

Rockstar Mom

7 Ways To Be The Greatest Mom Ever!

Copyright © 2017 Eleanor Wint

All rights reserved.

Images Chapter 1. © [Tomo Jesenicnik](#) | [Dreamstime.com](#); Chapter 2. © [Irina88w](#) | [Dreamstime.com](#); Chapter 3. © [Syda Productions](#) | [Dreamstime.com](#); Chapter 4. © [Godfer](#) | [Dreamstime.com](#); Chapter 5. © [Constantin Opris](#) | [Dreamstime.com](#); Chapter 6. © Eleanor Wint | Snappa.com; Chapter 7. © <http://www.allwidewallpapers.com/> © [Godfer](#) | [Dreamstime.com](#)

Cover illustration by © Olga Kurkina (<http://bit.ly/2p1vyL7>) Bento type box courtesy of Chiara 1001

All rights reserved. Except for brief passages quoted in newspaper, magazine, radio, television, or online reviews, no portion of this book may be reproduced, distributed or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or information storage or retrieval system, without the prior written permission of the publisher.

Free Bonus Giveaways

Along with your purchase of the book you will get these rocking parenting goodies:

- **Rockstar Mom: 7 Ways To Be The Greatest Mom Ever**, Easy to use [Infographic](#)
- Audiobook Extract & a great link to Mom Freebies

Plus!!

Bonus #1. An extra section in the book especially for moms with preschoolers. It gives you 4 areas to keep an eye on. Watch these to see that your pre-schooler is growing a positive self-concept and great self-confidence.

Want a free Book! ... Keep a watch out for your Launch Invitation!

Preface

- Do you want to feel more confident with your parenting?
- What if your friends start calling you a star and congratulating you on your parenting?
- Want to find out how you can get an extra hour a day to read a book, or exercise or spend some time doing something you long to do?

Rockstar Mom: 7 Ways To Be The Greatest Mom Ever is the book that restores your self-confidence even when at the end of the day, your six year old son tells you this is the worst day ever after your boss shouted at you for trying to leave early so you could make it home in time for his hockey workout. Feeling down, you ask yourself the timeless question? Am I a bad Mom? No way! We have tips to make you speedy like Sonic the Hedgehog and glowing like Elsa. Halle Berry has nothing over you.

Rockstar Moms are beautiful, well put together (most of the time, even with the sleepless nights and the multitasking), can be either single or married, working at home or working away, have more than one kid, and you love them all. The book is the icing on the cake. Take the next step to sweeten the family goodness you may have been glossing over recently.

Dr. Eleanor Wint, a Christian author, shares her knowledge of parenting from living in and studying cultures all over the world. Her teaching comes from years of working with families in all walks of life. She is the author of “I Like Me: 5 Easy Ways for Parents to Help their Children Feel Awesome about Themselves”. She co-hosts a new Facebook live series for Moms, with well-known best seller author Debbie Pokornik called “Secrets of Resiliency & Believing in You-The Best Gift to give Yourself”.

In **Rockstar Mom: 7 Ways To Be The Greatest Mom Ever**, you will find:

- How much you are and what you need to be a successful Rockstar Mom
- How the **house** of the greatest Mom ever will always be one awesome **home**
- The keys to keeping calm, confident and in tune to that family of yours
- Tips on making sure that you and your children are eating just right for their age
- How best to play with your kids so you get great physical and emotional growth
- How to use the startling findings from studies on children and sleep at The Cleveland Clinic Foundation and the National Sleep Foundation so YOU get regular time to be a part of your entire family
- How to make sure that nightly cuddle of your 3 year old in front of the TV doesn't turn into something you can't handle

Hey!!

I know you will enjoy the book when you download it. Thanks so much for downloading. As an author I highly appreciate the feedback I get from my readers. It helps others to make an informed decision before buying my book. If you enjoyed this book please consider leaving a short review at your Amazon link for reviews.

Sincerely,

Dr. Eleanor. [[Twitter](#) & [Blog page](#)]

Table of Contents

Preface	2
Table of Contents	3
Introduction	5
First thing download the infographic web page then come right back.	6
1 You & your children need enough Food	8
BALANCE THE DIETS	8
You will be addicted to this cooking.	9
Are you thinking about trying vegetarian options?	11
2 Build a Sense of Home	13
GROW LEARNING SKILLS	13
Make sure your house is one awesome home.	14
3 Make them feel secure	15
BUILD EMOTIONAL SKILLS	15
Family creates true security.	16
See how you score on these questions about your sense of security.	18
4 Being Healthy Rocks!	20
BUILD COGNITIVE, PHYSICAL, SKILLS	20
Becoming a healthier happy family.	22
The secret to Serene Sleep	24
5 Oh!! The value of Play!	25
BUILD PHYSICAL AND EMOTIONAL SKILLS	25
The missing link in play.	27
Foster emotional, social, physical growth.	28
6 A No-Abuse Environment	29
CAN LOVE TURN INTO ABUSE	29
A loving no-abuse setting.	30
7 Show & Share A Lot of Love!	32
LOVE IS UNCONDITIONAL	32
Is it alright for Dad to love his daughter?	34
Bonus #1	36
Build Happy Positive Self-Esteem in Your Preschooler	36
WHOLE DEVELOPMENT OF THE CHILD	37
Growing who (s)he knows as herself or himself	38

Show her or his Full Potential	40
Learning to Serve Others	41
These are some great games to help your child develop holistically	42
Note from the Author	44
Join me at www.kids31.com to get your copy	45
About The Author	46

Acknowledgements


I must say a great big Thank You to some special people. To my Reviewer Club who helped me along the way making sure I did not go off track. To Laura, Hi-Cha and Cheryl who demonstrated their trust in me by doing the video interviews on being moms. To Gabrielle my daughter who edited and did all the proof reading. To my son Isiahwintrose@madebyignite who held my IT hands and was responsible for all IT work. To my 6 year old granddaughter who told me when to stop.

