

The Christian Mamas Guide To Parenting A Toddler Everything You Need To Know To Survive And Love Your Childs Terrible Twos Christian Mamas Guide Series

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The Zen Mama Guide to Finding Your Rhythm in Pregnancy, Birth, and Beyond - Teresa Palmer 2021-04-06

Being Zen(ish) is what we call it - and it's the ish that we endorse! Teresa Palmer and Sarah Wright Olsen, two moms from opposite sides of the world, are doing their best to raise happy, empathetic children while working, traveling, and maintaining their sanity. With seven kids between them, the founders of the much-loved Your Zen Mama blog know as well as anyone that motherhood doesn't exist in the highlight reel of life, and that finding even a fleeting semblance of calm among the epic ebbs and flows of parenting is usually all you can hope for. Forget perfection and prepare to get real, vulnerable, and dirty (mostly from guacamole) with Sarah and Teresa as they share knowledge they've collected over the years, from the Your Zen Mama community and expert mentors, as well as being in the trenches of parenthood themselves. In *The Zen Mama Guide to Finding Your Rhythm in Pregnancy, Birth, and Beyond*, you'll find: Important questions to ask and decisions to make before and during pregnancy Essential guidance from a woman's point of view for conception, pregnancy, and childbirth Nutritional and dietary advice to support the complete health of both mother and baby Practical education about the mother's body before, after, and during pregnancy Science-based methods to promote a mother's healthy body and mind Expert advice from medical professionals, chiropractors, and pediatricians Engaging, accessible advice for every step of the newborn's journey Suggestions and tips for creating a birthing plan Comforting language to address fertility challenges, pregnancy loss, and complicated labor Access to the Your Zen Mama resource guide Whether it's dealing with fertility challenges or pregnancy loss, riding out a long and complicated labor, or juggling multiple kids (and work), these mamas have been through it - and have written this book to help you find your own glimpses of Zen along the way.

[Expectant Parents](#) - Suzanne Hadley Gosselin 2014

Many books focus on prenatal development and the health of a mom-to-be. While *Expectant Parents* does touch on important issues of pregnancy, its core purpose is help expectant parents understand key issues related to the arrival of a new child in the home, offering practical assistance as they prepare themselves for long-term family success. It's often said that babies don't come with an instruction manual. This book actually provides parents with information and practical steps for writing their own—as they work to create the kind of home and family they choose to build. This includes strengthening their own marriage relationship, setting plans and expectations for parenthood, increasing communication, and preparing for the new stage of their family life that is just ahead. Ideal for first-time parents, this book would also be helpful for couples wanting to explore and prepare for the emotional, physical, and spiritual life changes that come with the arrival of any new child into the family.

Infinite Jest - David Foster Wallace 2009-04-13

A gargantuan, mind-altering comedy about the Pursuit of Happiness in America Set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, *Infinite Jest* explores essential questions about what entertainment is and why it has come to so

dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, *Infinite Jest* bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do. "The next step in fiction...Edgy, accurate, and darkly witty...Think Beckett, think Pynchon, think Gaddis. Think." --Sven Birkerts, *The Atlantic*

The Christian Mama's Guide to Having a Baby - Erin MacPherson 2013-04-08

Everything you need to know about pregnancy, from weight gain to stretch marks to figuring out how to rely on Christ through the ups and downs of the next nine months. In this funny, candid, and detailed guide to pregnancy 101, fellow mother Erin MacPherson takes you through each trimester with helpful tips, humorous true stories, and supportive spiritual advice—all with a friend-to-friend approach that will help you feel comfortable as you navigate this life-changing time. This comprehensive guide is packed with information that every newly pregnant Christian mama needs, including: Help for pregnancy insomnia, morning sickness, weight gain and more Advice on how to maintain a godly attitude and outlook during pregnancy, even when you're feeling anything but godly What to expect from doctor check-ups, your encounters with the scale and labor and delivery Tips on how to survive food cravings, aversions, and even dreaded pregnancy exercise Healthy eating advice for pregnancy that doesn't outright ban ice cream sundaes Ideas on how to keep your marriage a priority when you're pregnant, including a guide for Christian dads-to-be and even pregnancy sex tips The perfect book for any expecting mama, this conversational guide to pregnancy makes a wonderful baby shower gift for the pregnant or new mother in your life!

