



The Modern Mother's Handbook: How To Raise A Happy, Healthy, Smart, Disciplined and Interesting Child, Starting From Birth

By *Anonymous* .

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While this handbook can be read in about 60 minutes, it's packed with 13 years' worth of no-nonsense, actionable advice for new moms who want to learn how to sleep-train their baby, get a toddler to love eating healthy foods, avoid common parenting mistakes, know the rules for playdates, TV and video games—and raise a happy, healthy, smart, disciplined and interesting child. Should your baby sleep alone from day one? Can formula save your sanity? Are pacifiers a good thing? What should Dad's job be? How do you discipline a toddler? What are the tricks for healthy eating habits? All these questions are expertly answered, and so much more!

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Editorial Review

About the Author

I was living the life in New York City, working at a certain high-pressure fashion magazine when I decided it was time to rethink my priorities. My husband and I had been married for 18 months, and he couldn't wait to have children. So I gave my notice, enrolled in some cooking classes and a few months later got the joyous news I'd been hoping for via a plastic stick. My new job immediately became trying to become the best mother possible. That was some 13 years ago, and this book explains how I—with the help of many others—was able to raise two happy, healthy, smart, disciplined and interesting children, as well as keep my sanity and marriage intact. Good luck, have fun and never forget that you're in charge!

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