

our babies ourselves by meredith small

Our Babies Ourselves by Meredith Small: A Deep Dive into Parenting and Culture

our babies ourselves by meredith small is more than just a book title; it represents a fascinating exploration into how culture shapes parenting styles and, ultimately, the development of children. Meredith Small, an anthropologist, offers a compelling look at the intersection between biology, culture, and child-rearing practices around the world. If you've ever wondered why parenting differs so widely from one society to another or how those differences impact children's emotional and physical growth, this book provides eye-opening insights.

Understanding Parenting Through an Anthropological Lens

One of the most intriguing aspects of *our babies ourselves by meredith small* is its anthropological approach to parenting. Rather than focusing solely on psychology or biology, Small examines how cultural norms, economic conditions, and social structures influence how babies are raised. This perspective helps readers appreciate that there is no one "right" way to raise a child; instead, parenting is deeply contextual and adaptive.

For instance, Small discusses how in many Western societies, individualism is emphasized, leading to parenting styles that foster independence early on. In contrast, many non-Western cultures prioritize community and interdependence, resulting in more collective caregiving practices. These fundamental differences shape everything from feeding routines to sleep arrangements and discipline.

The Role of Touch and Physical Contact in Early Childhood

A significant topic in *our babies ourselves by meredith small* is the role of physical touch and proximity in infant development. Small highlights how constant physical contact, such as carrying babies close to the caregiver's body, is common in many traditional societies. This practice is linked to secure emotional attachment and healthy development.

In contrast, some Western parenting practices encourage infants to spend more time alone, such as sleeping in separate cribs from an early age. Small challenges readers to consider how these differences affect the emotional well-being of children and whether Western methods might be missing out on some benefits of more tactile caregiving.

Cultural Variations in Feeding Practices

Feeding is another area where *our babies ourselves by meredith small* sheds light on fascinating cultural contrasts. Breastfeeding, for example, is nearly universal worldwide but varies greatly in duration, frequency, and social context. Small explains how some cultures practice extended breastfeeding well into toddlerhood, while others wean children early due to social pressures or economic demands.

Moreover, the introduction of solid foods, communal eating, and the role of siblings or extended family members in feeding routines differ widely. Understanding these differences can help modern parents be more flexible and informed about feeding choices, appreciating that cultural norms often guide these practices more than strict nutritional science alone.

Parenting Styles and Child Development Outcomes

Meredith Small's work underscores that parenting styles are deeply intertwined with how children develop socially and emotionally. Our babies ourselves by meredith small discusses how children raised in highly nurturing and physically close environments tend to develop strong social skills and emotional resilience. On the other hand, children raised with more emphasis on independence may excel in self-reliance and problem-solving.

This nuanced view encourages parents and caregivers to consider what developmental outcomes they value most and how cultural practices align with those goals. It also invites a broader conversation about balancing nurturing care with fostering autonomy.

Modern Parenting Challenges Through the Lens of Traditional Practices

In today's fast-paced world, many parents face challenges such as balancing work and childcare, managing screen time, and navigating conflicting parenting advice. Our babies ourselves by meredith small offers valuable insights by contrasting these modern dilemmas with traditional parenting methods that rely heavily on extended family networks and community support.

Small's research invites parents to reconsider the benefits of communal caregiving and shared responsibilities. Whether it's seeking support from relatives or adopting more hands-on, responsive caregiving approaches, there are lessons from traditional cultures that can help modern families thrive.

How Our Babies Ourselves by Meredith Small Influences Contemporary Parenting Advice

The influence of Meredith Small's work extends beyond academia into the realm of parenting advice and child development programs. Many contemporary parenting experts draw on her insights to advocate for more culturally sensitive and biologically informed practices.

For example, there is growing emphasis on "attachment parenting," which echoes Small's observations about the importance of close physical contact and responsiveness. Similarly, her work supports the trend toward babywearing, co-sleeping, and extended breastfeeding as practices that align with human evolutionary history.

