



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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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:

Enrique McLean:

People live in this new day of lifestyle always attempt to and must have the extra time or they will get lots of stress from both everyday life and work. So , once we ask do people have spare time, we will say absolutely indeed. People is human not a robot. Then we request again, what kind of activity do you have when the spare time coming to you actually of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative within spending your spare time, often the book you have read is usually First-Time Mom: Getting Off on the Right Foot From Birth to First Grade.

Christopher Sanchez:

The book untitled First-Time Mom: Getting Off on the Right Foot From Birth to First Grade contain a lot of information on this. The writer explains your girlfriend idea with easy approach. The language is very easy to understand all the people, so do not really worry, you can easy to read this. The book was authored by famous author. The author gives you in the new time of literary works. It is possible to read this book because you can read more your smart phone, or gadget, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site as well as order it. Have a nice study.

Rosa Crowe:

A lot of guide has printed but it takes a different approach. You can get it by world wide web on social media. You can choose the best book for you, science, comedian, novel, or whatever by means of searching from it. It is identified as of book First-Time Mom: Getting Off on the Right Foot From Birth to First Grade. You'll be able to your knowledge by it. Without causing the printed book, it might add your knowledge and make you actually happier to read. It is most important that, you must aware about book. It can bring you from one spot to other place.

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