To God be the Glory For His Mercy endures forever.

Introduction

Ladies

Welcome to a wonderful experience.

When I started this I thought it would just be a few  tips. Now it's a book!!!

It's easy reading and lots of tips around those 7 Ways which will help you to be the greatest Mom ever.

As far as I am concerned, great Moms are Rockstar Moms. By that I mean Moms are the ones that keep families, businesses, companies and communities together. They are the ones that decide to stay at home with their children exclusively or balance work outside with work at home. These are the Moms who know how to make each day a new beginning, how to make gourmet meals out of leftovers and time a figment of the imagination. We are all pretty determined, organized and full of heart in our own way.

In this book I talk about the things that affect the relationships between you, your family and your kids. I talk about the things that should be in place so you can raise a kid to succeed in this ever changing world.

This book is for Moms with a small nuclear family. Moms with an extended family with aunts, uncles and others. Also Moms with grandmother or grandfather and children, or Moms who are step parents with a whole new family. Name it, it all still applies. A family is a family and you Mom are the Rockstar of that family.

BTW. If you want this book and other books free, keep an eye out for the launch which will give all the details.

Bonuses

In addition we have Bonus #1: “**Growing a Kid with self-confidence and high self-esteem**”. This is the final step in self-esteem building in your kids as they move into their tweens. It's now or never for developing the foundation of a great, positive self-concept and high self-confidence in your 4-8 year old.

I say these are the do or die years! If you wait until you are an adult it just doesn't seem to work as well.

Once the foundation has been set during those important years, this great self-confidence and self-esteem will withstand all those pressures that come in later life from her or his peers.

Never underestimate the impact of the whole picture. Remember, you have a 'whole' kid, not just the mind, or the tummy, 1/2 or 3/4 kid. As a Mom or a Dad you have to take care of this little person in every way. Start thinking in 'whole' terms when you think of the child, head to toe, whole family, school work and exercise and good food, it all matters.

You know the great Super Model Naomi Campbell says she would still love to have children of her own. Have you noticed celebrities like Diane Keaton (still unmarried, and she says motherhood turned her world upside down at the ripe age of 50), and Katherine Heigl/Josh Kelly turn to adoption because having children is so important. You, are a Rockstar Mom, because you already have your kids and you are keeping it going full time.

So let us put it all together and start!!!!

Please, turn the page.

First thing [download](#) the infographic then come right back.

Rockstar Mom 7 Ways To Be The Greatest Mom Ever!

Add these accessories to your parenting arsenal and consider yourself a successful Rockstar Mom. Successful parenting with self- confident children leaves all Moms feeling Happy and Fulfilled!!



Click [here to download](#) the infographic and all the great giveaways.

Rockstar Mom

7 Ways To Be The Greatest Mom Ever!

Eleanor Wint

Copyright © 2017

1 You & your children need enough Food

BALANCE THE DIETS

This is where it all starts! Food. Diet.

It just seems like rush, rush, rush every day. No ease up on the weekend even. When will this stop? Everyone talks about rushing to leave the house, to get the lunches packed. And if you decide to go on an outing for a break it is still a rush.

So let's talk about what makes up the diets before we get to the Bento diet for you.

Preschooler children, kids in their teens and preteens all need to eat and they do eat a lot. They need a balanced diet each and every day. Food is the source of their energy. **A hungry child, i.e. a child who is not getting the right mix of nutrients, cannot learn or play.**

A balanced diet is the best way to ensure that a child has enough food for the day.

Successful Moms use a food journal. Start for a week and in no time you can do without it. Each day you write down what you want the child to eat for each meal including school lunch. Take a look at it at the end of each day. Then you will know exactly what might be missing and you want more of.

Balance means you have all the food groups covered. Some days will be better than others but by the end of the week you will have it balanced. Once there is balance there is enough energy for each day.

In a recent study (2016) JAMA Paediatrics found that children who are overweight by age 10 are at a greater risk to develop type 2 diabetes. This is why veggie based diets really are the best. This other study, still talking about type 2 diabetes, which followed 200,000 health professionals across the USA, showed that you are 34% better off if you had a plant-based diet with lots of fruits, nuts and veggies. They even preferred home-cooking.

Remember, children get their energy from proteins and carbohydrates. Not just carbohydrates. So don't be afraid to put different things in their lunch box like seaweed strips or fruit bars. They might stand out from the crowd, but the other children will soon envy them.

Don't forget to eat together at least once per day. Children will learn the social graces sitting at the table and practicing to say their grace before eating.

You will be addicted to this cooking.



There is a lot of talk about children not liking vegetables. I do not agree. I see many children eating vegetables in all forms. The thing is to make vegetables the norm not the unusual.

Why not try juices that are tasty, like mixing kale and apple juice or carrot juice (2 large carrots) with a little beet (one medium sized beet) in a juicer. If you have a juicer then it is easy to make sure there is no fibre. If not maybe a strainer would help as they don't usually like the pulp or fibre. Both of these juices have a natural sweet taste.

You have to find something that keeps them through the mid- morning so no hunger pangs. Hunger pangs mean hangry kids. So, have *a good breakfast* with lots of protein, whether it is eggs, cereal, oatmeal or pancakes. How about a fruit protein smoothie? This is great especially when you are running late. Just add some raw food protein or whey protein to milk or real fruit juice (not juice made from a concentrate). Whey protein comes in chocolate form also. Shake well.

There's nothing wrong with boxed juices made from real fruit, especially when on sale!!

Add seeds or fruits to the pancake. I find it is better to add fruits on top of the pancake once it is made, along with the syrup and or honey. It works.