A Mother's Guide to Raising Herself - Sarah Bragg 2021-08-17

For any mom who has ever felt inadequate, overwhelmed, or guilty in trying to balance it all, popular podcaster Sarah Bragg offers brilliant clarity and respite in this friendly manual for becoming your most authentic self, instead of just surviving motherhood. Nothing will make you grow up faster than trying to raise a kid. This is what popular podcast host and mom Sarah Bragg explores so beautifully as she encourages and equips moms who are discovering all the ways they still need to grow. It's easy to lose our sense of self in the all-consuming process of raising our children, but Sarah reminds us that the best gift we can bring to our kids is our true, authentic selves. Through vulnerable and relatable stories, no-nonsense wisdom, and a compassionate perspective for all the joys and challenges of motherhood, Sarah provides shame-free practical help to surviving right where you are in life, in relationships, in work, and in faith. This guidebook to health and sanity for the wilderness of parenting will help you: Give yourself permission and find the courage to show up as yourself Wrestle with how purpose, work, and calling fit together Notice and celebrate the good that's happening right around you Remember your worth is not in your kids or your role as a parent but in something far more lasting Find solidarity, understanding, and helpful encouragement to

embrace all that motherhood is and remember who you truly are. Because you matter, and raising great kids starts with raising yourself well.

[A Sane Women's Guide to Raising A Large Family](#) - Mary Ostyn 2011-05-16

A SANE WOMAN'S GUIDE TO RAISING A LARGE FAMILY is written from the practical, experienced perspective of a mother of ten and has thoughtful, helpful answers to important questions, such as: Can a mother meet the needs of multiple children without drowning in sheer neediness? How can a moderate income stretch to include more children? How can you make space in your home work for you? What are some ideas for handling mountains of laundry? How can you preserve time for yourself and your marriage? How can you manage multiple children and their activities?

[The Christian Mama's Guide to Parenting a Toddler](#) - Erin MacPherson 2013

This take on everything toddler---from throwing food to potty training to massive toddler fits---is filled with sanity-saving advice every mom wants to hear.

Manners That Matter for Moms - Maralee McKee 2012-10-01

Corporate trainer and mentor Maralee McKee turns her attention to the home and shares the simple, savvy, and sincere skills kids need in order to flourish in today's culture. Skills for each stage of life make this the go-to book for moms with children of any age. Readers will learn how to impart the basic tools that empower kids to relate to others well, as well as... gain self-confidence by learning to make conversation pleasant, not painful overcome self-doubt by mastering new etiquette for today's on-the-go, casual, techno-savvy families develop the interpersonal skills that will help them become the best version of themselves they can be in any setting Fun, practical, and thoroughly up-to-date, this manual offers everything moms need to equip their kids to flourish in their relationships.

[10 Quick Fashion Fixes to Feel Confident and Sexy](#) - Kathi Lipp 2015-05-05

When was the last time you dressed hot for your man? If you haven't changed out of your yoga pants since last Tuesday or have worn the same outfit to work more times this month than you'd like to count, then the answer is that it's been too long. It's hard to find hot mama clothes that make us feel good about our post-baby bodies (even if your baby is in college). But when we dress confident, we feel confident. And, in case you didn't know, hot mama confidence is sexy. It's time to put on something that will make you feel good and look good. And our hot mama fashion team is ready to help. This short book will walk you through a few targeted edits to your closet that will help you find flattering jeans, buy a bra that actually fits, and even say farewell to those tired old sweatpants that you wear around the house. If you're ready to transform your look from so-so to sexy (and get your husband's undivided attention), you're ready for this Hot Mama Challenge! And if you like this, you'll love Kathi and Erin's full-length book, Hot Mama: 12 Secrets to a Sizzling Hot Marriage, and their other ebooks: 10 Ideas to Inspire Red Hot Sex and 10 Hot Date Night Ideas for Married Couples.

