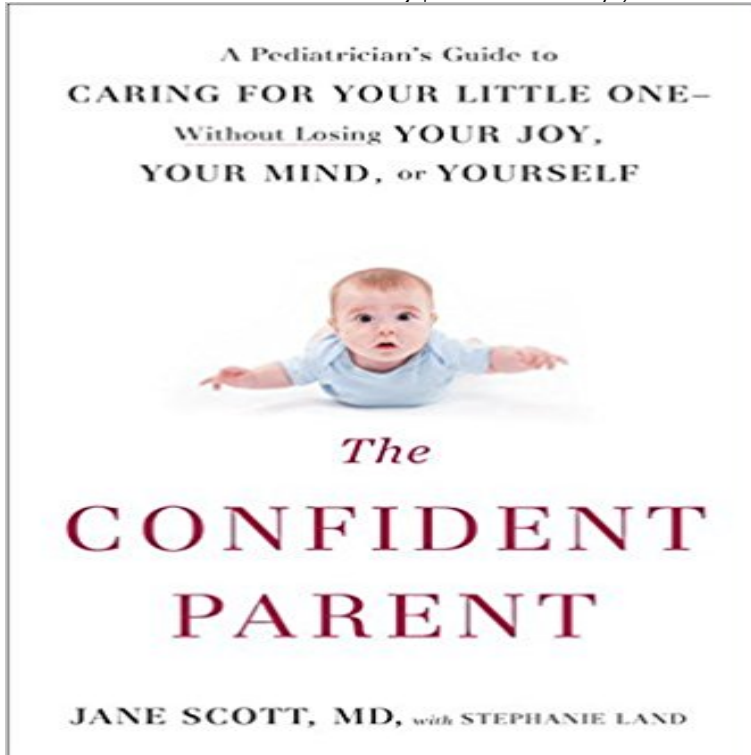


# The Confident Parent: A Pediatrician's Guide to Caring for Your Little One--Without Losing Your Joy, Your Mind, or Yourself



We've all heard the complaint from parents: They're more overwhelmed than ever before -- juggling demands on their time as well as conflicting advice from family, friends, frenemies and experts on how to achieve parental perfection--or risk jeopardizing their little ones' future happiness. Pediatrician Jane Scott has seen this parental anxiety up close, and in *The Confident Parent* she shares advice on how to cut through the confusion, dial down the insecurities and unhelpful advice, and simply do what countless parents around the world have done throughout history: tune in to their own instincts and respond to their little ones' needs without overthinking, overstimulating, and overparenting. Informed by a unique global perspective -- before training at Duke and setting up her current practice in Colorado, Dr. Scott lived in England and Ireland, as well as the Australian outback and the South African desert -- *The Confident Parent* shows readers how to be not just better caregivers but happier and more balanced human beings. The book covers the basics of baby and child-care from breastfeeding to managing temper tantrums, offering a fresh perspective that is refreshingly liberating. Takeaways include: It is not natural or necessary for mothers to be with their young children all day and night. Nurturing a marriage or partnership is as important to child rearing as nurturing the child. Children are strong and resilient--unless parents teach them not to be. Picky eating is learned, not innate. There is such a thing as being too careful. Sometimes the less you know about the so-called rules of parenting, the better you are at it. This upbeat and empowering guide shows parents how small changes can yield big results -- helping them and their kids feel more secure, more confident, and more connected.

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