Tips for Parents Inspired by Our Babies Ourselves

If you're curious about applying some of the lessons from our babies ourselves by meredith small to your own parenting, here are a few practical tips inspired by her research:

- **Prioritize physical closeness:** Consider babywearing or co-sleeping to foster bonding and emotional security.
- **Be responsive to your baby's cues:** Pay attention to your child's signals and respond promptly to build trust.
- **Embrace community support:** Don't hesitate to involve family members or friends in caregiving to reduce stress and create a supportive environment.
- **Be flexible with feeding:** Whether breastfeeding or formula feeding, focus on what works

best for your family rather than rigid schedules.

- **Encourage social interaction:** Facilitate opportunities for your child to interact with others to build social skills early on.

These simple yet effective strategies reflect the core messages in Small's work and can help parents feel more confident and connected.

Why *Our Babies Ourselves* by Meredith Small Remains Relevant

More than two decades after its initial publication, *Our Babies Ourselves* by Meredith Small remains a cornerstone in understanding human parenting. Its relevance has only grown as globalization brings diverse cultural practices into closer contact and as parents seek evidence-based yet culturally respectful guidance.

Small's balanced view challenges stereotypes and encourages a respectful curiosity about how different cultures nurture their young. It reminds us that parenting is not a one-size-fits-all endeavor but a rich tapestry woven from biology, culture, and individual choice.

In the end, Meredith Small's exploration encourages a deeper appreciation for the diversity of human experience in raising children—a perspective that enriches both parents and anyone interested in the complex journey of human development.

Frequently Asked Questions

What is the main focus of 'Our Babies, Ourselves' by Meredith Small?

The book explores how different cultures raise their babies and how these practices influence child development and parenting styles.

How does Meredith Small challenge Western parenting norms in 'Our Babies, Ourselves'?

She challenges Western norms by showing that many common practices, like scheduled feeding and early independence, are culturally specific rather than biologically necessary.

What role does culture play in infant care according to 'Our Babies, Ourselves'?

Culture shapes infant care practices, affecting everything from feeding and sleeping arrangements to emotional bonding and socialization.

Does 'Our Babies, Ourselves' discuss the impact of breastfeeding across cultures?

Yes, the book examines breastfeeding practices globally, highlighting its biological benefits and cultural variations in duration and social attitudes.

What methodology does Meredith Small use in 'Our Babies, Ourselves' to study parenting?

She uses an anthropological approach, comparing ethnographic data from diverse societies to understand parenting behaviors.

How can 'Our Babies, Ourselves' inform modern parenting?

It encourages parents to consider cultural diversity in child-rearing, promoting flexibility and understanding that multiple approaches can support healthy development.

What is a key takeaway about infant independence from 'Our Babies, Ourselves'?

The book reveals that early infant independence is not universal and that close physical contact and responsiveness are common and beneficial in many cultures.

Does Meredith Small address the biological aspects of infant care in the book?

Yes, she integrates biological perspectives with cultural practices to explain how both influence infant development and parenting.

How has 'Our Babies, Ourselves' contributed to the field of parenting and anthropology?

The book has been influential in highlighting the interplay between biology and culture in parenting, challenging assumptions and encouraging culturally informed child-rearing practices.

Additional Resources

Our Babies Ourselves by Meredith Small: An Analytical Review of Cross-Cultural Parenting Insights

our babies ourselves by meredith small presents a compelling exploration into the diverse world of infant care and parenting practices across cultures. Written by anthropologist Meredith Small, this influential work delves deep into how societal norms, biological imperatives, and cultural values shape the ways in which caregivers nurture their infants. Far from being a mere parenting manual, Small's book offers a rich, investigative perspective that challenges assumptions about what constitutes "natural" or "best" practices in raising children.

By integrating anthropological research with developmental psychology, the book sheds light on how human babies, unlike many other mammals, require extended and varied care strategies to thrive. This synthesis makes **Our Babies Ourselves** a valuable resource not just for parents, but also for scholars, healthcare professionals, and anyone interested in the intersection of culture and child development.

In-Depth Analysis of Parenting Through a Cross-Cultural Lens

One of the most distinctive features of **Our Babies Ourselves** by Meredith Small is its cross-cultural comparative approach. Small meticulously examines infant care practices from a variety of societies, ranging from Western industrialized countries to hunter-gatherer and agrarian communities. This broad scope provides readers with a nuanced understanding of how cultural expectations influence everything from feeding routines to sleep arrangements, and emotional bonding.

