feedback. Table of Contents Parenting Preamble Chapter 1: Don't Lie to Your Kids Chapter 2: Health Chapter 3: Safety Chapter 4: Awareness Chapter 5: Education Chapter 6: Boys and Girls Chapter 7: Spiritual Upbringing Chapter 8: Political Involvement Chapter 9: Being A Late Bloomer Chapter 10: Conclusion Parenting Economics 101 Chapter 1: Financially Stability Chapter 2: Two-Income Families Chapter 3: Paring it Down Chapter 4: Don't Be Afraid Of Money Chapter 5: It Is Not A Sin To Be Rich Chapter 6: The Jesus-Style of Living Chapter 7: What is Failure Chapter 8: Work and Family Chapter 9:

Creative Income Solutions Chapter 10: Final Thoughts on Financial Stability  
Sweet Potato Queens' Guide to Raising Children for Fun and Profit Jill Conner Browne 2008-01-01 When does  $1 + 1 = 3$  (or more)? When you've got a baby on the way. Part of that new math, says #1 New York Times bestselling author Jill Conner Browne -- whom USA Today calls "just plain funny" -- includes the addition of an outsize sense of humor to balance the equation of your growing family. The Sweet Potato Queens' Guide to Raising Children for Fun and Profit is a hilarious (though not scientifically tested) wink at the time-honored mysteries of parenting, because anybody who has ever had a kid or has ever known one knows that the experience is neither fun nor profitable -- so you might as well laugh! As each generation begins its hopeful, happy, and, yes, sometimes harrowing journey as Parent and Child, together they spawn a new body of "knowledge," the nuances of which will elude the Experts every time. Here are stories of the things we do for Mother Love -- or, the most incredibly full-time volunteer job ever -- and tips guaranteed not to be found in any other parenting guide. How to talk to a pregnant woman How the diamonds on delivery policy can speed up the labor nature intended Why a good mother is always adept at subterfuge The list of things you wouldn't think you would have to tell kids not to do Why mothers of sons can never retire Why, for parents, it's just a short drive to the poorhouse The Sweet Potato Queens' Guide to Raising Children for Fun and Profit will have everyone who's ever been a parent -- or has ever thought of becoming one -- or has ever been a child -- or is still one -- giggling and grinning (no small feat) through those childbearing years...and beyond.

30 Days to a Happier Marriage Jay Gale 1995 A thirty-day plan offers couples easy-to-follow, marriage-saving exercises that encompass increased trust, improved intimacy, clearer communication, recognizing common problems, overcoming power struggles, and more. Reprint.

American Book Publishing Record 1998

Parenting Matters National Academies of Sciences, Engineering, and Medicine 2016-11-21 Decades of research have demonstrated that the parent-child dyad and the environment of the family -- which includes all primary caregivers -- are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich

and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Chicken Soup for the Soul: Twins and More Jack Canfield 2011-03-22 This is Chicken Soup for the Soul's first book about the growing world of twins and multiples. Twins, parents of multiples, relatives of twins, or anyone interested in twins, triplets, and more will enjoy these inspirational, humorous, and touching stories. Twins and multiples are all over the news these days. Co-author Susan M. Heim, a well-regarded expert on twins, has collected stories that highlight the special bond twins share, the joys and challenges of raising multiples, the multiple blessings of being a twin or having them in the family, and adventures in raising triplets and quadruplets, too! Anyone interested in twins, triples, and more, will enjoy these inspirational, humorous, and touching stories.

Anorexia And Bulimia: A Parent's Guide To Recognising Eating Disorders and Taking Control Dee Dawson 2012-05-31 Anorexia nervosa is a condition in which sufferers diet continually and starve themselves. They may also use laxatives, vomiting or exercise excessively in order to control weight. Anorexia usually occurs in young women, starting in their teens, and it is estimated that about 2 per cent of all young women suffer from it. Bulimia is an eating disorder which is also on the rise among young people. They use the binge/purge cycle to extreme in their attempts to control their weight. This is a comprehensive, positive and practical guide to detecting the early signs of eating disorders and then curing them. Written with years of experience and

expertise, it encourages parents to understand the illness, overcome their fears and take control of the situation, whether that means enforcing a strict meal plan or taking the decision to seek professional help. The book includes early signs to look out for; the possible effects of the illness, both physical and psychological; the treatments available and, most importantly, the plan, which helps parents to take positive action and really make a difference to their child's life.

