

## ***A Spoonful Of Sugar Nannys Story Brenda Ashford***

Brenda is 91 years old and spent 62 years working as a Norland Nanny. She was determined to give the children in her care a wonderful childhood. She worked with evacuees from the East End as well as in smart Kensington homes. The war pulled people together like never before or since, and it called upon Brenda to make sacrifices she'd never imagined having to make.... From the bestselling author of the generation-defining series *The Baby-sitters Club* comes a series for a new generation! Karen's family needs a special helper. Mommy is starting a new job. She is looking for someone to take care of Karen and Andrew when she is not home. Karen and Andrew will help her. But finding a nanny is hard work. Lots of people come to try out. The first nanny is too nice. The second one is too strict. Will the third one be just right?

A quote from the motion picture musical, "Mary Poppins," a quirky fictional character of the same name based on the book by author P. L. Travers. \*\*\* This journal alternates between 9 LINED pages for writing and 1 BLANK page for sketching throughout - Size 5.2" x 0.2" x 8" with 110 pages total. \*\*\* It can be used as a simple diary, a mini class notebook, prayer journal, record of goals, dreams, and milestones, for show notes, and more. Make the book even more special by tucking tickets, a gift card, or a little cash in the folds. When you want to wrap something that is more personal than a greeting card, this book does the trick. Check out our other selection of witty blank journals, musical theater quotes, and gag gifts all available at amazon.com at [writerunbooks.com](http://writerunbooks.com). Related terms: P. L. Travers, nanny, caregiver, caretaker, babysitter, au pair, governess, nursemaid, Supercalifragilisticexpialidocious, Mary Poppins (Julie Andrews), Bert (Dick Van Dyke), jack-of-all-trades, Mary Poppins Returns (Emily Blunt), George Banks, Suffragettes. On the BACK COVER: Novel and Motion Picture Musical: "Mary Poppins" ---- The cover quote comes from the song "Spoon Full of Sugar," in which Mary tells the children how adding a little something sweet to the task will make it easier. "In the most delightful way."

A collection of charming holiday tales, by the author of *Mary Poppins* - a timeless gift for all ages. Each of the stories in this book was written by P.L. Travers as a holiday gift, sent to her friends and family and never published. Now millions of readers and generations of film-goers will get a peek behind the curtain and see how she used her life story to inform her fiction. Whether it is Aunt Sass herself - who is partly her inspiration for *Mary Poppins* - or the crass ex-jockey whose life work is not at all what it appears, the characters are unforgettable. P.L. Travers wrote with a signature blend of sugar and spice; her characters, including *Mary Poppins*, are endearing, outsized, and cozy. *The Aunt Sass Christmas Stories* will delight any child - naughty or nice.

My Hollywood

A Spoonful of Sugar (Your Daily Dose of Laughter)

Inside the Lives of Nannies, the Parents They Work For, and the Children They Love

Navigating the Crisis in Child Care

The Common-Sense Guide to Childcare

On the Island

Each and every single one of the 100 plus children I have cared for over the past 62 years are very much in my heart.' It is 1945, the war is finally over and victory marches fill the streets of London. Brenda and her friends, happy that at long last the war is over, hope that they'll soon leave the days of rationing and worry behind. Before long Brenda's skills as a real life *Mary Poppins* are in demand again. Moving from house to house, Brenda never stays long, but just enough time to sprinkle a little magic and happiness. Word quickly spreads of this wonder nanny, who gets up to feed fretful babies in the middle of the night, who delivers quiet wisdom, and calmly restores order and happiness. Facing tragedy in her own life, Brenda never gives up on her quest to help the most troubled homes, changing hundreds of children's lives forever. TUPPENCE FOR PAPER AND STRING is a warm, uplifting and incredibly moving tale of a 1950s nanny, and her determination to give the children in her care the best possible start in life.