[Tying Their Shoes](#) - Robert E. Green 2019-02-11

Through a gospel-centered approach to parenting, Tying Their Shoes by Rob and Stephanie Green lays the foundation for expecting parents to welcome a new addition into their home in light of the gospel. First-time, soon-to-be parents and moms and dads expecting an additional child will find Christ-centered hope, practical advice, and encouragement toward parental unity in this invaluable resource. Authors Rob and Stephanie Green know a baby brings many wonderful changes for both biological and adoptive parents. While other parenting resources help expectant parents prepare for the physical and emotional work of child-rearing, the Greens address the all-important spiritual foundation needed for parenting. They help parents understand and apply the gospel—the best resource to ground couples in their relationships with the Lord, with each other, and with their children. The challenges of parenting do bring stress, but this book guides expectant moms and dads to turn toward the Lord with all of the strains of this new season of life. Sharing from both a mother's and father's perspective, Rob and Stephanie Green dive into the goal of parenting, the blessings of parenting, pregnancy and labor, marital intimacy, biblical discipline, and other practical realities of first-time parents. Above all else, Rob and Stephanie Green equip soon-to-be parents to create a gospel-centered home and mind-set, lovingly pointing couples to our Father who cares for his children and is with them every step of the way.

[Mama Bear Apologetics](#) - Hillary Morgan Ferrer 2019-06-04

Foreword written by Nancy Pearcey "Parents are the most important apologists our kids will ever know. Mama Bear Apologetics will help you navigate your kids' questions and prepare them to become committed Christ followers." —J. Warner Wallace "If every Christian mom would apply this book in her parenting, it would profoundly transform the next generation." —Natasha Crain #RoarLikeAMother The problem with lies is they don't often sound like lies. They seem harmless, and even sound right. So what's a Mama Bear to do when her kids seem to be absorbing the culture's lies uncritically? Mama Bear Apologetics® is the book you've been looking for. This mom-to-mom guide will equip you to teach your kids how to form their own biblical beliefs about what is true and what is false. Through transparent life stories and clear, practical applications—including prayer strategies—this band of Mama Bears offers you tools to train yourself, so you can turn around and train your kids. Are you ready to answer the rallying cry, "Mess with our kids and we will demolish your arguments"? Join the Mama Bears and raise your voice to protect your kids—by teaching them how to think through and address the issues head-on, yet with gentleness and respect.

Complete Book of Baby and Child Care - Grace Ketterman 1987-01-01

[Free to Parent](#) - Ellen M Schuknecht 2014-05-30

Do you feel trapped as a parent-weighted down by parenting advice and discipline strategies that do little to help you nurture your child's soul or grow your kid's heart? Many parents do! After spending years serving parents as educators, counselors, and authors, Ellen Schuknecht and Erin MacPherson realized that maybe-just maybe-parents can escape the trap of lifeless, rules-driven parenting to joyfully grow and nurture their children's hearts by teaching their kids to truly desire what is right instead of just follow a list of rules to avoid consequences. By pursuing true heart-to-heart connection over parental control and rules and letting go of the expected discipline solutions to instead focus on growth, forgiveness, and relationships, parents allowing joy and hope to nurture their children's spirits. Sounds good, doesn't it? Through simple strategies and practical advice, Ellen and Erin show you how to replace control with connection, replace complacency with growth, replace fear with faith, and replace hopelessness with the hope that can only come from the God of love.

[The Christian Mama's Guide to Grade School Years](#) - Erin MacPherson 2013-04-08

Prepares moms for the time when their school-aged kids take their first few steps into the world and away from mama's nest. Sending a child off to school is a whole lot more than stocking up on school supplies and packing a (somewhat) healthy lunch. This helpful guidebook walks Christian moms through: discovering a long-term vision for the person that Christ has purposed for your child to become instilling a sense of "who I am and where I came from" in your child choosing a school for your kids helping your kids to develop key attributes—courage, kindness, perseverance—that lead to success in school dealing with teachers, sports, and lessons navigating those difficult conversations that will come sooner rather than later a special feature includes sidebars "From the Principal's Office" with insights from a 35-year elementary school principal and educator Moms will learn how to cover their children in prayer so that their launch into the world, and away from her control, is done with grace and wisdom—helping them grow into the men and women God intended them to be.