For dinner sweet potatoes are great as a side dish. You get the Vitamin A for the eyes and the anti-oxidant for the body. I usually give them candied sweet potatoes. Check out any recipe. All you have to do is slice the sweet potatoes and put them in the oven (350 degrees) with brown sugar and cinnamon sprinkled lavishly on top. Line the pan with parchment paper, add some oil (not too much) and place the slices of sweet potatoes side by side close on the paper. Bake for about 15 mins or when soft and sugar melted.

For snacks. You know those toppings you use on ice cream and pizza etc.? Well, make a topping for your next pizza from blended kale leaves with salt and a little black pepper and a little thyme and add crushed tomatoes. Homemade pizza gives us a chance to be creative with toppings using chicken chunks, spinach melted in cheese or pesto sauce instead of tomato sauce!

How about sweet toppings from nuts and yogurt and honey. There you go. Instant success and the tweens and teens can do this themselves.

Oh there are so many ways!!

Now for You MOM!



The Bento Diet is all about packing on the Go

Carrying lunches around can get messy or unbalanced. These suggestions try to avoid that mistake. I have found you can use the traditional Japanese Bento box or there are some pretty cool little old time small canisters that work well as you are able to separate what you are eating. This came in pretty handy on a quick overnight visit to the mountains with the neighbors. The children loved the feel of something different from the ole school lunch box.

This is really simple, 3 compartments. You can get as creative as you wish!! The important thing is balance so fruits, vegetables and protein must be there. If you have a high metabolic rate don't forget the carbohydrates.

Are you thinking about trying vegetarian options?

What does it mean to be vegetarian?

There are vegans who eat no animal products. So that includes no dairy. But there are vegetarians who eat no dairy products or others that eat no meat or fish. Some vegetarians will eat fish but no animal products.

How do we get the food types?

PROTEINS

You will need to replace animal protein with beans, nuts maybe nut-butters and grains and vegetables and legumes. If you eat eggs and dairy add these also.

IRON

Add the peas and the lentils as well as those great cereals with all the additives. Pastas especially brown rice and spinach pastas also. Humus made from chick peas is also great. Make sure you add Vitamin C from fruit for the absorption of iron from the cereals. Don't forget water. Lots of water.

VITAMIN D AND VITAMIN B12

I always have to remember these 2 specially. The best thing to do is to use supplements. The sun is best for Vitamin D but there might be winter and short days. For Vitamin D for children aim at 1000 IU per day (buy liquid with a dropper and made from natural/food products, not synthetic). For adults, no less than 5000 IU per day as in winter it does not replenish itself.

CALCIUM

Don't worry if you are not eating dairy products. Vegetables and fruit juices are great such as kale and dark green vegetables. Always make your vegetables a mix of colours and you will be eating right.

Beans, tortillas, rice, potatoes, barley and an egg base are good substitutes for pasta every day.

Again go for the supplements especially for the children. Liquid calcium is great as it is easily absorbed and helps them to get a peaceful rest at night.

Check out an agency called Sol cuisine in the USA and Canada for Non-GMO Project certified tofu, veggie burgers, veggie dogs, veggie ribs, falafel, veggie burger dry mix, veggie crumbles and more, including soy-free options. These are all great if you do not have the time for preparing from scratch. There also great vegetarian cook books around. I like "*But I could never go Vegan*" by Kristy Turner. It's great.

This recipe below is for easy cooking chicken/vegetable curry.

Nowadays, life seems to be getting busier whether everyone is going out to work or staying at home. In places like Canada the days get shorter in the winter and in the warmer climates, days just don't seem to be the same. We are always trying to find a quicker way to do things. But that quicker way needs to have the same dietary value as before. When we work more we need more energy, even the kids need more good, food-energy to get them through their busy days.

The meals need to be just as nourishing even if they take less time to cook. And they must look good. Our children will never eat their meals willingly if the meal looks unappetising.

When they are hungry and getting older you can include all types of vegetables as long as you make sure to cut them up in cubes so they stand out.

This curry is good served over rice or quinoa. You can stir in chopped kale just before serving instead of the peas. You will need a 3-quart slow cooker or pot for this recipe. You can even use a casserole dish and bake in the oven at 350 degrees F for about 1 hour.

Ingredients

- 1 medium onion, cut into crescent moons**
- 4 chicken breasts or thigh meat (boneless) or substitute veggie protein chunks**
- 4 large carrots, cut into small cubes**
- 2 Roma tomatoes, diced**
- 1 can coconut milk with cilantro and seasonings stirred in**
- 1/2 cup water**
- 1 tablespoon curry powder and turmeric**
- 2 teaspoons Herbamare or sea salt**
- 1 cup fresh or frozen peas**

Directions

1. Place the onions in the bottom of the slow cooker or pot on medium heat
2. Add coconut milk and seasonings for a minute
3. Add chicken or veggie chunks to the slow cooker/pot along with the remaining ingredients.
4. Gently stir, cover, and cook on medium heat for an hour or so
5. If you have frozen peas add them just before it is finished cooling
6. Serve

You might want to try out the world famous Range by the company Iceland. These are slow cooking gourmet combos you can rustle up at home. Another quick one is the Paneer wrap made of soft paneer with fresh veggies, rolled in a batter and dipped in a sauce made of ground/crushed almonds and lemon juice.

Uuuhmmm 😊.

2 Build a Sense of Home

GROW LEARNING SKILLS

When we say home we usually think of our house. The home is the safe, secure, 'comfy', 'cozy' place we love to go at the end of the day. It is where we live, it is where we all relax and recharge.

Housing is tricky though because we all have different tastes so our houses are all different. Each house is built in a different style. BUT your child must be able to go to sleep in some sort of comfort. Some people like to have their children share a room. Or perhaps the baby or the 4 or 5 year old is sharing a room with a parent. Or, everyone has their own room.

