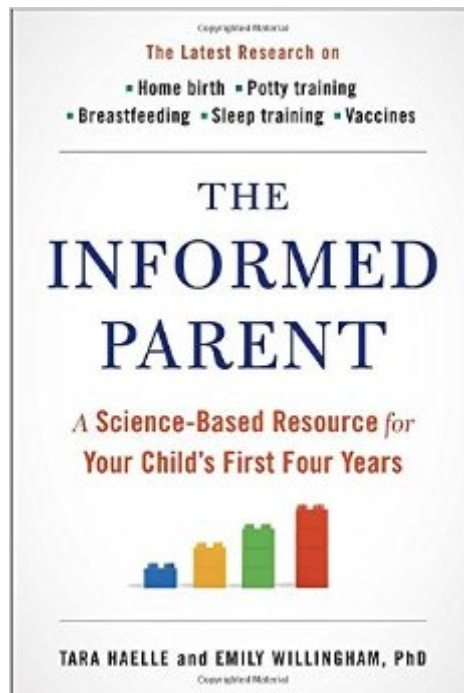


The book was found

The Informed Parent: A Science-Based Resource For Your Child's First Four Years



Synopsis

The latest scientific research on home birth, breastfeeding, sleep training, vaccines, and other key topicsâ”to help parents make their own best-informed decisions. In the era of questionable Internet "facts" and parental oversharing, it's more important than ever to find credible information on everything from prenatal vitamins to screen time. The good news is that parents and parents-to-be no longer need to rely on an opinionated mother-in-law about whether itâ”s OK to eat sushi in your third trimester, an old college roommate for sleep-training âœrules,â” or an online parenting group about how long you should breastfeed (thereâ”s a vehement group for every opinion). Credible scientific studies are out there â” and theyâ”re âœbottom-linedâ” in this book. The ultimate resource for todayâ”s science-minded generation, The Informed Parent was written for readers who prefer facts to âœfriendly advice,â” and who prefer to make up their own minds, based on the latest findings as well as their own personal preferences. Science writers and parents themselves, authors Tara Haelle and Emily Willingham have sifted through thousands of research studies on dozens of essential topics, and distill them in this essential and engaging book. Topics include: Home birth * Labor induction * Vaginal birth vs. Cesarean birth * Circumcision * Postpartum depression * Breastfeeding * Vaccines * Sleep training * Pacifiers * SIDS * Bed-sharing * Potty training * Childhood obesity * Food sensitivities and allergies * BPA and plastics * GMOs vs. organic foods * The hygiene hypothesis * Spanking * Daycare vs. other childcare optionsFull reference information for all citations in the book is available online at <http://theinformedparentbook.com/book-references/>

Book Information

Paperback: 336 pages

Publisher: TarcherPerigee (April 5, 2016)

Language: English

ISBN-10: 0399171061

ISBN-13: 978-0399171062

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ” See all reviewsÂ” (50 customer reviews)

Best Sellers Rank: #22,225 in Books (See Top 100 in Books) #70 inÂ” Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #135 inÂ” Books > Parenting & Relationships > Parenting > Early Childhood

Customer Reviews

Note: I received a pre-release copy of this book, on which this review is based. It is possible that there have been some editorial or other changes in the released version. There are innumerable myths and tropes about raising children. My mother used to tell me to not go into the pool until 30 minutes (or some random number) after I ate; and she always told me I'd catch the flu or a cold if I didn't put on a jacket during winter. Of course, neither are science based, and neither are "facts." But those were innocuous little myths. I don't like being all that cold, so putting on a coat isn't the worst thing ever. Unfortunately, some myths about parenting and raising children are dangerous. The whole "vaccines cause XYZ" myths that have infected the internet have caused some drops in vaccination, especially amongst those who should know better. And this is where this book becomes a valuable tool for "science based parenting." Tara Haelle and Emily Willingham are notable science authors who have focused on topics that are important today. Dr. Willingham has written extensively about autism, I don't think I'm exaggerating to say that she is one of the top science journalist with respect to autism and autism related issues. Ms. Haelle writes extensively about parenting issues, from vaccinations to breast feeding. Both use extensive citations and scientific knowledge in their writing. What they write often represents the best thinking in a field. Not that I advocate for the Argument from Authority, but when an authority uses real scientific evidence, the authority becomes the expert. The Informed Parent continues their writing tradition. Yes, the book is "science-y."

[Download to continue reading...](#)

The Informed Parent: A Science-Based Resource for Your Child's First Four Years Swear Word Coloring Book for Parents: Unleash your inner-parent!: Relax, color, and let your inner-parent out with this stress relieving adult coloring book. It's Your World: Get Informed, Get Inspired & Get Going! The Pocket Parent Coach: Your Two-Week Guide to Dramatically Improved Life with Your Intense Child Brief Intervention for School Problems, Second Edition: Outcome-Informed Strategies (Guilford School Practitioner (Paperback)) The Informed Argument, Brief Edition (with InfoTrac) Dr. Susan Love's Menopause and Hormone Book: Making Informed Choices Statistics: Informed Decisions Using Data (4th Edition) A Parent's Guide to the iPad: Make Learning Fun for Your Child (In Easy Steps) Smart Love: The Compassionate Alternative to Discipline That Will Make You a Better Parent and Your Child a Better Person Raising a Healthy, Happy Eater: A Parent's Handbook: A Stage-by-Stage Guide to Setting Your Child on the Path to Adventurous Eating The Sleepy Solution: The Exhausted Parent's Guide to Getting Your Child to Sleep from Birth to Age

5 A Parent's Guide to High-Functioning Autism Spectrum Disorder, Second Edition: How to Meet the Challenges and Help Your Child Thrive The Everything Parent's Guide To Sensory Processing Disorder: The Information and Treatment Options You Need to Help Your Child with SPD Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies (Healing a Grieving Heart series) You Are Your Child's First Teacher, Third Edition: Encouraging Your Child's Natural Development from Birth to Age Six Microsoft Windows NT Server 4.0 Resource Kit Supplement 4 (It-Resource Kit) ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) Forks Over Knives Family: Every Parent's Guide to Raising Healthy, Happy Kids on a Whole-Food, Plant-Based Diet Twelve Years a Slave (the Original Book from Which the 2013 Movie '12 Years a Slave' Is Based) (Illustrated)

[Dmca](#)