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***Good Parenting*^{CM} Seal honors new book that
TAKES THE GUESSWORK OUT OF RAISING HAPPY, HEALTHY KIDS**

Nutley, New Jersey (September 9, 2009) The Good Parenting^{CM} Seal from Parental Wisdom®, a patented parenting website that recognizes parents as the real experts in knowing their children best, recognizes and awards the Seal to Ohio parenting expert, Brenda Nixon, M.A., for her book, *The Birth to Five Book: Confident Childrearing Right from the Start* (Revell).



The Birth to Five Book is sure to become a classic among the self-helps offering readers solid advice on how to raise kids; from what to feed them to potty training to discipline to starting kindergarten. More than most parenting primers, this book is organized into three sections: Parenting Your Infant, Parenting Your Toddler, and Parenting Your Preschooler.

Plus, *The Birth to Five Book* offers valuable resources and money saving tips every parent will appreciate:

- 10 tips for stress-less parenting
- Gift-giving ideas from birth to five years
- Creative crafts for cutting household costs while bonding with your child

Like a vitamin pill, Nixon's research, guidance, and success strategies pack a punch. Her insight and commonsense advice will reduce the doubt and restore childrearing confidence. *The Birth to Five Book* ISBN 9780800733193 Trade Paperback: \$12.99 available at bookstores and online

About the Author

An extensive background in early childhood development and parent education, raising two daughters, and warmth, wit and wisdom make **Brenda Nixon, M.A.**, a popular speaker to parents and childcare professionals. MOPS International and AEYC Conferences, Benton County (IA) Empowerment, and Sprint World Headquarters have featured Nixon as their parenting speaker. A member of the Advanced Writers and Speakers Association, Nixon is a contributing author to 23 titles, a frequent media guest expert, and quoted in *Parenting*, *Good Housekeeping* and on WebMD. She lives in OH with her family and is available for interviews and booksignings.



About the Good Parenting^{CM} Seal

Evaluated by parents, the seal is awarded to books and media that address parenting issues that are clear, helpful and actionable. The Seal exists to resolve the issues of parents with limited time and money to sort through the thousands of books, millions of websites and other media when researching advice on raising children. Parental Wisdom® has been award the Good Parenting certification mark by the U.S. Patent Office. For more information visit www.parentalwisdom.com

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