

A Pediatrician's Guide to
CARING FOR YOUR LITTLE ONE--
Without Losing YOUR JOY,
YOUR MIND, or YOURSELF



The
**CONFIDENT
PARENT**

JANE SCOTT, MD, with STEPHANIE LAND

The Confident Parent: A Pediatrician's Guide to Caring for Your Little One--Without Losing Your Joy, Your Mind, or Yourself

Jane Scott, Stephanie Land

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We've all heard the complaint from parents: They're more overwhelmed than ever before -- juggling demands on their time as well as conflicting advice from family, friends, frenemies and "experts" on how to achieve parental perfection--or risk jeopardizing their little one's future happiness.

Pediatrician Jane Scott has seen this parental anxiety up close, and in *The Confident Parent* she shares advice on how to cut through the confusion, dial down the insecurities and unhelpful advice, and simply do what countless parents around the world have done throughout history: tune in to their own instincts and respond to their little one's needs without overthinking, overstimulating, and overparenting.

Informed by a unique global perspective -- before training at Duke and setting up her current practice in Colorado, Dr. Scott lived in England and Ireland, as well as the Australian outback and the South African desert -- *The Confident Parent* shows readers how to be not just better caregivers but happier and more balanced human beings. The book covers the basics of baby and child-care from breastfeeding to managing temper tantrums, offering a fresh perspective that is refreshingly liberating. Takeaways include:

It is not "natural" or necessary for mothers to be with their young children all day and night.

Nurturing a marriage or partnership is as important to child rearing as nurturing the child.

Children are strong and resilient--unless parents teach them not to be.

Picky eating is learned, not innate.

There is such a thing as being too careful.

Sometimes the less you know about the so-called rules of parenting, the better you are at it.

This upbeat and empowering guide shows parents how small changes can yield big results -- helping them and their kids feel more secure, more confident, and more connected.

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Jillian says

Dr. Scott has a refreshing perspective, solid advice, and a fascinating life story spanning several continents. She occasionally gets repetitive, but generally her writing voice is less irritating than what I've found in most parenting books. I took more of a general philosophy and encouragement from it rather than a long list of specific tips, but I think it would have been invaluable if I'd read it when my son was a newborn.

I listened to the audio book version through Hoopla.

Danielle says

I appreciated the general message, but Scott's simultaneous acknowledgement and then prompt dismissal of the sociocultural and political factors that contribute to parental anxiety (income inequality, lack of access to high quality childcare or outdoor spaces) was annoying and unhelpful.

Marisabel Bonet-Cruz says

I believe one of the most effective parts of being a good parent is being confident. Discipline with meaning and enhance your child's life -- by meaning it. Deeply. That confidence determines whether your kid will run away and laugh at your punishment or whether she will smile and comply with your rules. I hope to continue to be a confident parent, and every book I read allows me the opportunity to be the best Mom I can be.

This book is very good, and gives plenty of advice about how to set up routines and rules, and how to be in control -- in a loving, warm, and happy home. I highly recommend it.

Bri says

I liked this book's central thesis: it is both possible and desirable to be a happy, calm, relaxed parent of infants and toddlers. I liked everything except the odd fixation on flat head syndrome (the author's specialty I guess) and the chapter on discipline (agreed with some of it but not all). Overall this would be a great read for a first time parent--encouraging with no trace of fear-mongering (I'm looking at you, What to Expect).

Sherri says

No groundbreaking information here, but all around solid advice, especially for first time parents. The last

two chapters, about discipline and play were most relevant for me.

Shubha SV says

An easy and quick read. It has useful tips and answers to FAQs which are very informative.

Gigill says

This was a quick, interesting read and for the most part I agreed and picked up some great tips from the author...other times I found myself rolling my eyes, which I feel like is typical when listening to parenting advice anyway. I love the emphasis on ignoring the culture of fear around parenting/safety and just relaxing/enjoying the moment etc. and being a happier parent.

Amber says

A great primer on how to effectively parent. Very practical and easy to read. However, as I am now raising baby number two, most of the information was not new to me. A good pediatrician should be telling a parent all the things contained in this book already.

Holly Scudero says

Some good info in here, but lots of unhelpful stuff, too. Not a parenting book I'd recommend; there are so many out there that are much better.

Bridgette Boyko says

Nice little confidence boost. Loved her insights!

McYang says

Love this fresh perspective. Scott doesn't let parents off the hook by saying, "do your best" or "we'll find your style in other cultures if we look hard enough so you'll feel better about yourself" and yet she is not preachy or pedantic. For those of us who's parenting role models were not so great, or if you're raising a baby on your own away from your tribe this is a great book and, as the cover says, a confidence booster. Read as a supplement to books by Dr Sears and Heidi Murkoff.

Recommended for new and not-so-new parents.

Susan says

I won this book through Goodreads. A very useful book on parenting. Great to have on hand.

Michelle Carrell says

Super informative and helpful. Well organized and researched. Even had these great side notes! Clear headings and also includes an index and notes in the back.