Small's investigative tone remains neutral and professional throughout, allowing the empirical data and ethnographic observations to speak for themselves. She draws attention to the fact that what is often perceived as "normal" infant care in Western societies—such as scheduled feeding and separate sleeping—is not universal and may, in fact, be outliers in the broader human experience. This realization invites readers to reconsider deeply ingrained habits and opens the door to more flexible and culturally informed parenting choices.

Biological Needs vs. Cultural Norms

One of the central themes in **Our Babies Ourselves** is the tension between innate biological needs of infants and the cultural frameworks within which they are raised. Small highlights that human infants are born extremely dependent, requiring constant care and attention. However, cultures differ widely in how they meet these needs, balancing between fostering independence and providing security.

For instance, in many non-Western societies, infants are carried almost continuously by their mothers or caregivers, facilitating constant physical contact and immediate response to distress. In contrast, Western cultures often encourage early independence, promoting crib sleeping and scheduled feeding times. Small discusses how these differing approaches affect infant development, emotional health, and parent-child bonding.

Implications for Modern Parenting Practices

Meredith Small's work indirectly critiques the modern Western emphasis on regimented parenting schedules and the increasing reliance on technology and childcare services. By juxtaposing these approaches with those of societies where infants are integrated into family and community life more holistically, **Our Babies Ourselves** encourages reflection on the potential emotional and developmental costs of rigid parenting norms.

The book also touches upon breastfeeding practices, highlighting that extended breastfeeding and

on-demand feeding are common in many cultures, contrasting sharply with the shorter durations and scheduled feeding typical in Western societies. This comparison underscores how cultural attitudes towards breastfeeding are influenced by societal values rather than purely biological factors.

Key Features That Make Our Babies Ourselves Stand Out

- **Ethnographic Depth:** Small's firsthand observations and detailed case studies from diverse cultures provide authenticity and depth to the analysis.
- **Interdisciplinary Approach:** The integration of anthropology, psychology, and biology offers a comprehensive view of infant care.
- **Neutral and Analytical Tone:** The book avoids prescriptive advice, instead presenting findings objectively to allow readers to draw their own conclusions.
- **Focus on Natural Infant Needs:** Emphasizes the biological underpinnings of infant dependency and care, bridging science and culture.

Comparative Insights: Western vs. Non-Western Parenting

Small's detailed comparisons reveal several striking differences:

1. **Physical Contact:** Non-Western infants often experience nearly constant physical contact, while Western infants spend substantial time alone in cribs.
2. **Feeding Practices:** On-demand breastfeeding is typical in many cultures, whereas Western societies may favor scheduled feeding and early introduction of solids.
3. **Sleep Arrangements:** Co-sleeping is common globally but remains controversial and less prevalent in Western contexts.
4. **Community Involvement:** Extended family and community members frequently participate in caregiving outside Western nuclear family models.

These contrasts shed light on how cultural values, such as individualism versus collectivism, shape infant care strategies and influence developmental outcomes.

Pros and Cons of the Perspectives Presented in Our Babies Ourselves

While **Our Babies Ourselves** offers invaluable insights, it is important to consider both the strengths and limitations of Small's analysis:

- **Pros:**

- Expands understanding beyond Western-centric views of parenting.
- Encourages culturally sensitive and informed parenting choices.
- Provides a framework for considering infant needs from biological and cultural perspectives.

- **Cons:**

- Some readers may find the lack of prescriptive guidance challenging.
- The broad scope occasionally limits in-depth focus on specific cultures or practices.
- Rapid social changes in parenting practices may date some ethnographic examples.

Relevance in Contemporary Discussions on Parenting

In an era where parenting advice is ubiquitous and often conflicting, **Our Babies Ourselves** by Meredith Small stands out by grounding its perspectives in cross-cultural research and biological facts. This approach offers a valuable counterbalance to trend-driven parenting fads, underscoring the importance of understanding the roots of infant care behaviors.