The Life and Faith Field Guide for Parents - Joe Carter 2019-02-05

Learn How to Teach Your Kids the Skills They Need "Start children off on the way they should go, and even when they are old they will not turn from it." Proverbs 22:6 As a Christian parent, you want your children to develop good character and godly wisdom. But how do you go beyond hoping and praying to teaching them ethical knowledge, practical skills, and virtuous habits? This innovative guide provides practical, effective ideas you can use to help your children build their faith and character in 50 ways, including... engaging with the Bible and culture interacting with God and others making good decisions becoming better learners managing conflict Once you grasp these concepts and discover how to teach them, you will be able to successfully shape the character and worldview of your child or teenager.

[The Giving Tree](#) - Shel Silverstein 2014-02-18

As The Giving Tree turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a classic that will

now reach an even wider audience. "Once there was a tree...and she loved a little boy." So begins a story of unforgettable perception, beautifully written and illustrated by the gifted and versatile Shel Silverstein. This moving parable for all ages offers a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Every day the boy would come to the tree to eat her apples, swing from her branches, or slide down her trunk...and the tree was happy. But as the boy grew older he began to want more from the tree, and the tree gave and gave and gave. This is a tender story, touched with sadness, aglow with consolation. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half, Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Rabbit*. And don't miss the other Shel Silverstein ebooks, *Where the Sidewalk Ends* and *A Light in the Attic!*

Mama Bear Apologetics® Guide to Sexuality - Hillary Morgan Ferrer 2021-10-05

Raise Them to Value God's Design Starting at a young age, kids are being fed damaging misinformation about sexuality, gender identity, and human biology. As a parent, it's up to you to help your children understand God's truth about these integral concepts in the face of the candy-coated lies that saturate today's world. In the footsteps of the bestselling *Mama Bear Apologetics* comes this invaluable guide to training your kids to know and respect God's design in a world that has rejected it. This book will equip you to... understand God's design for gender, sex, marriage, and family as a beautiful portrait that reveals the nature of God Himself identify the tactics being used to trick children into adopting an unbiblical view of sexuality under the guise of Christian-sounding words like love, identity, tolerance, and justice teach your kids to treat those who hold different beliefs with gentle, Christlike compassion without compromising biblical values As society continues to blur the lines of what is good, true, and acceptable, God's standards remain clear and unchanging. This book will give you the wisdom to confidently raise your children to understand sex and gender through a biblical lens.

[The Mean Mom's Guide to Raising Great Kids](#) - Joanne Kraft 2015-03-10

"Mom, you're so mean!" Do you struggle to instill loving boundaries and become discouraged when your child doesn't like you for them? Let *The Mean Mom's Guide* inspire you to dig in and stand your ground when parenting gets tough—because a mean mom isn't always the mean you think it means. *The Mean Mom's Guide to Raising Great Kids* encourages overly nice "marshmallow" moms to instill a few much-needed boundaries. It motivates parents to stand their ground when childrearing is tough, most especially when a child doesn't like them for it. Covering parenting from preschool to high school, each of the four sections highlights topics specific to each age. Scripture is weaved throughout as a continual reminder of God's truth, and "Mom 2 Mom" quotes at the end of each chapter are filled with heartfelt transparency from dozens of moms who lent their own experiences to encourage the reader. Mean moms encourage openly, love passionately, and know full well being called mean by her child is oftentimes a compliment.

The Christian Mama's Guide to Having a Baby - Erin MacPherson 2013

Everything you need to know about pregnancy—from weight gain to stretch marks to figuring out how to rely on Christ through the ups and downs of the next nine months. This comprehensive guide is packed with information that every newly pregnant Christian mama needs—including: help for pregnancy insomnia, morning sickness, weight gain and more advice on how to maintain a godly attitude and outlook during pregnancy—even when you're feeling anything but godly what to expect from doctor check-ups, your encounters with the scale and labor and delivery tips on how to survive food cravings, aversions, and even dreaded pregnancy exercise healthy eating advice for pregnancy that doesn't outright ban ice cream sundaes ideas on how to keep your marriage a priority when you're pregnant, including a guide for Christian dads-to-be and even pregnancy sex tips This detailed guide takes you through each trimester with helpful tips, humorous accounts, and supportive spiritual advice—all with a girlfriend-to-girlfriend approach that will help moms feel comfortable as they navigate this life-changing time.