The British National Bibliography Arthur James Wells 2001

Do I Look Like an ATM? Sabrina Lamb 2013-03-01 Youth financial education is an urgent issue, and author Sabrina Lamb believes that African American parents first must reeducate themselves about finances to make sure the next generation does not fall into the spending trap that can be a family legacy. The lack of a healthy financial education has generational impact, causing families to be financially vulnerable, squander financial resources, and fail at wealth accumulation. With step-by-step advice and exercises for parents and young people, Do I Look Like an ATM? sets out to establish new financial behavior so children will avoid the personal economic problems that have plagued the culture. The book guides parents through self-examination of their financial habits. By performing the exercises in this book and having candid discussions, parents can, together with their children, become engaged citizens in the world of money. With new financial traditions and a better understanding money and its meaning, the next generation will realize the true power of wealth and use their money wisely.

Raising Respectful Children in a Disrespectful World Jill Rigby 2013-08-06

Provides a guide for parents that recommends an alternative approach that encourages respect for the self and others, in a reference that explains how to foster such values in children as thankfulness and unselfishness.

Writer's Guide to Book Editors, Publishers and Literary Agents, 1999-2000 Jeff

Herman 1998-07-08 Over the years, "Writer's Guide to Book Editors, Publishers, and Literary Agents has helped thousands of writers just like you get their books published. With the best and most up-to-date listings of key book publishing insiders, "Writer's Guide gets you past the reject piles and into the hands of the right people. Nowhere else will you find the detail, the insight, the depth. Nowhere else will you find the solid inside information. "Writer's Guide is your key to book publishing success. It gets you inside. It gets you noticed. Your talent will do the rest. "Beats the pants off "Writer's Market." -- Michael Werner, coauthor of "Databases for Businesses and "Using Lotus 1-2-3 "This guide started my book publishing career." --Marcos McPeck Villatoro, author of "A Fire in the Earth, They Say That I Am Two, and "Walking to La Milpa "The finest lead source that I've ever seen. A must buy for every writer, published or not!" --Derek Savage, author of "The Second Coming and "The

Dancer "Invaluable information, from query letter to book proposal. This book has made my dreams come true." --Eileen Oster, author of "The Healing Mind  
"This book got my foot in the door." --Wynn Goldsmith, writer "A masterpiece. I have never found so much practical information in this type of book before." --Walter Lambert, author of "Healing the Trauma of Divorce "As a writer and literary agent, this book has been invaluable." --Mary N. Oluonye, O-Squared Literary Agency "Jeff Herman has crammed a generous helping of information and advice into this invaluable book." --Paul Nathan, "Publishers Weekly  
""Writer's Guide has eclipsed both "Literary Market Place and "Writer's Market as a source of projects for our agency. At least a third of our sales last year came as a result of this book." --Michael Snell, Michael Snell Literary Agency  
About the Author /Jeff Herman is founder of The Jeff Herman Literary Agency, one of New York's leading agencies for writers. He has sold hundreds of titles and represents dozens of top authors.

The Campus Cure Marcia Morris, MD 2018-01-02 Most mental illnesses start to arise in the later teen years and early twenties, making college-age young adults a vulnerable population. Here, Marcia Morris looks at the most common mental health issues facing this age group and what parents can do to recognize symptoms, get treatment, and support their children through these challenging years.

Raising America Ann Hulbert 2011-01-26 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.

The Everything Twins, Triplets, And More Book Pamela Fierro 2005-06-30 Still reeling from the shock that you're not having just one baby, you're having two, three, or more? Unsure about what to expect and what you need to do? There's no need to fear, because with The Everything Twins, Triplets, and More Book you have all the answers right at your fingertips. From what to anticipate throughout pregnancy and delivery to surviving those first few sleepless months and the necessary lifestyle changes you'll need to make, every scenario is covered! Includes information on: What to expect during each trimester Physical changes your body endures Budgeting for extra

expenses Setting up your household for the big arrivals The first few months of life with your multiples The Everything Twins, Triplets, and More Book is your all-in-one resource for preparing your home, and your life, for all your little bundles of joy!

The Parent's Guide to Birdnesting Ann Gold Buscho 2020-09-01 Take coparenting to the next level and provide a stable environment for your children as you and your spouse begin tackling your separation or divorce. For parents who are separating and want to put their children first, birdnesting could be the interim custody solution you've been looking for. Instead of the children splitting their time being shuttled between mom and dad's separate homes, birdnesting allows the children to stay in the "nest" and instead, requires mom and dad to swap, allowing each parent to stay elsewhere when not with the children. Initially popularized by celebrities, this method of coparenting is now becoming more mainstream as a way to help ease children into a new family dynamic. Birdnesting takes work and commitment but with Dr. Ann Gold Buscho's guidance, you'll learn everything you need to know about this revolutionary method. In The Parent's Guide to Birdnesting, you will discover the pros and cons, the financial and interpersonal considerations, and if it's the right decision for you and your family.