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

From your baby's perspective, choosing the right nanny is probably the most important decision a parent can ever make: this book is about making the best possible choice. • Contains explosive new information about the child care industry • Analyzes the roles that race, immigration, gender, class, and culture play in child care practice • Offers parents a definitive guide to making the

best child care choices • Presents a realistic picture of the child care industry today based on 10 years of direct, on-the-job experience

'They say you can never truly love a child that is not your own, but that goes against every instinct that runs through me. For I have loved children born to other women all my life and every child that I have ever cared for, I've adored with all my heart. Many I would have laid down my life for, in fact on some memorable occasions when I fled to air raid shelters clutching my charges to my chest, I very nearly did. In 62 years of being a nanny I have lost count of the number of children I've cared for, but it must be approaching 100. Which means I am inordinately proud to say that despite never having actually given birth I have 100 children. How many women can say that?' Brenda is 91 years old and spent 62 years working as a Norland Nanny. Just like a real-life Mary Poppins, Brenda devoted her life to giving children the best possible start in life. Brenda began training at the Norland Institute in 1939 at the age of 18, shortly before war was declared. It was a time of great upheaval and uncertainty, particularly for children. Even as a nervous young trainee, Brenda was determined to give the children in her care a wonderful childhood, regardless of the horrors that were unravelling on the continent, and when the blitz began, on their doorsteps. Brenda worked poverty-stricken evacuees from the East End London, as well as in the nurseries of smart Kensington homes. She frequently put her life at risk, dashing to air raid shelters with her charges clutched to her chest. This is a story from a time when nothing was taken for granted and life itself was in peril on a near-daily basis. But the war was also a time when people pulled together like never before or since, and it called upon Brenda to make sacrifices she'd never imagined having to make... Warm, funny and incredibly moving, Brenda's memoir brings to life the colourful world of wartime England.

How to Create a Natural Diet and Lifestyle for Your Child

How the Food Giants Hooked Us

The Monsters of Templeton

Christmas Bride for the Boss

In Fashion: Culture, Commerce, Craft, and Identity

A Spoon Full of Sugar Helps the Medicine Go Down

**Musicals/Movies/Kids Piano Solos**

***'The book is filled with that most distinctive of all her qualities: her voice' The Times Home Work, the second instalment of Julie Andrews' internationally bestselling memoirs, begins with her arrival in Hollywood to make her screen debut in Walt Disney's Mary Poppins. It was closely followed by The Sound of Music, and the beginning of a movie career that would make her an icon to millions all over the world. With her trademark charm and candour, Julie reveals behind-the-scenes details and reflections on her impressive body of work - from the incredible highs to the challenging lows. She shares her professional experiences and collaborations with giants of cinema and television, and also unveils her personal story of adjusting to a new and often daunting world. This included dealing with unimaginable public scrutiny, being a new mother, embracing two stepchildren, adopting two more children, and falling in love with the brilliant and mercurial Blake Edwards. The pair worked together in numerous films, including 10, S.O.B and Victor/Victoria. Home Work takes us on a rare and intimate journey into a remarkable life that is funny, heart-breaking and inspiring.***

***Showing up on her sister's doorstep several years after stealing her man might not be the smartest thing to do, but Megan Rose is out of choices. Sick, with \$3 in her pocket and no gas in the tank, she's ready to eat as much crow necessary to get back on her feet and leave for good—hopefully having made amends. As much as his sister-in-law wants Megan gone, Ethan Tulane needs her to stay. She's the only one able to communicate with his newly-adopted, French-speaking son, who has a tendency to make a run for it at every opportunity like he's still trying to escape his war-torn country. His son and Megan quickly form an unusual bond, and it isn't long before Ethan realizes they're both running scared and traumatized. He understands his son's behavior—but Megan's? His protective instincts screaming, Ethan is determined to uncover Megan's secret... TENNESSEE TULANES SERIES HER SNOWBOUND HERO THE REBEL'S SECRET BARGAIN \*HIS BABY PROPOSAL THE DOCTOR'S NANNY A HERO IN HIDING \*This book has a clean and wholesome version by Kay Lyons titled THE NANNY'S SECRET. Who needs a spoonful of sugar to make the medicine go down when professional nanny Barbara Rodriguez has tips to make the medicine go away? In The Organic Nanny's Guide to Raising Healthy Kids, Rodriguez shows parents some simple lifestyle changes that can help them dramatically improve the well-being of their children. As a nanny, Rodriguez has seen some disturbing trends—toxic foods, childhood obesity, insomnia, and a lack of communication between parents and children. Her advice? Nutritious food and natural remedies to resolve chronic health and behavior issues. The Organic Nanny's Guide to Raising Healthy Kids will help parents put their children on a more natural track and give them a childhood to remember.***