Parenting - Paul David Tripp 2016-09-14

Winner of the ECPA Book of the Year Award for Christian Living What is your calling as a parent? In the

midst of folding laundry, coordinating carpool schedules, and breaking up fights, many parents get lost. Feeling pressure to do everything "right" and raise up "good" children, it's easy to lose sight of our ultimate purpose as parents in the quest for practical tips and guaranteed formulas. In this life-giving book, Paul Tripp offers parents much more than a to-do list. Instead, he presents us with a big-picture view of God's plan for us as parents. Outlining fourteen foundational principles centered on the gospel, he shows that we need more than the latest parenting strategy or list of techniques. Rather, we need the rescuing grace of God—grace that has the power to shape how we view everything we do as parents. Freed from the burden of trying to manufacture life-change in our children's hearts, we can embrace a grand perspective of parenting overflowing with vision, purpose, and joy.

Hands Free Mama - Rachel Macy Stafford 2014-01-07

"Rachel Macy Stafford's post "The Day I Stopped Saying Hurry Up" was a true phenomenon on The Huffington Post, igniting countless conversations online and off about freeing ourselves from the vicious cycle of keeping up with our overstuffed agendas. Hands Free Mama has the power to keep that conversation going and remind us that we must not let our lives pass us by." --Arianna Huffington, Chair, President, and Editor-in-Chief of the Huffington Post Media Group, nationally syndicated columnist, and author of thirteen books <http://www.huffingtonpost.com/> DISCOVER THE POWER, JOY, AND LOVE of Living "Hands Free" If technology is the new addiction, then multi-tasking is the new marching order. We check our email while cooking dinner, send a text while bathing the kids, and spend more time looking into electronic screens than into the eyes of our loved ones. With our never-ending to-do lists and jam-packed schedules, it's no wonder we're distracted. But this isn't the way it has to be. In July 2010, special education teacher and mother Rachel Macy Stafford decided enough was enough. Tired of losing track of what matters most in life, Rachel began practicing simple strategies that enabled her to momentarily let go of largely meaningless distractions and engage in meaningful soul-to-soul connections. She started a blog to chronicle her endeavors and soon saw how both external and internal distractions had been sabotaging her happiness and preventing her from bonding with the people she loves most. Hands Free Mama is the digital society's answer to finding balance in a media-saturated, perfection-obsessed world. It doesn't mean giving up all technology forever. It doesn't mean forgoing our jobs and responsibilities. What it does mean is seizing the little moments that life offers us to engage in real and meaningful interaction. It means looking our loved ones in the eye and giving them the gift of our undivided attention, leaving the laundry till later to dance with our kids in the rain, and living a present, authentic, and intentional life despite a world full of distractions. So join Rachel and go hands-free. Discover what happens when you choose to open your heart—and your hands—to the possibilities of each God-given moment.

First Time Dad - John Fuller 2011-05-01

Perhaps the most powerful influence in the world is that of a dad on his child. Baseball gloves, dirty diapers, tiny little hands, first days of school, daddy-daughter dances, and learner's permits... and so much more! There's no way you can be ready for it all, but this is when you need to get a bit of a head start... First Time Dad by Focus on the Family ministry veteran (and father of 6) John Fuller lets you in on the stuff you really need to know... because in just a few months or weeks or days, your life is going to change--forever. Set good priorities. Break bad habits and/or family patterns. Recognize and recover from some common fathering mistakes. Know that your words have immense power. And learn how to cultivate a lasting parent-child relationship. So, instead of wondering "oh man, oh man, oh man... what am I going to do now?" for 9 months... read this short book (plus it's pretty fun too) and get excited! "Dad, your job is critical... And you can do it."

The Christian Mama's Guide to Baby's First Year - Erin MacPherson 2013-04-08

An entertaining, practical guide for first-time mamas and those who need a baby refresher course. The new mom initiation ritual involves sleepless nights, an inexplicable obsession with baby booties, and more questions than answers. This take on everything baby offers new moms the Christian girlfriend advice she needs to feel confident in her new role, including: getting into the motherhood groove breastfeeding advice suggestions for losing the baby weight—before your baby is no longer a baby time management tips that may just help you find time to do laundry—before you run out of clean underwear how you can manage to be a godly mother and a good wife on less than three hours of sleep a night Easy-to-read and relatable, this

been-there-done-that guide answers these questions and more with a dose of humor and a lot of grace so that new moms can become the moms that God intended them to be during their baby's first year.