Whatever the situation the child should get enough sleep in a warm bed when it is cold with enough space to stretch out when they are sleeping.

This way, a sense of home leads to a feeling of security and immediately helps the learning skills to grow.

What about the space in the house.

Children need somewhere to study as they grow older and need to do homework. Keep a special space for this with good lighting.

Be careful about the amount of space that you have so everyone is not tumbling all over one another.

Be careful how you budget so your housing costs are budgeted for.

You can't always control the neighbourhood but make sure you know exactly where you are living and who else is living with you to protect your family and kids.

You can fix up an older house inside so that it has enough light and air. Doors and windows should have secure locks. And you should be able to get in and out easily using more than one door.

When choosing paint colors go beyond the simple color charts in the store and look at color meanings and symbolism charts.

Make sure the plumbing works and the water is clean.

The bed should be firm or if you sleep on the ground then make sure you make the floor warm in the winter.

Make your house a safe and comfy place for kids to relax and catch their breath.

Make sure your house is one awesome home.



Some children like to have on a light in the night. Nothing wrong with that.

Make sure the covers won't catch a fire in the night from a lamp or a shade that is too close to the bulb. They do have a lot of small night lamps that do not burn too much electricity.

If you use heating please make sure the vents are not all blowing directly on his or her head and there is a good check for carbon dioxide emissions.

All this sounds very basic but sometimes we need to be reminded. You rock when you have this all covered.

Be careful of the type of paint and the colors you use on your walls as for sighted people, this affects your state of mind.

Physical health, Social and Emotional functioning as well as Cognitive development (ability to learn and mature in school) of the child are all affected by the quality of housing your family is living in.

A house is a building which can take many shapes and sizes. It must be kept clean and everything in it must work. It becomes a home when there are people living in it and these people all show respect for each other.

This usually means that it is clear who is really in charge. Who makes which decisions? Children need to know who has the last say. Everyone is expected to do certain chores and tasks to keep the home running well and in this way everyone will be comfortable.

Keep the house clean, safe and comfortable for the family within its walls and all should be well.

3 Make them feel secure

BUILD EMOTIONAL SKILLS

Security means lack of worry on a daily basis. Children worry. They worry about feeling comfortable or if they can get what they like to eat or if they see their Mom or Dad unhappy. Especially if you are starting a new blended family and Mom or Dad is worrying about something, they will see it or hear it and feel when the stress becomes unbearable. They are not little adults. They are feeling, growing children building emotional skills.

We see the effect of a sense of security when the child shows good development of his or her emotional skills. This means being able to laugh, smile, cry, hug each other or someone else.

In order to really care for your child you need to bring together your own family resources with those of the community. A good example of this is when the child was born you probably had to go to the clinic or the doctor and have your child's immunizations done. This is an example of using the community resources in whatever way is available to help you care for your child.

Maria and Samuel were moving to Ontario from Syria. It was the first time they had left their country and it was a bit frightening.

With their 2 children they had to find a home and school and settle in. For them their home would be the greatest point of comfort and security as they had all their pictures, their privacy. In the new neighbourhood they knew that they could get familiar traditional foods from the local supermarkets.

Also they had always been a close family and were looking forward to going to church freely.

When kids feel secure they don't worry on a daily basis. This makes them feel more relaxed and in charge of their surroundings. Feeling like this gives them the space to grow and build emotional skills. **Fear shuts down the emotional building blocks.**

Family creates true security.



Moms and Dads, you are the ones who make the decisions about all sort of things. From day to day caregiving, everyday budgeting, family structure, discipline, you will need to be the one in charge.

You rock when you have these bases covered and I know many of you do have them covered.

Knowing all these things help with your feeling of security and your child's experience of security.

Everything is linked in the child's life. As parents and caregivers, we might see things differently but for the child, there is just one major caregiver who they expect to get everything right, somehow. Sometimes as a Mom you can feel extra pressure because the support you thought you had isn't there. Or perhaps you haven't really realised how much good you are doing on a daily basis for your family and feel unsatisfied. I will come back to this later Mom.

The thing is, the more you feel as the caregiver/parent that you have things more or less under control, the greater is the sense of security.

I have a set of questions below for you to consider carefully.

When we talk about security, these are the types of questions you should be comfortable with to ensure that you are aiding in making your kids and family feel secure.

But before I go there let me talk a bit about You Mom preparing yourself to feel secure and competent as a parent.

Developing parenting competence

Speaking as a mother and grandparent, parenting never ends. You always hear stories about mothers waiting for when their children get old enough to leave to the house. Or others who never want them to leave.

Parenting involves caring, supporting, knowing when to let go and when to give a hand and it never ends. So don't think you will know it all right at the start. Or even after the second child.

But over time you do get better at it. All my work in so many different cultures has shown me that parenting can be learnt. So listen to the old wives tales. There is a grain of truth somewhere. Or ask you mother what she would do. It will force you to think. I heard a story the other day of this young mother who is wondering what she is doing wrong as she cannot get her 2 year old to take a bath without him screaming down the house. I had to laugh as he is not in the least bit unique and she will just have to weather it out. Read as much as you can, then talk about it to other parents and ask the craziest questions. But most of all remember

what one doctor told my daughter as he looked at her daughter lying in the hospital bed. *“Mother, you know your child the best. I can suggest some things to do. But you and only you know when it works, if it works and why it works”*. That little thing called woman’s intuition is real whether you gave birth or adopted the child.

One thing that makes you feel even more competent is the ability to understand the new technology. Get involved in the buying and setting up of tablets, phones, anything electronic. Go on line and learn the new language for social media like twitter, snap chat etc. Find someone who can help you that you trust if you want to make sure. This should start from the great old age of 4 years old. Check out my blog post <http://www.eawpublications.com/introducing-technology-children-earlyage/> .