**The New Musical**

**Nanny Knows Best**

***80th Anniversary Collection***

***Nanny to the Rescue Again!***

***Autism in Film and Television***

***Salt Sugar Fat***

Not quite part of the family and more than just an employee; idealised and demonised, the nanny has always had a difficult role in family life. Any discussion of nannies arouses strong emotions in those who have employed them and reveals a sometimes shocking range of experiences both for the nannies and for the children they looked after. Winston Churchill as a child rarely saw his mother and idolized his nanny, paying for fresh flowers to be maintained on her grave and keeping her portrait by his bedside till he died. A nanny to the one of the principal landowning families in Dorset nearly starved their treasured heir to death, while a Suffolk nanny found parting from one of her charges so traumatic that she had a mental breakdown. This book weaves personal stories viewed through the eyes of nannies, mothers and children into a fascinating cultural history of the iconic British nanny. Katherine Holden goes beyond the myths to discover where our tradition of employing nannies comes from and to explore the ways in which it has and has not changed over the past century. From the Norland Nannies' 'method' and the magical Mary Poppins, to the terrifying breach of trust in films, *The Nanny* and *The Hand that Rocks the Cradle*, to today's child-tamer 'Supernanny', our culture has alternately welcomed and rejected this approach to child-care. The tales told in this history reach to the heart of the nanny dilemma that parents still struggle with today.

Handsome English aristocrat Lord Simon Morton-Blake is reluctant to get involved with anyone on his visit to Australia—especially a single mother like Kate Petherbridge! But Simon can't deny his attraction to vivacious Kate, or refuse her offer of a place to stay. Thrown into the middle of Kate's lively family, Simon finds his buttoned-up manner slowly undone. A happy family isn't something Simon's known before, but he's starting to realize there's one ready-made, just for him....

Twenty-three-year-old Jo Green knows that if she has to spend one more night in ultra-provincial Niblet-Upon-Avon she'll go completely bonkers! So she answers an ad in the paper, bids her devoted boyfriend Shaun adieu, and heads off to the big city. With a new job that offers excitement; a cool car; and her own suite with a TV, DVD player, and a cell phone, how can she go wrong? Then she meets . . . the Fitzgeralds -- Dick and Vanessa and their unruly brood of rugrats who have suddenly been entrusted into Jo's care. There's eight-year-old "psycho-babe" Cassandra; bloodthirsty Zak, the six-year-old Terminator; and timid little Tallulah. So what else could go wrong? How about the arrival of Dick's children from his first marriage: teenage Toby and (gulp!) all-grown-up-and-very-nicely-at-that Josh the accountant? And now that she has to temporarily share her room with Josh, Jo's head is really in a spin -- because with her hometown beau still in the picture and a sexy possibility sleeping just a foot away, life has suddenly gotten very complicated indeed!

"The day I returned to Templeton steeped in disgrace, the fifty-foot corpse of a monster surfaced in Lake Glimmerglass." So begins *The Monsters of Templeton*, a novel spanning two centuries: part a contemporary story of a girl's search for her father, part historical novel, and part ghost story. In the wake of a disastrous love affair with her older, married archaeology professor at Stanford, brilliant Wilhelmina Cooper arrives back at the doorstep of her hippie mother-turned-born-again-Christian's house in Templeton, NY, a storybook town her ancestors founded that sits on the shores of Lake Glimmerglass. Upon her arrival, a prehistoric monster surfaces in the lake bringing a feeding frenzy to the quiet town, and Willie learns she has a mystery father her mother kept secret Willie's entire life. The beautiful, broody Willie is told that the key to her biological father's identity lies somewhere in her family's history, so she buries herself in the research of her twisted family tree and finds more than she bargained for as a chorus of voices from the town's past -- some sinister, all fascinating -- rise up around her to tell their side of the story. In the end, dark secrets come to light, past and present day are blurred, and old mysteries are finally put to rest. *The Monsters of Templeton* is a fresh, virtuoso performance that has placed Lauren Groff among the best writers of today.

