



# Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far)

*Tracy Cutchlow*

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*"The coolest--and easiest--book for new parents"* --Parents magazine

You could read 34 parenting books on sleep, eating, potty training, discipline, and brain development. Or you could read *Zero to Five: 70 Essential Parenting Tips Based on Science*. Tracy Cutchlow cuts to the chase, summarizing the best scientific research in bite-sized chunks. One tip per page + beautiful photographs = cool + easy.

*"The best I've seen in a long time." "My go-to source." "Fabulous."* --Parent educators, childbirth-class teachers, early-learning advocates

Combining the warmth of a best friend with her simple, clear style, Tracy addresses questions such as:

- \* Should I talk to my pregnant belly / newborn? Is that going to feel weird? (Yes, and absolutely.)
- \* How do I help baby sleep well? (Start with the 45-minute rule.)
- \* How can I instill a love of learning in my child? (With specific types of praise and criticism.)
- \* What boosts my child's success in school? (It's not what you think.)
- \* My kindergartner loves videos and cell-phone games. That's cool, right? (If you play, too.)
- \* What tamps down temper tantrums? (Naming emotions out loud.)
- \* My sweet baby just hit a playmate / lied to me about un-potting the plant / talked back. Now what? (OK, this is a whole section of the book.)
- \* How do I get through an entire day of this? (With help. Lots of help.)

*Zero to Five* is here to help. Make it your guide to the crazy wonderful journey that is parenting.

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