Moreover, as globalization and multiculturalism increase exposure to diverse caregiving models, Small's work remains relevant for parents and professionals seeking to navigate and integrate multiple cultural influences. The book's emphasis on flexibility and cultural awareness aligns well with contemporary movements advocating for more inclusive and individualized approaches to parenting.

Our Babies Ourselves by Meredith Small ultimately invites readers to question the norms they have inherited and consider a wider spectrum of human experience in the care of the youngest and most vulnerable members of society. It challenges the notion of a single "correct" way to parent, instead promoting a deeper appreciation of the rich tapestry of caregiving traditions worldwide.

[Our Babies Ourselves By Meredith Small](#)

our babies ourselves by meredith small: *Our Babies, Ourselves* Meredith Small, 1999-05-04

A thought-provoking combination of practical parenting information and scientific analysis, *Our Babies, Ourselves* is the first book to explore why we raise our children the way we do--and to suggest that we reconsider our culture's traditional views on parenting. New parents are faced with innumerable decisions to make regarding the best way to care for their baby, and, naturally, they often turn for guidance to friends and family members who have already raised children. But as scientists are discovering, much of the trusted advice that has been passed down through generations needs to be carefully reexamined. In this ground-breaking book, anthropologist Meredith Small reveals her remarkable findings in the new science of ethnopediatrics. Professor Small joins pediatricians, child-development researchers, and anthropologists across the country who are studying to what extent the way we parent our infants is based on biological needs and to what extent it is based on culture--and how sometimes what is culturally dictated may not be what's best for babies. Should an infant be encouraged to sleep alone? Is breast-feeding better than bottle-feeding, or is that just a myth of the nineties? How much time should pass before a mother picks up her crying infant? And how important is it really to a baby's development to talk and sing to him or her? These are but a few of the important questions Small addresses, and the answers not only are surprising, but may even change the way we raise our children.

our babies ourselves by meredith small: *Our Babies, Ourselves* Meredith Small, 2011-09-07

A thought-provoking combination of practical parenting information and scientific analysis, *Our Babies, Ourselves* is the first book to explore why we raise our children the way we do--and to suggest that we reconsider our culture's traditional views on parenting. New parents are faced with innumerable decisions to make regarding the best way to care for their baby, and, naturally, they often turn for guidance to friends and family members who have already raised children. But as scientists are discovering, much of the trusted advice that has been passed down through generations needs to be carefully reexamined. In this ground-breaking book, anthropologist Meredith Small reveals her remarkable findings in the new science of ethnopediatrics. Professor Small joins pediatricians, child-development researchers, and anthropologists across the country who are studying to what extent the way we parent our infants is based on biological needs and to what extent it is based on culture--and how sometimes what is culturally dictated may not be what's best for babies. Should an infant be encouraged to sleep alone? Is breast-feeding better than bottle-feeding, or is that just a myth of the nineties? How much time should pass before a mother picks up her crying infant? And how important is it really to a baby's development to talk and sing to him or her? These are but a few of the important questions Small addresses, and the answers not only are surprising, but may even change the way we raise our children.

our babies ourselves by meredith small: Kids Meredith Small, 2011-09-07 To what extent do our parenting practices help or hinder our children? As parents, how much influence do we have over what kind of people our children will grow up to be? In the follow-up to her critically acclaimed *Our Babies, Ourselves*, Cornell anthropologist Meredith Small now takes on these and other crucial questions about the development of preschool children aged one to six. "A revealing perspective on how and why we raise children as we do." — Booklist While *Our Babies, Ourselves* explored the physical and cultural preconceptions behind child-rearing and offered new clues to parenting practices that might be detrimental to a baby's best interest, *Kids* delves even deeper. Unraveling the deep-seated notions prescribed in most parenting books, *Kids* combines the latest scientific research on human evolution and biology with Small's own keen observations of various cultures for a lively, eye-opening view of early childhood in America. Small not only reveals how children in this age group socialize and absorb the rules that underlie the societies they live in; she also explains the extent to which parents enhance or hold back the emotional and psychological growth of their kids. In her engaging style, Small blends memorable accounts from her own experiences raising a

preschooler with fascinating findings from her pioneering cross-cultural research, which spanned the country as well as the globe. Covering myriad aspects of the miraculous process of human growth, Small breaks new ground on topics such as why childhood is the optimum time for acquiring language skills; how children absorb knowledge and learn to solve problems; how empathy, and morality in general, make their way into a child's psyche; and the ways in which gender impacts identity. Underlying each chapter is an illuminating discussion of how the roles parents assign children in America shape the self-esteem and self-image of a future generation. Rich with vivid anecdotes and profound insight, Kids will cause readers to rethink their own parenting styles, along with every age-old assumption about how to raise a happy, healthy kid.

