



First-Time Mom: Getting Off on the Right Foot From Birth to First Grade

By Kevin Leman

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If you feel nervous about this new role of parenthood (and who wouldn't?), Dr. Kevin Leman will put you at ease. While affirming your joy, wonder, and fear, *First-Time Mom* prepares you for this influential task by sharing the essentials of child-raising, including the personality traits and typical interactions you can expect to have with your first child. Now available in softcover.

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First-Time Mom: Getting Off on the Right Foot From Birth to First Grade By Kevin Leman **Bibliography**

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Editorial Review

From Publishers Weekly

Talk show host and prolific author Leman (*Making Children Mind without Losing Yours*, etc.) dispenses traditional parenting advice to new mothers in this stern but encouraging book. A family psychologist by training, Leman is strongest when dealing with the emotional and psychological aspects of parenting, such as bonding, playtime and discipline. (His philosophy: "I don't believe spanking is appropriate under the age of two, and I think it runs its course by the age of six.") For Leman, the most important thing a mother can do is to "create a place of belonging and an attitude of family togetherness." He emphasizes the importance of sacrifice, of breastfeeding, of maintaining a romantic marriage and of staying home to raise the kids. Some readers may find Leman's opinions quite dated. He assumes, for example, that first-time dads aren't interested in reading parenting books and warns mothers that if they don't take time off work to raise their own children, they and their child may "end up in some counselor's office" confronting the problems of detachment and delinquency. Leman's tone also varies throughout the book. At times, he is almost excessively encouraging ("Good for you. You did it. You're a parent!"). At other moments, he is winningly realistic ("Parenting is about decades, not days"). Occasionally, however, he can be quite patronizing, as when he uses child-talk to explain to his readers that "babies don't need daddies to act like mommies or mommies who try to act like daddies." Fans of Leman's television show, *Reality Talks!*, will appreciate his practical, fatherly attitude, but those seeking more progressive advice and opinions will be better off looking elsewhere.

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From the Back Cover

Wish your child came with an owner's manual?

"First-Time Mom" offers just that-practical guidance and insight on raising your first child-with the right touch of humor, too. Parenting expert Dr. Kevin Leman reveals how you can not only "get through" those first ten exhausting, transitional days, but also create a lifetime bond of emotional security. He explains the differences in the parenting styles of firstborns, middleborns, and lastborns, helping you identify your own strengths and weaknesses.

Whether you've received your incredible gift through birth or adoption, becoming a parent is the most significant task you'll ever undertake. So raise your firstborn right-with confidence and a positive parenting experience. Then watch your child change the world!

About the Author

Dr. Kevin Leman, an internationally known psychologist, radio and television personality, and speaker, has taught and entertained audiences worldwide with his wit and commonsense psychology. The best-selling and award-winning author has made house calls for hundreds of radio and television programs, including *The View* with Barbara Walters, *Today*, *Oprah*, CBS's *The Early Show*, *Live with Regis Philbin*, CNN's *American Morning*, and *LIFE Today* with James Robison. Dr. Leman has served as a contributing family psychologist to *Good Morning America*. He is the founder and president of *Couples of Promise*, an organization designed and committed to helping couples remain happily married. Dr. Leman and his wife, Sande, live in Tucson. They have five children.

Users Review

From reader reviews:

Christina Evert:

Book is to be different for each and every grade. Book for children till adult are different content. We all know that that book is very important normally. The book First-Time Mom: Getting Off on the Right Foot From Birth to First Grade ended up being making you to know about other information and of course you can take more information. It is quite advantages for you. The book First-Time Mom: Getting Off on the Right Foot From Birth to First Grade is not only giving you far more new information but also for being your friend when you really feel bored. You can spend your personal spend time to read your publication. Try to make relationship with all the book First-Time Mom: Getting Off on the Right Foot From Birth to First Grade. You never really feel lose out for everything if you read some books.

Derrick Minor:

As people who live in the particular modest era should be update about what going on or information even knowledge to make these keep up with the era which can be always change and make progress. Some of you maybe will certainly update themselves by examining books. It is a good choice for you personally but the problems coming to you is you don't know what type you should start with. This First-Time Mom: Getting Off on the Right Foot From Birth to First Grade is our recommendation to make you keep up with the world. Why, as this book serves what you want and want in this era.

Randal Gore:

The particular book First-Time Mom: Getting Off on the Right Foot From Birth to First Grade has a lot info on it. So when you check out this book you can get a lot of help. The book was written by the very famous author. The author makes some research before write this book. This book very easy to read you can obtain the point easily after scanning this book.

Sylvia Alexander:

First-Time Mom: Getting Off on the Right Foot From Birth to First Grade can be one of your starter books that are good idea. We all recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to get every word into delight arrangement in writing First-Time Mom: Getting Off on the Right Foot From Birth to First Grade yet doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource information that maybe you can be one of it. This great information can certainly drawn you into brand new stage of crucial considering.

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