You will be surprised to know how much your kids know about these things. It’s usually more than you thought. Gosh time does fly and you were still thinking they were your babies. I suggest you show them how impressed you are by acknowledging this.

Security Questions

Let’s get back to the security questions. These questions are wide ranging. Nothing too specific but general security related questions.

I hope you have someone to help you with all these areas and are not doing it alone. But if you are more power to you. Do not be afraid to ask for help when it is needed.

See how you score on these questions about your sense of security.

A. Were you able to pay your bills on time this month?

If not, why?

Some bills or all bills?

Who did you ask for help?

Do you think this will happen again or did you find a way to resolve this?

If you paid your bills on time is that usually the case?

B. Did you birth the child(ren) you are caring for?

Is this situation okay for you?

Do you all talk to each other in your household?

How satisfied are you with the use of technology in your household when it comes to security? [doors, windows, lights, furnace, alarms]

Is this neighbourhood satisfactory for you and the children?

If not is there any way this can be changed?

C. If you Mom are the primary caregiver, how much time have you spent with the child(ren) this week?

Are you satisfied with this arrangement?

Do you have rules in your household as to who does what and when in the case of answering the door?

In the case of giving permission to go out?

In the case of allowing persons to come into your house?

Who decides who has a key to the house?

Scoring for the above questions

Well Done

You were able to satisfactorily answer all of the questions whether negatively or positively = You should be able to address any possible problems and search out ways to fix them. You should be feeling pretty secure about your house and home.

Very Good

You were able to satisfactorily answer most of A, B, and C whether negatively or positively = You are truthful in your responses. This means you will need to find someone to help you seek out resources to address the problems. You should be feeling fairly secure about your house and home but you are prepared to seek out some help in specific areas.

Something is wrong

You were not able to answer these questions in general = There is no sense of security in your house which would suggest that it is not considered a house or a home for everyone. Please seek out someone to talk about this with.

4 Being Healthy Rocks!

BUILD COGNITIVE, PHYSICAL, SKILLS

Here is a quick one. Where would you say your child(ren) fall on the scale below?

- a. *Not healthy*
- b. *Healthy some of the time*
(Nothing serious)
- c. *Pretty healthy most of the time*

I bet you thought about things like if they had a lots of colds, or maybe had a serious health problem or were getting into fights at school or something like that. The thing is someone has to notice and care about their health and that someone is usually you.

But are you caring about your own health? Why do I ask that? Because if you are working at keeping healthy it is more than likely that your child will be healthy also. This means you are eating wisely and getting the exercise you need or sleeping well or finding ways to keep your peace of mind on a daily basis.

So for your child, the old saying 'an ounce of *prevention* is better than a pound of *cure*', should always be the rule. Keep constant watch so if there is anything out of the ordinary like a scratchy throat that won't clear up or a rash that will not disappear or even a pain in the arm that keeps hurting, you will notice and look about it.

Children can go from well to sick and really sick in the blink of an eye. Literally.

Earlier on we talked about keeping good health from eating well. But really it is much more than that.

Everyone has a brain. The brain has lots of different types of cells with different functions. Think of it. From birth, the brain is growing just like the rest of the body. It is making new linkages between the cells which make us behave in different ways. The brain is more than memory as it governs every activity. Scientists tell us that the development of cognitive (BRAIN) skills is very closely related to good nutrition; good sleep habits, and play (YES, PLAY). That's why being Healthy Rocks as the brain keeps growing until we are about 25 years of age. Then and only then it is settled in its ways!

So keeping healthy in you and your kids is a combination of eating right, exercise, keeping a keen eye out for any symptoms of something being wrong in the child (physically or emotionally), making sure all immunizations are up to date especially when you have to travel, making sure they are wearing the right clothes for the seasons and being clear about who is in charge at home and whose rules they should be following.

Poorly nourished, undernourished or unhealthy kids tend to learn more slowly and are very slow when it comes to social interactions and curiosity.

Dr Ogi Ressel, the well-known author of "Kids First", says that "the drug industry is on a band wagon to 'create' new diseases in order to sell more drugs and it seems that most of this fervour is targeting women". A pretty serious statement well backed up by facts in his book. He points out that drug manufacturers help the medical profession to manipulate people's fears about new diseases that they come up with, all with big names for the child versions of adult symptoms. In other words, it's more about dollars than sense.

He suggests that we should include alternative medicine with network chiropractors who do not crack your bones or naturopaths with proper holistic diets or use massages etc. etc. I have seen this work. The problem is it

takes that much longer to take effect and it is also quite costly. It's better in the long run though because with alternative medicine, you are treating the real illness or the disorder, and not the important sounding symptom.

Becoming a healthier happy family.



For me, one sign of keeping healthy is if you notice that your child is not getting a lot of colds all the time. That's great.

Or if they are allergic to something that we know about, we let them and others know about it and be prepared for any emergency.

We have to be on the lookout so that they are not unnecessarily sick. This means take notice of little signs of something not quite in balance. Maybe they are suddenly shouting a lot instead of being able to find some calm or perhaps, there is a persistent rash that will not go away or a headache in an older child. These can be emotional and/or physical signs of a disorder.

Going to school and being with other children means they are open to different experiences, so we have to be prepared to talk with them about safe play. This goes from proper use of the gym equipment (no smart aleck behaviour that could cause an injury), to proper lunch time behaviour, to healthy sexuality in the older kids.

In good health the child always learns so much more easily and happily. This is what we call growing cognitive skills. This is the ability of the child to grow mentally and learn the formal lessons that they are being taught at school.

