



Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far)

Tracy Cutchlow

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"The coolest--and easiest--book for new parents" --Parents magazine

You could read 34 parenting books on sleep, eating, potty training, discipline, and brain development. Or you could read *Zero to Five: 70 Essential Parenting Tips Based on Science*. Tracy Cutchlow cuts to the chase, summarizing the best scientific research in bite-sized chunks. One tip per page + beautiful photographs = cool + easy.

"The best I've seen in a long time." "My go-to source." "Fabulous." --Parent educators, childbirth-class teachers, early-learning advocates

Combining the warmth of a best friend with her simple, clear style, Tracy addresses questions such as:

- * Should I talk to my pregnant belly / newborn? Is that going to feel weird? (Yes, and absolutely.)
- * How do I help baby sleep well? (Start with the 45-minute rule.)
- * How can I instill a love of learning in my child? (With specific types of praise and criticism.)
- * What boosts my child's success in school? (It's not what you think.)
- * My kindergartner loves videos and cell-phone games. That's cool, right? (If you play, too.)
- * What tamps down temper tantrums? (Naming emotions out loud.)
- * My sweet baby just hit a playmate / lied to me about un-potting the plant / talked back. Now what? (OK, this is a whole section of the book.)
- * How do I get through an entire day of this? (With help. Lots of help.)

Zero to Five is here to help. Make it your guide to the crazy wonderful journey that is parenting.

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This Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far) book is simply not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is information inside this e-book incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. That Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far) without we understand teach the one who examining it become critical in contemplating and analyzing. Don't be worry Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far) can bring if you are and not make your bag space or bookshelves' grow to be full because you can have it within your lovely laptop even cellphone. This Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far) having excellent arrangement in word in addition to layout, so you will not feel uninterested in reading.

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Chuck Bryson:

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