



# Positive Parenting: Raising Healthy Children From Birth to Three Years

*Alvin Md Eden*

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**Positive Parenting: Raising Healthy Children From Birth to Three Years** Alvin Md Eden  
**The Classic Bestselling Book Completely Revised and Updated**

It takes more than common sense to raise a healthy, happy and bright child. The first three years of life are crucial to a child's proper development. With the right information and advice, parents can help to assure their child's future success and happiness. This unique and easy-to-follow book teaches parents how they can encourage their young child's physical, emotional, and intellectual development--from infancy to their third birthday.

*Positive Parenting*, the classic parenting book, returns with new and revised material ready to guide the next generation of parents. With practical, positive information, including detailed charts with a wealth of information about growth and development at every stage, Dr. Alvin Eden will help improve your child's chances of achieving his or her full potential.

With *Positive Parenting*, you can learn:

- How to help your child learn how to solve problems
- What effect a mother's return to work will have on development
- How to help your baby sleep throughout the night
- What you can do to prevent obesity and SIDS
- How to build your baby's self-esteem, IQ, self-confidence, and more

New and revised material includes controversial topics like:

- The importance of iron intake to combat lead poisoning
- The controversy over vaccines and the misuse of antibiotics
- The effects of video games and other "educational" toys on development

This time-honored classic has been acclaimed by parents, pediatricians and parenting experts. Now thoroughly revised and updated, *Positive Parenting* will assist a new generation of parents everywhere to raise happy and healthy children ready to reach their full emotional, physical, and intellectual potential.

*From the Trade Paperback edition.*

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