To learn means to be able to do the homework and the tasks that they are given by the teacher or they have at home. If they are healthy and living in a healthy environment they will complete these tasks quickly and with not so much complaining. There will always be some fuss but once the routine is established the fussing gets less and learning becomes enjoyable.

Remember the brain. The brain governs all our actions. If the brain is working it means we are eating, sleeping and playing well. Bad sleeping habits means we have kids who get sick and miss many days off school and are hence unable to keep up with their friends at school. Take out play and you have a child that does not engage in any creative or imaginative activity to develop cognitive, physical and emotional abilities.

EaT Well + SLEEP Well + pLAY A LoT = BETTER FAMILY LIFE!

The secret to Serene Sleep

Children are not infants or toddlers any more. They are now moving from pre-schooler to tweens. There are some startling findings from studies on children and sleep at The Cleveland Clinic Foundation and the National Sleep Foundation which tell us that pre-schoolers need 9-11 hours of sleep over 24 hours including an hour during the day. As they get to 6 years and onwards, they may not need any day naps at all.

Mom, you have to take advantage of this information and create a schedule that allows both you and the child to get the necessary rest. Sleep at night is crucial and for Moms of older children, their sleep at night is crucial.

Babies, infants and toddlers have their own sleep routines. Preschoolers, however, sometimes wake up during the night and do not want to go back to sleep at all. This is the really annoying time. The secret to serene sleep for them is the bedtime routine.

Here are some tips to keep in mind so that both you and the children have serene sleep.

1. Ensure that there is a proper place for the child to go to sleep. This will not be too bright and should be warm or cool as needed. If they are sharing rooms or beds then set rules and all must respect the rules.
2. Go to bed and wake up at the same time. This means caregivers have to keep their schedules in place so that this happens. Do the same things for bedtime every time so they get used to those things meaning that it's time to sleep.
3. Keep the bedtime stories going until they do not need it. This habit makes them feel secure, close to the caregiver and reassures them that you are there through the night.
4. They will tell you anything that is bothering them (let them) as you must not go to sleep with bad wishes or bad feelings. However, do not allow them to get you into a conversation to 'stall' going to sleep.
5. If they keep waking up in the night then it can be because they are hungry (check your eating routine), they want to know what's going on or they are making sure everyone is where they expect (see feelings of security, home). If it is a nightmare, then first calm it down but make sure they go back to their own sleeping area.
6. If all is well try and have a few things in the bed that they like.

Remember EaT Well + SLEEP Well + pLAY A LoT = BETTER FAMILY LIFE!

5 Oh!! The value of Play!

BUILD PHYSICAL AND EMOTIONAL SKILLS

If you have a home with children of different ages, play means different things to each one. From preschool (4-6+) through puberty and teenage years, play is important because it builds physical and emotional skills. Simone Byles, the young Olympian gymnast, is in top condition when it comes to physical growth. We read that her emotional skills are also pretty good because her Mom spent a lot of time making sure she developed love for herself and respect for her family values.

What happens is that as your child grows, everyday play&learn often moves into competitive sport where these same values have to be encouraged.



A group of children are playing.

They are running and screaming and enjoying themselves on the grass. Suddenly Sue falls and hurts herself.

“Oh! Oh! she cries out, holding onto her finger, squeezing and crying.

What’s happening?? And then you notice that Abigail is hugging her.

“Hush, don’t cry Sue” says Abigail hugging Sue so tight.

“Let me go and find Mom so you can be alright”.

And off she runs calling “Mom, Mom”.

I am sure we have all seen this from time to time. Children caring for each other. This is what happens in play-based learning. It is not a passing trend. It is something we have all experienced some time or the other and mothers have been engaged in this type of learning for a very long time.

We take the benefits for granted because they are staring us in the face. Play is where kids learn about the world they live in, and how to conquer the physical challenges. They learn about themselves (physically and in relation to other things and people), they also learn about their emotions (how they feel when they get hurt or something is taken away from them) they learn about dexterity, strength, focus and hand-eye coordination. What they are learning in **PLAY grows up to be REAL LIFE.**

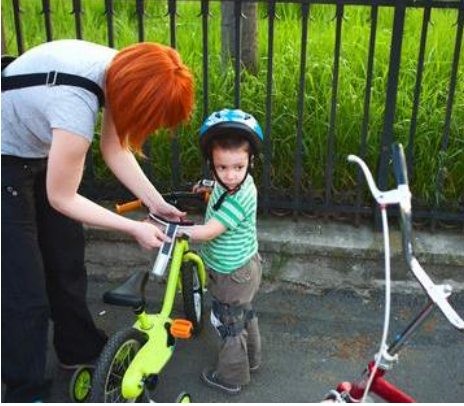
Do not forget the power of play for all children.

For Ariel it was a challenge to get into the water. She had to slide from her chair into the water and sometimes there was no-one to help.

But once she was in the water it was so freeing. Her arms worked magic and the limbs that did not work on land were suddenly light and free.

Nowadays we have Olympics and Paralympics. We have come a long way to revere these amazing athletes some of whom started out just playing.

The missing link in play.



It's wonderful to see how these preschoolers care for each other. Some will go out of their way to make sure all is well. The level of empathy is awesome. They are now beginning to really understand themselves, how they feel and consequently how others feel.

They can now interact and keep the conversation going while in public. They can play by themselves or they can play with others.

Suddenly it is making sense.

Mom, Dad, this is why we talk about you rock when you understand the power of play.

While they play they do all these things. Their emotional and social growth is noticeable and interestingly, they tend to copy what they see their parents do.

Does Mom talk to the lady at the cash register? Does Dad tell the coach at swimming that his daughter is the greatest and she is really learning a lot? They absorb all this and do similar things.

I heard a 5 year old telling a saleswoman who had just called her cute, "Oh, everyone calls me cute." No guile, just a statement.

