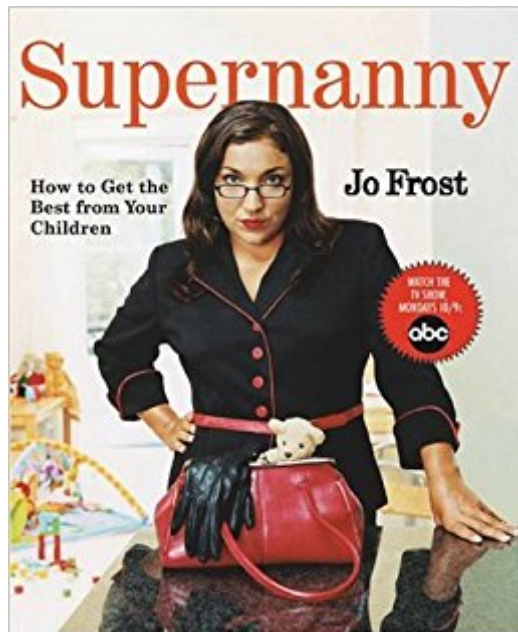




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Supernanny: How To Get The Best From Your Children



Synopsis

Meet Supernanny Jo Frost, a modern-day Mary Poppins here to rescue today's beleaguered parents by offering up her practical, road-tested methods of childrearing in an indispensable new book based on her upcoming ABC-TV series. Jo Frost, a.k.a. Supernanny, is the answer to every stressed-out parent's dreams. In ABC's upcoming primetime TV series by the same name, Jo works miracles on problem children by dispensing hard-won wisdom and reassuring us that parents really do know best. The Supernanny method gives parents the know-how to tackle problem areas such as mealtime, bath time, bedtime, bedwetting, homework, sibling rivalry, aggressive behavior, or a child who just won't do what he or she is told to do. Divided into action-oriented problem and solution sections, Supernanny will show parents how to restore harmony and authority in the home using the Supernanny's ten basic rules and her effective, no-nonsense approach to problem-solving. For example: Problem: What if your child refuses to go to bed? Supernanny Solution: Develop a bedtime routine so that the child can get used to a consistent pattern that she is not going to be able to change or manipulate. A routine will set up a calming sequence of events that will be designed to help the child relax. Problem: Toilet-training Supernanny Solution: Prepare your child by taking any hint of shame or disgust out of what is simply a natural fact of life. Keep the door open, bring her into the bathroom with you, and explain what's happening, including the use of toilet paper and the washing of hands afterward.

Book Information

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Customer Reviews

For despairing moms and dads everywhere, "Supernanny" Jo Frost may as well be wearing a

Wonder Woman costume. Her no-nonsense rules--not tips, not advice, but rules--for consistently managing one's offspring leave no room for arguments (or wrestling matches). From her arms-akimbo stance on the book's cover, it's clear she's in charge, and ready to instruct all wishy-washy (overworked American) parents how to lay down the law in their own home. She offers her "top ten rules" for setting boundaries, managing mealtimes, even surviving toilet training, and it's mostly rock-solid, and peppered liberally with British wit. (For parents who obsess over their toddler's every meal, she warns: "It doesn't take long for them to work out the obvious: you can't make them eat.") Frost may not have a degree in child development, but she was raised in a stable, doting family, and has 15 years' experience taking care of tots, a combination which puts her way ahead of most parents. She may be firm, but by setting definite boundaries, she sets the stage for parenting to be more of a "joy" and much less of a "slog." You can raise your sippy cups to that.

--Erica Jorgensen

Kim and Aggie for naughty toddlers The Times Don't miss it. We're hoping for a second series ... heartwarming stuff. Heat (Five Star review) on Channel 4's Supernanny --This text refers to an out of print or unavailable edition of this title.

I haven't read this one all the way through yet, but it is exactly what I needed so far! It's easy to read and she words it in ways to make it flow from book to practical knowledge quickly. I also love that she includes real life examples to relate to. I'm so excited to read more and help my toddler become a well-mannered young man in the coming years!

We first encountered this book at a friends house when we visited earlier this month. After reading just a few pages, both my husband and I decided to order it and ship it home so it would be waiting for us when we returned. The principles and practices laid out in Supernanny are clear, concise and sound. Jo Frost has a natural demeanor in her writing that makes you want to relax as a parent, as you realize you are not alone in your battle of toddlerhood. She eases you into new perspectives and approaches, shifting your gaze from wanting to control your children, to aspiring to lead them with a newfound empathy of their own struggles of learning about life and how to live it. This is a great read. The most important principle I have learned so far is to not give in or give up. After just one week of applying the 'Naughty Step', I am not only seeing some response in my toddler, but am finding an inner peace (sometimes) while working with her to correct 'naughty' behaviors (instead of my normal frantic state prior). Looking forward to reading more and keeping this one handy for

years to come.

I liked this book and I found that it had some great tips on dealing with your kids but for me not enough. I think at the time I was looking for that book that just does not exist on how to raise your kids. However this does not take away from the usefulness of this book. The best thing I took away from this book was to reduce the amount of choices I was giving my kids. To many choices equals confused, unhappy kids. As well I enjoyed the part about being persistent. They take the hat off she puts it back on, again and again and again. That was like a "duh" moment for me. You have to outlast them!

I don't remember reading in the description of this book that this was specific to the toddler age-range. My children are 8 and 11 and the tactics used in this book don't easily translate to that.

Great Book!!

Straight forward advice from someone who knows what's effective. It is a quick read which with a small one who has time to read more detailed information? Also a good book for Dads. She gives a more detailed explanation as to why certain things work, and things to avoid, and then at the end of the chapter sums it all up in a consistent chart. Having been a watcher of her show I am not sure if I learned anymore than what I learned by watching her but it was nice to have to remind myself what to do once in certain situations.

I bought this book when my son was two years old. I always wondered that this system will work on my son because he was very strong will. I am very happy that this book changed him and he is such a good boy now. It took some time but consistence in discipline changed our son. The system described in the book is easy to follow and bottom line is that for bad behavior there will be consequences. My son likes to have choices and we hold him accountable for every action.

I love this woman's shows. I have a toddler and I find them to be invaluable. I ordered the book with expectations that I would find some tips and tricks I could use. What I got was far too many unnecessary pictures and a serious lack of meatiness to the book. It left me wanting a lot more. It did list out checklists and a few stories for a few of her bests, the naughty seat, sleeping in their own bed and tantrums. But I wanted just a bit more

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