



Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far)

By Tracy Cutchlow

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"The coolest—and easiest—book for new parents" (Parents magazine)

Pregnancy? Newborn baby? Partway through parenthood with a toddler or preschooler? No matter your stage, you could use more calm, more confidence. You could read dozens of parenting books on pregnancy, baby sleep, picky eaters, child psychology, child development, potty training, and discipline. Or you could read *Zero to Five: 70 Essential Parenting Tips Based on Science*.

Journalist Tracy Cutchlow cuts to the chase, summarizing the best parenting research in bite-sized chunks. She knows from her own experience with motherhood: new parents are too busy and sleep-deprived. One tip per page + beautiful photographs = cool + easy.

Research

With the premise that science isn't perfect, but it's the best guide we've got, *Zero to Five* draws on scientific research and studies from experts such as Dimitri Christakis (screen time), Diana Baumrind (parenting styles), Adele Diamond (neuroscience and executive function), Carol Dweck (growth mindset), Alison Gopnik (child psychology), John Gottman (marriage and conflict resolution), Megan McClelland (executive function), Patricia Kuhl (language acquisition and brain development), Ellyn Satter (feeding children), Dan Siegel (emotions), Paul Torrance (creative thinking), Grover Whitehurst (literacy and reading comprehension), and more.

Then Cutchlow makes it all readable, for that 2-minute break you've got during the day.

This parenting book is for you

...if you like to research all the options so you can find the best

...if you are feeling scared, anxious, or unsure of yourself as a parent (who isn't?)

...if you like the idea of using science as a filter for the crazy amount of parenting advice out there

...if you want practical, how-to ideas for applying the research -- not just what to

do, but ideas for how to do it or how to say it
...if you want to do things differently than your parents did, even though you love them
...if you want word-for-word examples for dealing with specific discipline scenarios (hitting, biting, not sharing, talking back, refusing requests, not listening, and more)
...if you are wondering how to handle television and screen time
...if you are interested in positive discipline or positive parenting
...if you are a dad (or you are with a partner) who probably wouldn't read parenting books
...if you are a grandparent wanting to be up with the latest knowledge about raising kids
...if you are studying for your CDA, or working in early childhood education, and want a reference
...if you work with families and want to recommend or provide evidence-based resources to them
...if you want to feel like you're enjoying parenting, not just surviving it
Who is using *Zero to Five*
besides, of course, parents, we've heard from:

Pediatricians. Many keep their copy in the exam room. Some private-practice pediatricians give a copy of *Zero to Five* to all new parents. **Parent educators.** "The best I've seen in a long time." "My go-to source." **Parenting support groups.** Seattle's largest network, PEPS.org, uses *Zero to Five* as part of the weekly curriculum, in a "brain development break." **Child-care providers.** **Agencies that train child-care providers.** One agency created a training based on *Zero to Five*. **Home visitors. Family therapists and psychologists.** "Your book is a big part of my practice." "I recommend it all the time." **Childbirth-class teachers. Early-learning advocates. Graduate students in child development.**

Zero to Five is your quick and easy guide to the best practices in parenting.

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Editorial Review

Review

"The coolest--and easiest--book for new parents" -- *Parents magazine*

"Bound to become a modern-day parenting classic" -- *Momtrends*

"A perfect gift" -- *Library Journal*

About the Author

Tracy Cutchlow is a journalist and the editor of the bestselling books *Brain Rules for Baby* and *Brain Rules*. Her writing on parenting has appeared in publications from the *Huffington Post* to the *Washington Post*. She lives in Seattle with her husband and daughter.

Users Review

From reader reviews:

Ethan Scott:

Have you spare time for the day? What do you do when you have much more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a wander, shopping, or went to typically the Mall. How about open as well as read a book called Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far)? Maybe it is to become best activity for you. You understand beside you can spend your time using your favorite's book, you can better than before. Do you agree with the opinion or you have other opinion?

Robin Boucher:

Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their own friends. Usually they performing activity like watching television, going to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could be reading a book may be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the book untitled Zero to Five: 70 Essential Parenting Tips Based on Science (and What I've Learned So Far) can be fine book to read. May be it could be best activity to you.

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