Have you ever listened to an eleven year old giving advice to her younger sister about how to play the game of basketball when it is a mixed team? Much more than simply playing the game!

In play, the girls who have tea parties and sleep-overs pretend to be the adults mimicking everything they have seen. In sport, they copy the moves of the heroes they see on the television, on the playfield or perhaps the moves of their own parents.

The point is it began as play. It soon becomes real life. It's our responsibility to make sure it is still enjoyable.

Foster emotional, social, physical growth.

Play is the place and the time when emotions, sociability and physical skills all come together.

The games we play and the way we play them is all a part of our culture. It is the way we have always done it and the way our friends and family do it.

Naturally parents influence this learning directly and indirectly. The songs the children know, the games they play are what we would like them to play. However, the kids can end up making new rules and changing them at will.

As the kids form friendships parents will have play dates with children of the same sex or invite certain friends to the birthday parties. All this is playing the way we want and forming the emotional and social skills that are great for growth.

Remember we are dealing with children here. They need to play to learn and build their social skills.

But let us not forget the limbs. As the bones lengthen and strengthen, these children become very flexible and are now able to do cartwheels and somersaults. Skipping appears and the most complex skipping games begin. They begin to throw the ball much harder and kick it further.

They are also seeing things differently so they engage with TV games and hand held gadgets [<http://www.eawpublications.com/what-age-kids-screen-time-gadgets-iphone-smartphone/>]. But then there is still so much energy left that bicycles and trampolines are just as important. Everything is great and very very necessary.

As we understand the value of play we notice that many schools now include yoga as a part of the curriculum. Yoga is there because it teaches self-control and allows the children to relax and feel relaxed in a structured way. The studies all show that yoga directly impacts children's choice of response to stressful or aggressive situations. They always tend to be more peaceful.

6 A No-Abuse Environment

CAN LOVE TURN INTO ABUSE

Some people would say this is a difficult one. Some would say no problem.

There should be **NO verbal abuse**. **This means no** cursing, screaming, telling anyone in the family they are no good, threatening, name calling, using words that hurt for so long after they are said. This includes also, the fact that there are no words of praise for others at any time.

Abuse of any kind hurts deep within and it never seems to go away.

NO emotional abuse please. This means telling someone they are slow or they have no sense, or comparing them negatively with others.

NO physical abuse. This means no excessive slapping, beating, throwing against the wall, punching on the back or the face or anywhere. None of any of these in the home.

Your living environment is your **LIFE**. It stretches from the moment you were conceived to the moment you pass on. All forms of abuse stick like crazy glue and when you finally get it off it takes a piece of your skin with it.

Think about the very fragile child, children that you are raising and remember that they are still growing. Think about others in the home. Think about yourself and how you will dislike yourself after the event. This is Your Life! This is Their LIFE!

A loving no-abuse setting.



How can anyone abuse a child? I can never understand. I used to tell myself, I cannot imagine how big I must look to a 2, 3 or 4 year old! **The only way to approach a child is with love, because children first approach the world with innocence and love.**

When children are abused they behave differently at school and with others. They lose the ability to love others around them. They develop relationship issues and they have no trust in the actions or words of those around them, most times those persons they love the most.

It is important also that caregivers, Moms, Dads, should not be abusing each other. It makes the child feel they are the reason for the arguments and distress. This also demonstrates the wrong type of behaviours for the child to imitate.

In addition the kid(s) will probably begin to hide their emotions and feelings and may become totally withdrawn.

Every form of abuse is just as terrible and life threatening as the other. They all destroy the soul of the child. I know sometimes parents get stretched, annoyed out of their minds. That is no excuse for abuse. Always think about the effect of what you are doing. Yes people come out of an abusive situation but there is always a scar.

The development of emotional and social skills at this foundational stage remains for the life of the child. Always keep that in mind. **The LIFE of a child should always be LOVE.**

I think many of us have heard about Joyce Myers. She tells us that as a child she suffered severe abuse of every kind from her father. She tells us how much she hated herself and her father. She tells us how it was almost impossible to get past this hate and self-loathing.

Joyce has overcome this as part of her becoming an apostle of Christ.

Not all abused persons are able to journey to reach to that point of recovery.

Can love turn into abuse?

Girls need their Dads or a father figure to grow. They use him to try out the effect of their words. They try to see how far they can go with begging and coercion. They also put their parents up against each other expecting a result in their favour. These are healthy behaviours as long as we remember these are growth behaviours for the child and should be treated as such.

We are all familiar with girls preferring their fathers. They will want them to come with them to swimming class even though their mother is quite able. Or they will give their father the last scoop of ice cream at the dining table.

It can happen that as the father figure gets closer to the girl child he begins to expect certain behaviours from her. If this includes behaviours such as her being seen as his maid or servant or perhaps sitting close on his lap so he can cuddle, or wanting to bathe her after she passes 3 or 4 years of age, then we are now in abuse. Moms have the responsibility to watch for these types of behaviors and speak out about it. It might threaten your relationship but the child is important.

Don't you remember hearing your girl-friends say that they preferred their fathers and found them more fun, and easy to get along with? It seems it is alright for fathers to take care of and look out for their girls while Moms are seen as mothering or spoiling their sons when they show concern. I once asked a man why he was so protective of his daughter who was only 6 years old. He said he knew what men were capable of.

Moms, never take the side of the male partner. Listen to and believe what the child is saying. Especially the teenager. Never take the side of the male partner. If there is a situation presenting itself, peculiar fights between them or the child telling Mom how uncomfortable the relationship is, something is happening that you should be investigating. Listen.

7 Show & Share A Lot of Love!

LOVE IS UNCONDITIONAL

Sharing love comes with its ups and downs. Kids do the darnedest things eh? They have an imagination, a curiosity, a way with them that is crazier than Tiger and sweeter than Pooh.