Things I Wish I'd Known Before We Became Parents - Gary D. Chapman 2016-08-19

Dr. Gary Chapman has helped millions prepare for marriage. Now he helps you prepare for kids. *Things I Wish I'd Known Before We Became Parents* has one goal: prepare you to raise young children. Dr. Gary Chapman—longtime relationship expert and author of the #1 New York Times bestseller *The 5 Love Languages*—teams up with Dr. Shannon Warden—professor of counseling, wife, and mother of three—to give young parents a book that is practical, informed, and enjoyable. Together they share what they wished they had known before having kids. For example: children affect your time, your money, and your marriage—and that's just the beginning. With warmth and humor they offer practical advice on everything from potty training to scheduling, apologizing to your child, and keeping your marriage strong... all the while celebrating the great joy that children bring. From the Preface: "Our desire is to share our own experiences, as well as what we have learned through the years, as we have counseled hundreds of parents. We encourage you to read this book before the baby comes, and then refer to its chapters again as you experience the joys and challenges of rearing children." — Dr. Gary Chapman

Hot Mama - Kathi Lipp 2015-08-25

If you ask the average woman how much sizzle there is in her marriage, she'll probably answer, "Not enough!" Being a mom is overwhelming, and it's easy for moms to slip into the habit of allowing responsibilities for kids, work, and church to interfere with their relationship with their husbands. They don't have the energy or the ideas they need to have a spicy, satisfying sex life. *Hot Mama to the rescue!* Kathi Lipp and Erin MacPherson set out on a mission to find out what it takes for busy moms to feel confident and sexy. In this witty book, they share hilarious stories and creative ideas from moms all over the country that will help readers build a relationship with their spouse that's happy, healthy, and fun. From building confidence and banishing guilt to flirting (remember that?) and wearing clothes that make you—and him—feel hot, Kathi and Erin offer women all the encouragement, motivation, and know-how they need to take their sex lives from ho-hum to hot.

Your Baby's First Year Week by Week - Glade B. Curtis 2010-02-09

Let the trusted authors of *Your Pregnancy™ Week by Week*—the book you relied on while you were pregnant—guide you through baby's remarkable, sometimes mind-boggling first year. With easy-to-understand information at your fingertips, you'll know what to look for and understand what's happening. This book will provide you with the skills necessary to support and encourage baby's growth. Thoroughly revised and updated, *Your Baby's First Year™ Week by Week* includes the latest pediatric guidelines and recommendations, plus more than 50 new topics—everything from food allergies to cord-blood banking. It also features the essential milestones of baby's social, emotional, intellectual and physical development on a weekly basis. Valuable information includes: Common medical problems: what to look for and when to call baby's pediatrician Bonding with baby: from baby massage to talking, what you can do to create a meaningful connection Feeding baby: breast milk or formula? and introducing solids Sleeping habits: how to improve the situation for the entire family Vaccination guidelines: learn about the latest recommendations from the American Academy of Pediatrics (AAP) Playing with baby: how to help develop baby's cognitive, social and motor skills through play and with toys, many of them homemade Baby gear: the latest on carriers, high chairs, swings, cribs, clothing, diapers and everything else you may need *Parenting Your Parents* - Dr. Grant Ethridge 2019-09-03

Help and Hope for the Hard Road Ahead If you are currently providing care for your aging parents or facing the prospect of doing so in the near future, you are definitely not alone. Dr. Grant Ethridge and his wife, Tammy, have been there, having given care during their dads' last days. They know the stress and uncertainty you face. Through their story and those of other caregivers, Grant and Tammy share research and practical tips to aid you in dealing with everyday caregiving struggles and situations. You will learn how to decide which care is best, prepare legal documents, handle family disputes, and much more. They will also share encouragement and advice from the Bible. You'll discover that with God's help, you can make it through even the most difficult days in your journey. Looking after an elderly or sick parent is a physically and emotionally draining experience. Let this book give you the tools you need to be successful

without giving away your peace of mind in the process. And remember, as you give care to your parents, your Heavenly Father is always caring for you.