The Doctor's Nanny

Mary Poppins Comes Back

The History of the British Nanny

How I Turned Dyslexia, ADHD, and 100 Square Feet Into a Company Called Kinko's

Aunt Sass

Brenda Ashford spent over 60 years working as a Norland nanny. Just like a real-life Mary Poppins, Brenda devoted her life to giving children the best possible start in life. In this book, she brings to life a time when nothing was taken for granted and life itself was in peril on a near-daily basis.

"It's 2 a.m. and I'm wide awake, counting the days and hours until my plane leaves for Paris--3 days and 16 hours, to be exact. But ready or not, it's *bonne journee* for me. Croissant anyone?"

When twenty-something Rachel Spencer needed a change of pace from her corporate job, she traded in her power suit and stilettos for blue jeans and flip flops, said *au revoir* to Houston, Texas, and *bonjour* to a summer in Paris. Little did Rachel know she was about to take on her most challenging job yet: nannying three rambunctious children, ages 14, 11, and 7. With razor sharp wit and heartfelt humor Rachel chronicles her hilarious adventures--and misadventures--as she works to master her new job, learn a new language, and find her place among a family of strangers:

- *First Day Faux Pas*--Determined to make an entrance her first day on the job, Rachel winds up tumbling down the foyer steps in a short black dress--and baring all to the children!
- *The Nanny Book*--A small leather-bound book written in *Franglais* (English and French)--detailing Rachel's daily nannying duties.
- *Dressed to Impress*--Despite dreams of capturing the *tres chic* French style, Rachel learns that strappy sandals and nannying don't always mix.
- *Teen Troubles*--When Rachel catches Diane, who is 14 going on 21, mixing rum and boys into her leisure time, she discovers there is a fine line between "nanny" and "friend"
- *Country Living*--During a trip to the French countryside, Rachel learns that French Country is much more than a china pattern!
- *Where the Heart Is*--By the end of her stay, Rachel realizes the answers she was searching for all along weren't in Houston or in Paris--they were in her heart. A hilarious real-life tale, *Au Paris* is a story of self-discovery, independence, and following your heart at all costs.

Global awareness of autism has skyrocketed since the 1980s, and popular culture has caught on, with film and television producers developing ever more material featuring autistic characters.

Autism in Film and Television brings together more than a dozen essays on depictions of autism, exploring how autistic characters are signified in media and how the reception of these characters informs societal understandings of autism. Editors Murray Pomerance and R. Barton Palmer have assembled a pioneering examination of autism's portrayal in film and television. Contributors consider the various means by which autism has been expressed in films such as Phantom Thread, Mercury Rising, and Life Animated and in television and streaming programs including Atypical, Stranger Things, Star Trek: The Next Generation, and Community. Across media, the figure of the brilliant, accomplished, and "quirky" autistic has proven especially appealing. Film and television have thus staked out a progressive position on neurodiversity by insisting on screen time for autism but have done so while frequently ignoring the true diversity of autistic experience. As a result, this volume is a welcome celebration of nonjudgmental approaches to disability, albeit one that is still freighted with stereotypes and elisions.

Draws on original interviews with parents and caregivers alike to explore the unique relationship that exists between a mother and a nanny and what really goes on behind the scenes of domestic arrangements to reveal what both sides think about the other, expectations, and other important aspects of the relationship that exists in many American households. 25,000 first printing.

The True Story of Life as a Norland Nanny in Wartime England

Mary Poppins

Tuppence for Paper and String

The Nanny's Secret

Just Like Family

The Nanny

**The founder of Kinko's describes how a hyperactive, dyslexic young man transformed a small copy shop into a multi-billion-dollar-a-year company, explaining how he used his learning disabilities as opportunities and created an unconventional, compassionate, partner-driven corporation acclaimed as one of the best places to work in America. Reprint.**

**Wedding planner-to wife and mother? Jamie Wallis needs a replacement nanny for his daughter-fast! So when a stunning young woman comes to him with a business proposal, he has a different proposition for her... Securing Jamie's investment is essential, but Sophie Firth wasn't expecting to be asked to care for his daughter! However, once they meet, Sophie can't help adoring little Sienna. And, as Christmas approaches, Sophie quickly becomes part of the family-and Jamie can't resist letting her into his heart!**

