



Raising the Best Possible Child: How to parent happy and successful kids from birth to seven

Jo Jackson King

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An original and knowledgeable take on child rearing, using cutting-edge research it will show you how you can be the best possible parent and make sure that your child becomes the best possible person they can be. How to navigate parenting myths and bring up confident, happy kids Being a parent is the most important job in the world, and it's a daunting task. After all, as parents our role is to ensure our kids become the best people they can be - happy and resilient. But how do we do that? And who do we trust to give us the best advice? Like many other parents, with the birth of her children occupational therapist Jo Jackson King turned to parenting books for guidance, but she found the contradictory advice confusing. So in this groundbreaking but still approachable book, Jo offers her assessment of the three main branches of current early child development science, in a bid to find the best advice for parents. In Raising the Best Possible Child you will learn how to:

- Ignore parenting myths and be guided by the most up-to-date information on all aspects of child-rearing, including childcare, breastfeeding, leaving to cry, sleep, nutrition, discipline, physical and mental milestones, and education
- teach your children how to navigate their own and others' emotions, manage stress and stay focused - all key factors for becoming happy and successful adults
- Be a confident, thoughtful and responsive parent this book will show you how to encourage your children to make the most of their natural temperaments and endowments, so you can enjoy raising happy, emotionally savvy children who will become happy, successful adults.

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