

CAN DOESN'T MEAN SHOULD

*Essential Knowledge for
21st Century Parents*

Paul Smolen, MD

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Can Doesn't Mean Should: Essential Knowledge for 21st Century Parents



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Chores - responsibility shapes personality. Smolen, a practiced pediatrician and pediatric blogger, provides parents current, study based information to help them make educated decisions about family members life. He provides practical tips and strategies for parents in the 21st century: Food - ideal nutrition and effects of poor choices. Display - the influence of volume and type of screen period. Dr. Stability - academics, extra curricular activities, and unstructured play. Cash - value and management. Knowledge is power. Become a better mother or father and make it less complicated!



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MD to be an excellent resource for family members raising kids in the twenty- first . We are recommending this book!. Thank you Dr. Dr. Smolen presents topics that every mother or father faces in rearing kids (nutrition, discipline, mass media and screen time, structured and unstructured playtime, chores, allowances, etc). He thoroughly discusses each concern, offering sound recommendations and concrete advice predicated on research and also his 30 plus years of encounter as a pediatrician and a dad. He offers historical illustrations coupled with modern studies to highlight the reality that children need their parents to be function models, teachers, protectors and so much more. This book is a must have resource for all family members. It has certainly become my present of choice for new parents, including my very own offspring. We all ged amazing assistance from our elders but 2qst century parents are encountering different parenting challenges that has hardly ever been noticed before. I discover as a parent to 2 small children (2 and 4 yrs . old), so many people/blogs are throwing around opinions and advice on parenting that is hard to back again up or to implement;.Very Applicable "Can't Doesn't Mean Should. Many of us have read the book and agree that the content is useful and practical for parents and caregivers I work in a multi-disciplinary therapy practice for children and teens, with over 30 providers including psychologists, educators, occupational/physical and speech therapists.." is an excellent resource for modern parents. And Doc Smo has answered them and provided me with direction on how we will address them later on. I will continue steadily to use his publication as an instant reference as my own children continue steadily to grow and mature. His advice is sensible, relevant, and pertinent to issues facing every modern mother or father. Smolen empowers parents and encourages them to take a dynamic "parenting" role within their child's life. Amy Abbott A Great Basic Guideline for Parents and Grandparents Alike As a fan of Doc Smo's blog and podcasts for several years right now, I was excited to get his new book with "Essential Understanding for 21st Century Parents. Also for myself as a pediatrician, I definitely noted many factors that I can use in my own role as a mother or father. Thank you Dr." The book will not disappoint - well crafted and easy to read, it provides practical information for parenting (and grandparenting) in the current fast-paced, digitalized world. but this reserve clears a lot of that up. Great for new parents in this 21st century world! Fantastic book for the 21st century parent! Lynn Grier Coleman Quick Read. His publication is an extremely valuable resource to current and upcoming parents of young children at such a formative amount of time in their lives. Smolen encourages parents, reflects with parents, and gives great insight to help navigate parenting our littles in this brand-new amazing 21st hundred years world.. Many of us have browse the book and concur that the content is useful and practical for parents and caregivers, in addition to readable and connect with everyday scenarios.. At last Finally a book that truly empowers parents to make the right decisions with their kids! It provides a practical guide for parental decision-making. It manuals the reader through the most pertinent issues facing modern parents, and will be offering thoughtful suggestions to navigate them successfully. This is a quick, must-go through for all parents of young children today. I had the satisfaction of reading May Doesn't Mean Should .. Doc Smo does an amazing job of discussing the important topics that contemporary parents encounter - presenting the relevant studies and his encounter and then providing easy to implement advice. I had the satisfaction of reading Can Doesn't Mean Should while expecting my first kid. This book was extremely informative, enjoyable to learn, timely and relevant. Can Doesn't Mean Should was already a valuable tool to greatly help me navigate parenting decisions. I found the book May Doesn't Mean Should by Paul Smolen, MD to be an excellent resource for families raising children in the twenty- first century. Smolen! As a mother or father of two young daughters aged 7 and ... As a parent of two young daughters aged 7 and 5, I find Dr Smolen's assistance to be timely, insightful, and encouraging. In this publication Dr.Done well Doc Smo! Doc Smo continues to provide sage advice I am a huge fan of Doc Smo which book didn't disappoint. You can find so many selections, and trying to make the right one all the time can be overwhelming day after day. And the types of decisions to be made when child rearing are endless. Thank you Dr Smolen for this practical guide filled with sound wisdom. Highly informative

Good read for anyone trying to understand how exactly to raise their child within an ever changing culture. Easy to understand points. Smolen for sharing your encounters and knowledge! The rest just appeared like common sense The just chapter I came across that helpful was the one on money and allowance. The others just seemed like common sense. Excellent book for everyone who is raising Excellent book for everybody who is raising, likely to raise, or working with children. I feel like I am better informed from reading this reserve and I'm also ready to implement some changes in our family which will influence us for the better long term. I highly recommend scanning this publication, and I have been urging others to read it, too. This is a fantastic book for parents! Quick and effective read - no guilt attached!.. I am giving copies of the book to fresh parents and expectant parents as gifts and recommend it extremely for anybody involved in childcare. In addition, it is realistic about items as a parent you can actually do and gets rid of the guilt that originates from a lot of various other books. This reserve provides good sense, practical advice as well as thought-provoking questions to contemplate about what is truly best for kids. I came across all the topics highly relevant to us: screen time, extra-circulars, feeding on healthy and what which means, allowance and chores. I got questions in all of these areas of "easily was doing this ideal" with my parenting style. Thankfully, Dr. His publication really solved the "grey" areas I acquired in my parenting. Also love the easy and quick style the publication is written in.



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