**From a Pulitzer Prize-winning investigative reporter at The New York Times comes the troubling story of the rise of the processed food industry -- and how it used salt, sugar, and fat to addict us. Salt Sugar Fat is a journey into the highly secretive world of the processed food giants, and the story of how they have deployed these three essential ingredients, over the past five decades, to dominate the North American diet. This is an eye-opening book that demonstrates how the makers of these foods have chosen, time and again, to double down on their efforts to increase consumption and profits, gambling that consumers and regulators would never figure them out. With meticulous original reporting, access to confidential files and memos, and numerous sources from deep inside the industry, it shows how these companies have pushed ahead, despite their own misgivings (never aired publicly). Salt Sugar Fat is the story of how we got here, and it will hold the food giants accountable for the social costs that keep climbing even as some of the industry's own say, "Enough already."**

**Mary Poppins comes back on the end of a kite string, stays with the Banks family for a while, and then disappears on a merry-go-round horse.**

Home Work

**A Spoonful of Murder**

**And Nanny Makes Three**

**Nanny in a Book**

**A Memoir of My Hollywood Years**

**Au Paris: True Tales Of An American Nanny In Paris**

With a pen in my hand and a lime green avocado face mask on I embarked on writing a short summary of 365 worth reading events in my life. In these pages are stories I recall from my poodle haired childhood and lead into my life as a girdle wearin, God fearin, full time nanny. My ultimate prayer is that you will learn as I have that God can show us His truth through any situation, no matter how chaotic. Maybe you share my love for my Savior and want a fresh way to look at His word, or maybe you just really need to laugh today. Either way, get ready for a years' worth of daily readings from your real life, less perfect, Mary Poppins.

Discover the joy and wonder of Mary Poppins in the classic adventures! The original best-loved classic about the world's most famous nanny – Mary Poppins.

A Spoonful of SugarA Nanny's StoryAnchor

Describes the many adventures of the extraordinary English nanny and her charges, Jane and Michael.

The Organic Nanny's Guide to Raising Healthy Kids

A Spoonful of Sugar

Blank Journal and Musical Theater Gift

The Aristocrat and the Single Mom

The Glass Castle

Karen's Nanny (Baby-Sitters Little Sister #105)

Sometimes bad choices can come back to haunt you. Showing up on her sister's doorstep years after stealing her boyfriend might not have been the smartest thing to do. Sick, broke, running on an empty tank and a string of bad choices, Megan Rose is looking for redemption. But her sister isn't ready to forgive, much less trust her. Home from a medical mission gone wrong, Doctor Ethan Tulane is alive because his translator sacrificed his life, leaving behind an orphaned child. Ethan has adopted the boy even though he can barely communicate with him and now needs help. His brother's troubled sister-in-law is not exactly the help he had in mind, but she has nowhere else to go and he can't turn her away. Now he's seeing unexpected depths and goodness but can he trust her when his son's heart is also on the line?

For the international cast of contributors to this volume being "in fashion" is about self-presentation; defining how fashion is presented in the visual, written, and performing arts; and about design, craft manufacturing, packaging, marketing, and archives.

Sprinkled with wit and wisdom throughout, Britain's oldest living nanny recalls her years at London's prestigious Norland Institute, famous for producing top-class nannies, her experiences during the war and her life's devotion to caring for other people's children. 40,000 first printing.

A SPOONFUL OF SUGAR is a satire on the frenzy of modern parenting, feminism, childcare and the pervasiveness of pharmaceuticals. THE NANNY DIARIES collides with PROZAC NATION in a story that chronicles Anna Moore's journey from Super Mom to Super Hot Mess to Supercalifragilisticexpialidocious.