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our babies ourselves by meredith small: Families Alex Liazos, 2015-12-03 Unlike other family textbooks that mostly emphasize conflicts and problems, this book also features the joys and pleasures of family living and its mutually nourishing qualities. Its perspective reflects polls, surveys, and student essays indicating that most people value their families. Families everywhere provide love, support, and sustenance to their members, but they do so in many different arrangements. Understanding the wide variety of families historically and across cultures gives the student a better basis for understanding how families change and a better grasp of more controversial changes such as the gradual acceptance by Westerners of same-sex marriage and child-rearing by single people. Liazos offers two poignant chapters not found in other texts. Family Living (Chapter Six) focuses on the social value of caregiving and family meals. Kin and Community (Chapter Seven) focuses on relationships among kin and the larger community.

our babies ourselves by meredith small: How Eskimos Keep Their Babies Warm Mei-Ling Hopgood, 2025-05-01 The book is breezy and entertaining and Hopgood is charmingly self-deprecating about her own mothering of the formidable Sofia, who emerges as a sassy character in her own right. —Boston Globe A tour of global practices that will inspire American parents to expand their horizons (and geographical borders) and learn that there's more than one way to diaper a baby. Mei-Ling Hopgood, a first-time mom from suburban Michigan—now living in Buenos Aires—was shocked that Argentine parents allow their children to stay up until all hours of the night. Could there really be social and developmental advantages to this custom? Driven by a journalist's

curiosity and a new mother's desperation for answers, Hopgood embarked on a journey to learn how other cultures approach the challenges all parents face: bedtimes, potty training, feeding, teaching, and more. Observing parents around the globe and interviewing anthropologists, educators, and child-care experts, she discovered a world of new ideas. The Chinese excel at potty training, teaching their wee ones as young as six months old. Kenyans wear their babies in colorful cloth slings—not only is it part of their cultural heritage, but strollers seem outright silly on Nairobi's chaotic sidewalks. And the French are experts at turning their babies into healthy, adventurous eaters. Hopgood tested her discoveries on her spirited toddler, Sofia, with some enlightening results. This intimate and surprising look at the ways other cultures raise children offers parents the option of experimenting with tried and true methods from around the world and shows that there are many ways to be a good parent.

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our babies ourselves by meredith small: The Soul of Justice Cynthia Willett, 2018-05-31 Cynthia Willett brings together diverse insights from social psychology, classical and contemporary literature, and legal and justice theory to redefine the basis of the moral and legal person. Feminists, communitarians, and postmodern thinkers have made clear that classical liberalism, with its emphasis on individual autonomy and excessive rationalism, is severely limited. Although she is sympathetic with the liberal view, Willett finds it necessary to go further. For her, attention to the social dimensions of the family and civil society is critical if issues of race, gender, class, and sexuality are to be taken seriously. Interdependency, not autonomy, is of increasing significance in an era of globalization. Willett proposes an alternate normative theory that recognizes the impact of social forces on individual well-being. Citizenship in a democracy should not be defined solely on the basis of rights to autonomy, such as bare rights to property or free speech, she explains. Rather, citizenship should be defined first of all in terms of the rights, responsibilities, and capacities of the social person. It is within the African American tradition of political thought that Willett finds a more useful definition of human identity and political freedom. The African American experience offers a compelling vision of social change and a deeper understanding of what it means to be a social person. By focusing on everyday battles against racism, Willett contends, we can gain valuable insight into the meaning of justice.

our babies ourselves by meredith small: Inciting Democracy Randy Schutt, 2001-09-10 Inciting Democracy offers a vision of what a good society might look like and explores how we can overcome five key obstacles to creating such a society. It offers a practical way to develop a large, decentralized education and support program that can increase the skills, knowledge, and strength of hundreds of thousands of goodhearted people so they can democratically and nonviolently transform society through grassroots change movements. It also provides a realistic, long-term vision of success, a vision that can encourage and inspire people working for positive change, thus making success more likely.