The Second Baby Book - Sarah Ockwell-Smith 2019-03-07

'The thing about having a second baby is it's likely to differ a lot from your first experience. Sarah Ockwell-Smith's guide looks at the challenges you might face along with some practical tips to consider. The book offers a friendly feel that reminds us issues and all, we'll be just fine' *Mirror*, Best Baby Books for Parents 2020 Having a second baby is a very different experience from having your first, yet there is little recognition of the wide range of issues that need to be considered when bringing a second child into the family. In this incredibly helpful book, Sarah Ockwell-Smith helps parents feel more positive and prepared for life with two children. The book begins with the obvious question: when is the right time to add another member to the family? It then goes on to examine the specific issues that can arise with a second pregnancy and birth; the common concerns about siblings, such as how to prepare your firstborn for what's to come; how to cope with the practicalities of life with two young children (aka actually managing to get anything done!); and the feelings parents are likely to experience, too. The *Second Baby Book* examines all the questions and issues Sarah herself faced second time around, as well as sharing the experiences of the many parents who have sought her advice. It also highlights what scientific studies reveal about such issues as the spacing of children and the differences between first and second births. Practical, insightful and honest, this book will help you understand the challenges ahead but, more importantly, it will equip you to meet them with knowledge, confidence and a sense of excitement for the future.

The Christian Mama's Guide to Baby's First Year - Erin MacPherson 2013

The new mom initiation ritual involves sleepless nights, an inexplicable obsession with baby booties, and more questions than answers. This take on everything baby offers new moms the Christian girlfriend advice she needs to feel confident in her new role

A Book of Saints for Catholic Moms - Lisa M. Hendey 2019-08-02

Lisa M. Hendey, founder of the award-winning CatholicMom.com and bestselling author of *The Handbook for Catholic Moms* and *The Grace of Yes* shares her passion for the saints by introducing fifty-two holy companions as guides for the amazing vocation of Catholic motherhood. Guided by the example of the saints, Hendey eloquently links personal stories, scripture, prayer, and soul-strengthening exercises into a spiritually rich and deeply practical resource for Catholic women. This edition includes a new preface and cover and is updated with information about saints canonized since the first edition. Allow *The Book of Saints for Catholic Moms* to help you grow in your faith and enrich your heart, mind, body, and soul by spending each week of the year with Lisa M. Hendey and a different saint. This award-winning spiritual guidebook introduces you to popular saints such as Thérèse of Lisieux, Teresa of Calcutta, John Paul II, and Patrick, as well as lesser known but equally inspiring saints such as Gianna Beretta Molla and Damien of Molokai. Each week Hendey offers: a thematic prayer intention; biographical and devotional information about the saint; lessons she learned from each saint; daily scripture meditations; prayers; activities for moms and children; and practical, spiritually rich steps that help moms incorporate the wisdom and exemplary faith of each figure into their own lives.

Zen Mamas - Teresa Palmer 2021-04-06

Being zen(ish) is what we call it--and it's the ish that we endorse! Teresa Palmer and Sarah Wright Olsen are two moms from opposite sides of the world who are doing their best to raise happy, empathetic children while working, traveling, and maintaining their sanity. With six kids between them, the founders of the much-loved *Your Zen Mama* blog know as well as anyone that motherhood doesn't exist in the highlight reel of life, and that finding even a fleeting semblance of calm among the epic ebbs and flows of being a parent is usually all you can hope for! So, forget perfection and prepare to get real, vulnerable, and dirty (mostly from guacamole) with Sarah and Teresa as they delve into their journeys of motherhood and share some of the knowledge they've collected over the years from the *Your Zen Mama* community, from their expert mentors and through being in the trenches of parenthood themselves. From prepping for pregnancy all the way through to birth, the first twelve weeks with your newborn and figuring out the kind of parent you want to be long-term, they share their personal struggles, joyful moments, and hard-won realizations. Whether it's dealing with fertility challenges or pregnancy loss, riding out a long and complicated labor, or

juggling multiple kids (and work!), these mamas have been through it--and have written this gorgeous book to help you find your own glimpses of zen along the way too.

The Danish Way of Parenting - Jessica Joelle Alexander 2016-06-29

International bestseller As seen in The Wall Street Journal--from free play to cozy together time, discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world--and how do Danish parents raise happy, confident, successful kids, year after year? This upbeat and practical book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an "inner compass." Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this hygge--and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all hygge. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, The Danish Way of Parenting will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

Parenting by The Book - John Rosemond 2013-10-15

A syndicated columnist and family psychologist outlines scripture-based principles for parents that recommend respect for others over self-esteem tactics, recommending a leadership approach to disciplinary methods that draws on traditional belief systems. 50,000 first printing.