Mothers and Nannies Tell the Truth About Work, Love, Money, and Each Other

A True Story of Life as a Norland Nanny in Wartime England

A Memoir

The Pleasure of Limits, the Uses of Boredom, and the Secret of Games

The Nanny Time Bomb: Navigating the Crisis in Child Care

Christmas Stories

Hazel and Daisy find themselves embroiled in a mystery while in Hong Kong—and one of them winds up on the suspect list—in this gripping sixth novel of the Murder Most Unladylike Mystery series. When Hazel Wong's beloved grandfather passes away, Daisy Wells accompanies her best friend (and detective society vice president) to Hazel's family estate in beautiful, bustling Hong Kong. But when they arrive, they discover something they didn't expect: a new baby brother for Hazel! Hazel and Daisy think a surprise sibling is enough to be getting on with, but where they go, mystery follows. Baby Teddy's nanny is killed, and this time Hazel isn't just the detective on the case. She's been framed for murder! The girls must work together to confront dangerous gangs, mysterious suspects, and sinister private detectives to solve the murder and clear Hazel's name before it's too late.

A former nanny offers insight into the unrealized crucial roles nannies provide for their employers, drawing on interviews with nannies throughout the country while focusing on the experiences of three women from very different walks of life whose personal goals became irrevocably intertwined with those of the families they aided. A first book.

Mary Poppins returns to the Banks family in a rocket and involves the Banks children in more magical adventures including those with peppermint horses, the marble boy, and the cat that looked at the King.

The English nanny is an institution. The image of the smartly uniformed, traditional nanny features in many books and films and there is something rather comforting about the idea of a 'no nonsense', nurturing and sensible childcare expert looking after your family. For over a century, Norland Nannies have cared for royal and celebrity families and are the best, most respected nannies in the world. Now their clear advice and straightforward methods - tried and tested on thousands of families - are brought together for the first time. Nanny in a Book is a practical companion to childcare that will help you with: \* Setting up your nursery \* Sleeping, weaning and potty training \* Teaching your child good manners and behaviour \* Nursing common ailments from sore tummies to measles \* Organising a fabulous birthday party. Full of Nanny's top tips and personal stories, Nanny in a Book will become a trusted guide and a treasured companion - the next best thing to Mary Poppins herself sweeping in on the East wind and turning up on your doorstep.

Copy This!

Tennessee Tulanes

Mary Poppins Opens the Door

Play Anything

A Nanny's Story

**A wonderfully provocative and appealing novel, from the much-loved author of Anywhere But Here and A Regular Guy, her first in ten years. It tells the story of two women whose**

lives entwine and unfold behind the glittery surface of Hollywood. Claire, a composer and a new mother, comes to LA so her husband can follow his passion for writing television comedy. Suddenly the marriage—once a genuine 50/50 arrangement—changes, with Paul working long hours and Claire left at home with a baby, William, whom she adores but has no idea how to care for. Lola, a fifty-two-year-old mother of five who is working in America to pay for her own children's higher education back in the Philippines, becomes their nanny. Lola stabilizes the rocky household and soon other parents try to lure her away. What she sacrifices to stay with Claire and "Williamo" remains her own closely guarded secret. In a novel that turns satirical and heartbreaking, where mothers' modern ideas are given practical overhauls by nannies, we meet Lola's vast network of fellow caregivers, each with her own story to tell. We see the upstairs competition for the best nanny and the downstairs competition for the best deal, and are forced to ask whether it is possible to buy love for our children and what that transaction costs us all. We look into two contemporary marriages—one in America and one in the Philippines—and witness their endangerment, despite the best of intentions. *My Hollywood* is a tender, witty, and resonant novel that provides the profound pleasures readers have come to expect from Mona Simpson, here writing at the height of her powers.

Who needs a spoonful of sugar to make the medicine go down when professional nanny Barbara Rodriguez has tips to make the medicine go away? In *The Organic Nanny's Guide to Raising Healthy Kids*, Rodriguez shows parents some simple lifestyle changes that can help them dramatically improve the well-being of their children. As a nanny, Rodriguez has seen some disturbing trends -- toxic foods, childhood obesity, insomnia, and a lack of communication between parents and children. Her advice? Nutritious food and natural remedies to resolve chronic health and behavior issues. *The Organic Nanny's Guide to Raising Healthy Kids* will help parents put their children on a more natural track and give them a childhood to remember.

Faced with multiple choices regarding school, friends, and activities coupled with the ever-widening influence of the outside world, parents of 6-12 year olds need help. America's nanny is back to offer a large dose of healthy parenting advice with secrets for raising happy, secure, and well-balanced children.