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our babies ourselves by meredith small: Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent Meredith F. Small, 1998

our babies ourselves by meredith small: Feed the Baby Hummus Lisa Lewis, 2018-03-01 Parenting practices vary widely between countries and cultures. For example, in countries such as the Philippines, breastfeeding after age one year is common, and parents can make their own

decision about what is right for their family. In Korea, babies eat a variety of spices and flavors, helping them develop a diverse palate and healthy eating habits. And in Italy, parents prevent separation anxiety by taking their babies to markets, restaurants, and churches and passing them around from person to person. *Feed the Baby Hummus* teaches parents to confidently incorporate various multicultural practices into their own caretaking plan. Pediatrician Lisa Lewis offers the wisdom and proven caretaking practices of the cultures of the world, drawn from her own training, research, travel, and clinical experience. Although certain standards of care must exist for babies to thrive and be happy, *Feed the Baby Hummus* offers a variety of cross-cultural parenting information and baby care guidance from a trusted source.

our babies ourselves by meredith small: *Nursing Mother, Working Mother - Revised* Gale Pryor, 2007-04-06 For the working mother: How to keep the breastfeeding bond between mother and child strong.

our babies ourselves by meredith small: *Anthropology* Raymond Scupin, Christopher R. DeCorse, 2019-12-20 Now with SAGE Publishing! Using state-of-the-art research, *Anthropology: A Global Perspective* introduces students to the four core subfields of anthropology and applied anthropology. Integrating material from each subfield, this comprehensive text is founded on four essential themes: the diversity of human societies; the similarities that tie all humans together; the interconnections between the sciences and humanities; and a new theme addressing psychological essentialism. Authors Raymond Scupin and Christopher R. DeCorse demonstrate how anthropologists use research techniques and methods to help solve practical problems and show students how anthropology is relevant to improving human societies. This supportive textbook is grounded in the belief that an enhanced global awareness is essential for people preparing to take their place in the fast-paced, interconnected world of the twenty-first century. The extensively revised Ninth Edition includes a new chapter on gender and sexuality, features a dramatically new look with new photos and figures, and has been updated to reflect the most recent findings in the field. This title is accompanied by a complete teaching and learning package.

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our babies ourselves by meredith small: *Designing the Domestic Posthuman* Colbey Emmerson Reid, Dennis M. Weiss, 2023-12-28 Ever since TIME magazine's 1983 'Man of the Year' was the PC, we have been led to believe that our domestic spaces have been colonized by digital technology. Too little attention has been paid to the domestic spaces and inhabitants impacted by this, and critical posthumanism has been captured by a picture of humanity overly indebted to digital technologies and their largely male progenitors. By applying feminist theory to posthumanism, this work recovers the plethora of sophisticated human-technology mediations associated with the home and practiced primarily by women, the elderly, infants, the disabled and across cultures globally, challenging dominant, contemporary visions of a future humanity. Authors Dennis M. Weiss and Colbey Emmerson Reid look at various iterations of the posthuman and assert the need for alternative, feminist readings that emphasize different standpoints from which to assess people, places, and products. Chapters address the impact of posthumanism on design theory and look at familiar domestic objects, with different attributes from those typically affiliated with technology and the future, such as clothing, textiles, ceramics, furniture and wallpaper. They reveal

their unhomely, extra-human qualities and offer a much-needed perspective on domestic spaces and practices, revivifying the home as a site of species transformation and pushing beyond traditional understandings of person, mothering, families and care-giving to highlight a range of critically-overlooked mediated materialisms and embodiments affiliated with domestic space. By focusing on the neglected intersection of the posthuman with the home and exploring domestic posthuman design, *Designing the Domestic Posthuman* offers a vision of a future humanity that retains identity, integrity and considers our relationship to others, to the world and things in it. This book widens the lens of critical focus in posthumanism, feminist philosophy and design and presents an alternative, inclusive design framework for the future.