10 Hot Date Night Ideas for Married Couples - Kathi Lipp 2015-07-21

Remember back when you were first married? The romance, the candlelit dinners, the anticipation of that good night kiss . . . and then you had kids. Let's be blunt: kids, while adorable and lovable and a gift from God, are romance killers. Suddenly come-hither looks are replaced with bleary-eyed glances accompanied by the vague notion that the guy across the dinner table looks familiar, but you just can't quite place him. Well, that guy is your husband and the two of you deserve more! It's time to put your marriage first, to commit to intentional (and intense!) romance. We all have budgets and packed schedules, so inside this short ebook you'll find tips and tricks that fit your lifestyle. If you're ready to fall in love all over again, you're ready for this Hot Mama Challenge!

Praying Through Your Pregnancy - Jennifer Polimino 2010-03-12

Praying Through Your Pregnancy shows a mother how to provide an early head start for her child through the power of prayer. With fresh spiritual insight, each chapter reveals what is happening with the baby's development that week, starting with the very first moment of conception, when God begins the creation of either a boy or a girl. Readers will learn how the confidence they place in God affects the healthy development of their precious growing baby, and how to reduce their own stress and anxiety by looking to the Creator. In this interactive guidebook, the author shares excerpts from her pregnancy journal as an encouragement for women to write their own thoughts and feelings, and each chapter ends with a Mother's

Prayer and Scriptures for Meditation. Praying Through Your Pregnancy was a 2011 Christian Book Award Finalist.

Hope for Parents of Troubled Teens - Connie LMHC Rae 2012-01-01

A Road Map for Parenting in the Troubled Years It is never too late for parents to reach their teenager or young adult. Licensed counselor Connie Rae draws from professional and personal experience to provide insight, encouragement, and advice. Offering wise counsel and a reassuring tone, she helps parents better understand their child's temperament, their own parenting style, and the developmental process their child is going through. She also discusses the world in which their teenager is growing up, which is very different than many parents realize. Each chapter ends with a list of practical steps and a prayer, giving parents wise advice but also offering hope through the process.

Moms on Call Basic Baby Care - Laura A. Hunter 2012-05-30

Baby care book for parents of babies 0-6 months

The Complete Book of Christian Parenting and Child Care - Martha Sears 1997-09-15

This total child care book offers Christian- centered, medically authoritative advice on every aspect of parenting, from choosing an obstetrician to disciplining teenagers. As parents of eight children, William and Martha Sears draw on thirty years of practical and professional experience, resulting in a valuable reference book no family should be without.

Me & Mama - Cozbi A. Cabrera 2020-08-25

A Caldecott and Coretta Scott King Honor Book Mama's love is brighter than the sun, even on the rainiest of days. This celebration of a mother-daughter relationship is perfect for sharing with little ones! On a rainy day when the house smells like cinnamon and Papa and Luca are still asleep, when the clouds are wearing shadows and the wind paints the window with beads of water, I want to be everywhere Mama is. With lyrical prose and a tender touch, the Caldecott and Coretta Scott King Honor Book Mama and Me is an ode to the strength of the bond between a mother and a daughter as they spend a rainy day together.

The Christian Mama's Guide to the Grade School Years - Erin MacPherson 2013

Prepares moms for the time when their school-aged kids take their first few steps into the world and away from mama's nest. Sending a child off to school is a whole lot more than stocking up on school supplies and packing a (somewhat) healthy lunch. This helpful guidebook walks Christian moms through: discovering a long-term vision for the person that Christ has purposed for your child to become instilling a sense of "who I am and where I came from" in your child choosing a school for your kids helping your kids to develop key attributes—courage, kindness, perseverance—that lead to success in school dealing with teachers, sports, and lessons navigating those difficult conversations that will come sooner rather than later a special feature includes sidebars "From the Principal's Office" with insights from a 35-year elementary school principal and educator Moms will learn how to cover their children in prayer so that their launch into the world, and away from her control, is done with grace and wisdom—helping them grow into the men and women God intended them to be.