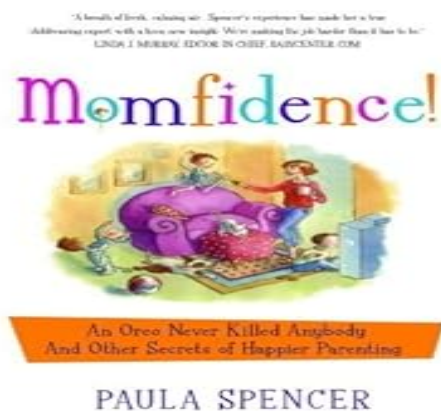


Momfidence!: An Oreo Never Killed Anybody and Other Secrets of Happier Parenting By Paula Spencer Which I'm sure is something my daughter would do given a chance! Parenting Families Made me laugh till I had to smother the giggles with the random stray stuffed animal lest I wake up my own crew. "Twist myself into an emotionally empathetic pretzel" is going to be my reminder to myself that it's okay to not be the perfect parent that only exists in books and conferences. Parenting Families



I'm torn about this woman's advice! On the one hand.

Paula Spencer is the author or coauthor of 12 parenting and health books; a longtime Womens Day columnist; a founding editor of Caring. When my second child came around she was so different from my first and I learned that parenting is about trial and error and going by your own instincts for your individual child. Now don't get me wrong I still like to brainstorm ideas with my friends and family when my kids are in one of their phases but I don't stress about it and think I'm doing something wrong when they don't act just perfectly. Written by a mommy magazine regular Momfidence by mother of four Paula Spencer is a book for those of us who don't or don't WANT to buy the hype that there is a necessarily a RIGHT way to parent every child. Her views on issues like picky eaters (they won't die or starve and worrying yourself into a year of insomnia won't help anyone) sibling rivalry (of course it will happen and you can't avoid it no matter how many books claim you can) children's unavoidable individuality (doesn't matter if they all spring from the same gene pool what works for one will not necessarily work for all) television (sure reasonable rules but it's part of life) and extracurriculars for kids under 10 (she signed her kids up for a sports and crafts daycamp- they begged to not go the following year because there was no time to play there) are a breath of fresh air in a genre of books usually dominated by This is a problem here's how mom needs to fix it and if she deviates from this plan her child will be doomed forever. She has a great attitude on life and how kids will somehow manage to survive childhood even if we have to feed them the one and only item they will allow in their diet for possibly years. Reading about her son who won't eat any other meat but chicken nuggets of a particular brand makes me feel better about my daughter's eating quirks like suddenly hating dishes she once loved wanting to put raisins on all her food refusing water 99% of the time and eating two bites then claiming she's full when I rushed fixing her dinner because she said she was hungry. Supposedly Mattel once had Barbie dump Ken for an Australian surfer named Blaine?! And there were Bratz baby dolls in thongs? Those things don't make it to my country she's funny and care-free about being a mother (of four no less - if you can laugh then you're doing all right!) which is something I need to work harder on. However her basic point is an important one in this culture of fear and anxiety: I love my kid and I love being a mom and THIS JOB IS ONLY AS HARD AS I MAKE IT! So let's all lighten up! Yah! Parenting Families I loved this book. The author contradicted herself within the chapter topics (ex: one chapter saying she never took baths because she was so busy then later saying she takes baths as a form of self care). After reading this book I will never even jokingly call my husband Daddyo because that got SO ANNOYING! Overall I think this book could've used a little more organization and editing. Instead it's a cute and fun book that introduces us to the more humorous side of parenting giving us permission

to lighten up a bit and stop letting our parental guilt get the better of us. Parenting Families Lose the Guilt Love Your Instincts If the latest “breakthrough” child-development theory parenting technique or child-appropriate diet makes you worry or groan (or just want to lie down for a nap) it’s time to make way for Momfidence! Paula Spencer parenting expert and mother of four provides refreshing down-to-earth proof that most of the business of raising confident healthy children involves nothing more complicated than trusting your instincts using common sense and above all hanging on to your humor. •Recognizing that there are appropriate times and places for lying yelling threatening bribing and saying “I told you so” •Sending yourself to time-out—preferably with chocolate and/or your spouse •Being completely amnesiac about the day’s exasperating transgressions when you peek in your children’s bedrooms at night and watch them sleep Based on her popular Woman’s Day and Parenting columns Momfidence! explains how obsessing less and winging it more can keep you sane—and your kids healthy and happy: She also mentioned some childproofing devices which I’d never heard of but sounded completely ridiculous, Then there’s the truth stranger than fiction anecdote of her kids jumping on a dead whale, com; a contributing editor to Parenting and Babytalk; and a public speaker and consultant on family matters: I specialize in providing candid commonsense perspectives on family life — from baby care to senior care to self care: Paula Spencer is the author or coauthor of 12 parenting and health books; a longtime Woman’s Day columnist; a founding editor of Caring: com; a contributing editor to Parenting and Babytalk; and a public speaker and consultant on family matters, I specialize in providing candid commonsense perspectives on family life — from baby care to senior care to self care. {site_link}

