



January 28, 2008

*Parental Wisdom – Emails
Parenting Via Cruise Control*

We begin the job of parenting with the best intentions, and find the role both rewarding and challenging. With all the parenting hats we wear, I believe that one is far more important than all the others put together - it's the hat of a bus driver.

When our children are born, we take them on a life-long journey from infancy to adulthood. Think of that journey like a bus with us at the wheel. Just like a bus, there will be stops along the way where people get on and off. Those people represent influences whether they are family, friends, teachers, coaches; anyone who interacts with your child.

But despite all the stops and distractions, the bus will go where the bus driver steers it. The operative word is **steering**, where we have a conscious control of the direction, rather than simply putting our bus into cruise control. It's a matter of being aware and listening to yourself and your instincts and your child. No one is a better expert in knowing your child than you.

Bear in mind that as parents we're going to make mistakes - it happens. **There are no perfect people, just those of us that are perfectly normal. Enjoy the journey.** Excerpted from [*Because Kids Don't Come With Manuals®: Contemporary Advice for Parents*](#) by Tina Nocera

Tired of the same old candy or wrapping paper fundraisers?

- Consider purchasing copies of this book in quantities of 50 or more for your school at the discounted price of \$8. You can sell the book as a fundraiser for \$12.
- We're also selling our bumper sticker 'Proud Parent of a Good Person' to non-profits for \$2 each.
- Your non-profit organization keeps the profits from both, and no one has to worry about eating all that candy!
- If you're interested, email tina@parentalwisdom.com

Wanted: We're looking for evaluators for the Good Parenting seal

I was recently speaking with a parent who explained their six-year-old found a toy gun in a goodie bag he received at a school party. I suggested that she speak directly with the teacher as it was unlikely the teacher was aware of the situation. The mom's response was a little disturbing, "I'm waiting for my son to put the gun down so I could sneak it away and throw it out."

Whoa! That is what you call a coaching moment - the golden opportunities to teach your child your values and build an honest relationship with him.

In the same vein, there are two best-selling books on the market regarding children's nutrition, *The Sneaky Chef* and *Deceptively Delicious*, which was recently awarded the Good Parenting seal. They are both good books, but as the titles suggest, they fool our children into eating well. Even though *Deceptively Delicious* did win the Good Parenting seal, our parent evaluators raised some concerns about how our children learn about good nutrition.

In response to that question, we've been introduced to [*Feeding the Kids: The Flexible, No-Battles, Healthy Eating System for the Whole Family*](#) by Pamela Gould and Eleanor Taylor, RN, CDE. This book, by contrast tells us that home is where children learn about food and eat the majority of their meals.

If you are interested in evaluating *Feeding the Kids*, please send an email to tina@parentalwisdom.com and include your name, a phone number where you can be reached and your time zone.

Finally, with the big game scheduled for Sunday, February 3rd, you can read some interesting tips on Parental Wisdom Free Reports on Dads, Daughters and the Super Bowl.

Have a great week!