our babies ourselves by meredith small: Seen, Heard & Understood Lainie Liberti, 2023-06-01 In normal times, adolescence is not easy. Changes in the external world can amplify internal changes and make it more difficult for teens to cope, let alone thrive. During adolescence, parents often struggle to remain connected with their teens. Lainie Liberti helps parents understand their teen's developmental stages and behaviors in an easy to follow format through stories, research, applied psychology and science-backed tools. Prepared with the right tools, parents can support their teens on a journey towards greater mental health. Throughout this inspirational book, you'll explore a new conceptual framework for parenting which will transform your relationships. Be prepared to do the uncomfortable work required in order to support your teen through some of the biggest mental health challenges our generation has ever experienced. In addition to providing a set of powerful tools, this book will offer a roadmap to learning: • Common teen myths • Healing traumas • Partnership parenting • Mentorship benefits • Teen brain basics Are you ready? Do you feel there must be a better way to live with your teenager, but don't know how to start? This book could be just what you need. A powerful call to parents to look directly at young people, listen to where they are coming from and support them to find the life they want to lead. Combining personal experience, neuroscientific research and practical tools, Lainie guides you towards a different way of being with your teen, moving from coercion and manipulation to partnership and connection. ~Dr. Naomi Fisher, Clinical Psychologist and Author of *Changing Our Minds: How Children Can Take Control of their Own Learning* "Finally.. a book that sees and understands the unique needs of teenagers without all the negative stereotypes. This book is a gem." ~Christiane Northrup, M.D., New York Times best-selling author of *Goddesses Never Age*, *The Wisdom of Menopause*, and *Women's Bodies, Women's Wisdom* Lainie Liberti provides relief from the fear-based need to control your teen, allowing partnership to replace domination. With a validating voice, she provides tools to heal yourself, such that you don't have to react to your teen from your pain, but respond from your love. ~Naomi Aldort, Author of *Raising Our Children, Raising Ourselves; Transforming Parent-Child Relationship from Reaction and Struggle to Freedom, Power and Joy* "As a mom of two teenagers, and a longtime admirer of Lainie Liberti's work, I value her insights on prioritizing connection over coercion in our parenting approach. *Seen, Heard & Understood* provides the tools and inspiration to build a powerful, peaceful partnership with our teens." ~Kerry McDonald, Author of *Unschooling: Raising Curious, Well-Educated Children Outside the Conventional Classroom* "This book is a major contribution to unschooling and homeschooling families and to the movement for reimagining education. It names the proverbial elephant in the room. Unless we as parents heal our own intergenerational trauma and face our fears and anxieties, we risk passing these to our children. Born out of many years of hands-on experience, this book offers very practical tools for how we can enter into partnership parenting and build a genuine learning culture with our teens centered around freedom and accountability. It is a powerful post-Covid roadmap for navigating the inner world of our teens and ourselves as adults. Lainie Liberti has gifted us with the parent's liberation handbook for our times. ~Manish Jain, Co-Founder of Swaraj University, Learning Societies Network and The Peoples' Institute for Rethinking Education

our babies ourselves by meredith small: *Babies at Work: Bringing New Life to the Workplace* Carla Moquin, 2008-07 Written by the president of the Parenting in the Workplace Institute, *Babies at Work* is the first book to explain the transformation that occurs when babies can

come to work with their parents for the first several months of life. Babies at Work explains why well-structured baby programs are highly successful and describes the dramatic benefits that more than 1,300 babies have brought to more than 115 organizations to date. Testimonial: Ms. Moquin addresses a highly pertinent topic and is a pioneer for business leaders and parents. Her expertise and research highlight an important way for organizations to find and keep top employees and contribute toward making themselves great places to work. This concept makes solid business sense and I would recommend this as must-read material for any Human Resources executive and every business owner. Deborah Driskill, CEO, CDG & Associates, Winning Workplaces national finalist; Working Woman Regional Recipient - Best Company to Work For

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