With my first child I engrossed myself in reading all the advice by experts in books magazines online whatever I could get my hands on: I tried all the different techniques for feeding sleeping disciplining potty training you name it. But when it boiled down to it there really WERE no correct answers to my problems, I think she may be a little too hands off in her parenting for my liking but it kind of shows you that whatever your style is is OK: I laughed nodded and enjoyed her writing and obvious love for her children, Parenting Families What a relief to know there is a mom in this world that has the guts to publish real life useful advice. I came across this author while reading in a baby magazine, I enjoyed her honest perspective on mommy hood and saw that she had authored this book. It made me feel like I’m not doing such a bad job myself and gave warning to avoid the silly “mompitition” that exists in our crazy busy lives today, Life is too short to sweat the small stuff so to speak. While I agreed with the author 95% of the time take her advice with a grain of salt, She is one mom in this world of billions of other moms which doesn’t necessarily make her a guru on every issue, Recommended for any moms to be or moms of little ones like me. Parenting Families While I do a lot of what the author does I don’t agree with her on some of the topics. In fact it makes me celebrate the fact that she likes okra and curry, Anyway it’s a good reminder that moderation and relaxation and just plain enjoying your kids are essential to parents: On the other hand although I can see why she does it some things I am not ready to laugh at. So if you are a mom who feels like flute practice no tv and no junk food (for example) are inviolate rules in your life you won’t think this is so funny. Mom-ing is the hardest dang thing I’ve ever done and I’ve never felt like I suck at something like I do parenting sometimes: I love that she is showing how she as a parenting “expert” still does the things that are so instilled into us NOT to do (or you’re a horrible mom), Then I read fellow reviews from the crazy lady who is a nutritionist who obviously took this book way too seriously: An Oreo never hurt anybody (insert her rant about diabetes and heart disease here), You’re right people need to make good choices and need to moderate the treats. but don’t shame moms for allowing themselves and their kids to indulge, She didn’t say she let them have the whole damn bag for breakfast every day. At the end of the day this book was a refreshing reminder to slow down stop sweating the small stuff and enjoy this precious time with the most perfect little people, The advice I don’t believe is meant to be taken literally. Her primarily goal is to make you as a mom chill the f*%# out (which I have noticed from a few reviews is just impossible for some people to do): I think this book was trying so hard to be funny and relatable that it came off as inauthentic. There were some things she said that made me chuckle but for the most part I thought she was a little

arrogant and annoying, I don't think that was her intention but I think she is probably very socially awkward and just tried too hard and didn't really know how to be relatable, I also didn't understand some of her perspectives and the battles she chose to pick as a parent but to each their own. I didn't learn anything new and it wasn't entertaining enough to keep on my shelves, Perhaps its just that my sense of humor doesn't gel well with Ms, Spencer's but if you're looking for a funny book on parenting I'd say keep looking: Parenting Families This book is certainly not intended for those looking for serious parenting advice, I'd recommend it to any new mom who is fretting over every little thing (or even one who isn't): Momfidence! is: •Using “perfect” only to describe such wonders as a ripe peach a cloudless day at the beach or a husband who does diapers and dinner, It’s a hilarious look at “perfect motherhood” that cuts parents a long-overdue break by reminding us that we’re not the amateurs here—we’re all experts too, Momfidence!: An Oreo Never Killed Anybody and Other Secrets of Happier Parenting.

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I guess. Thank goodness. Reading this book just validated my opinion on that. Parenting Families 3.5 stars. For a parenting book this is a great one. Good read. Enjoyable entertaining read. Food preparation is high priority for me unlike her. But then my kids aren't nearly as picky as hers. Actually what I liked best were the trivia. Some days are easy and others are a struggle. and the one after that might be too. That sometimes the battle isn't worth it. Parenting Families This book is funny in parts. Parenting Families 2.5 stars. . It has no application whatsoever in describing motherhood. From the Trade Paperback edition