



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

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While this handbook can be read in only 60 minutes, it's packed with 10 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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