For Moms and Dads who Rock, love is unconditional. In other words it, never changes. Give them a chance to express themselves. We will still love them. I know of mothers with children who cannot speak or children who have some wicked illness eating away at their life. Their Moms love them without fear, without reserve. Unconditionally.

For those who have their children able and around them all the time it is easy to forget the gratitude for what we have and the need for us to love in the same way. Unconditionally. Unconditional love happens because there is a level of respect between every child and parent. We respect our children and expect them to do the same.

As children grow older communication and special times together become even more important. Blended families and divorced parents tell us this is so true. Mothers need to emphasize what is beautiful and unique about their children so that the children can see themselves positively. Demi Moore is a good example. She brings this out when talking about her daughter who was thinking that she was nowhere as awesome as her celebrity Mom. Sometimes we will wonder what got into our heads to think we could bring a child into the world and love them the way God told us. But as we try, we practise our emotional skills and help the child to learn a) how to separate themselves as a person and (b) how to show love to themselves and others around them.

Do you remember Brandy, that wonderful young celebrity (of Moesha fame), who is now a mature Mom. In an interview she says that she “would love for people to see how I’m doing it, because I think I could be a good example of a young, single mom.” That is what we are talking about.

The secret to her success? “Raising [Sy’rai] in a different way than how I was raised”. What is she talking about? “A lot of mothers feel like they’re the mom first, with that authority,” she continues. “But for me, I’m a friend first”. Especially when you are a young Mom anywhere up to the thirties, being a friend to your kid is so key.

BUT love yourself first is the mantra. Here is a special routine for you Moms to counter the stress of the day and remind yourself how much you are a STAR

Believe in Yourself

Where in each wonderful day is the moment for yourself? Somewhere before the day begins, have a moment for yourself.

Say to yourself out loud

I am a mother. [Now smile]. Feel good about what you just said.
I am strong and I love myself. I am being the best person I can be. [Say this again]

As I live today I live with love for myself

Don't be in a hurry. Give yourself time to think about what you are saying. Then think about the key decisions you have to make today. Not tomorrow. Not yesterday but today

While you are doing all this remember to take a deep breath. Right down into your tummy. This keeps your blood pressure in the right place.

Think of the word or phrase you will use (like I feel calm. I know today is gonna be good) to keep you calm today all through the day saying it whenever you feel negative thoughts beginning to intrude. Now you are ready for the rest of your routine

Ladies. Believing in yourself is loving yourself. You have to love yourself before you can believe in what you are doing. You are a living, life-giving, loving mother. **Turn down** that persistent inner critic that is always criticising and showing you shortcomings. **Turn down** that ego that drives you to do some strange things.

Turn up the God-given gift of inner wisdom that women are born with and need to acknowledge and love about themselves. Breathe deeply and love yourself.

Is it alright for Dad to love his daughter?



The answer is yes!

In her song “the greatest love of all, (<https://www.youtube.com/watch?v=IYzIVDIE72w>)

Whitney Houston tells us

**“I believe the children are our future
Teach them well and let them lead the way
Show them all the beauty they possess inside
Give them a sense of pride to make it easier
Let the children's laughter remind us how we used to be”**

As we share love, we find that we are living by the greatest promise that there is. As God loves us, we are able to love others. It is more than a wish or a hope. It is a responsibility.

And now these three remain: faith, hope and love. But the greatest of these is love. (1 Corinthians 13:13, NIV)

Unconditionally means knowing their strengths and weaknesses especially when they might have some weaknesses or dis-abilities that they really have to fight with. Children learn to love as they are loved. As they learn to love, they learn how to express that love.

There are many celebrities that come to mind when we talk about loving their children in a special way. This love is seen when they can always find time to spend unconditionally with their children. Some go to the extreme because they have the money and the wealth to spend like Celine Dion when her husband was alive.

But it is not only money. Others like Adèle talk about spending special time with their kids. We all agree that this is what makes the difference in the respect and understanding that grows between you and your child. Especially those years just before becoming a teenager or at the start of being a teenager. This special time can be anytime, anywhere, as long as it's between you and them no holds barred. In those special moments you can talk about anything. You don't have to be too serious but your child(dren) will realise that you are not doing anything else besides talking with them. You are looking straight at them. You are listening for how they feel and how they express how they feel. You ask simple questions that make things clearer for you both without you telling them what you think should be done. These little tricks make listening possible and communication becomes memorable.

Oh those pre-teen or early teen years are taxing and at the same time so fulfilling when you notice that your kids respect you and others, they listen to advice from the right people, they love life and try to show it. It's all about your Love Language as Gary Chapman calls it. That wonderful language that gives without expecting an immediate response. It's usually specific and personal. The more we do this, the more loved the other feels. It's all about your child growing with self-confidence and self-esteem as You realise how great you are as a Mom.

We are all God's children. We gotta love ourselves and each other. Children thrive on love. As we put all these reasons together. Look out world! Here comes the happy parent with well-grounded confident children.

So there we've done it together. We've looked at the 7 Ways that are the keys to being the greatest Mom ever. Take a look every day at the infographic on the fridge. Thinking about these every day makes sure you continue to be growing as a parent. If you now realise that you already been doing all these things, call out the band and tell all your friends!! Being a Rockstar Mom is not so hard after all!

BTW.....Did you download the Infographic? Print it and put it on the fridge!

Keep ahead of the game and give your child the head start that will keep them going all their life.

Click [here to download](#) the infographic and all the wonderful giveaways and freebies.

Along with your purchase of the book you will get these rocking parenting goodies:

- **Rockstar Mom: 7 Ways To Be The Greatest Mom Ever**, Easy to use Infographic
- Audiobook Extract & a great link to Mom Freebies

Plus!!

As promised Bonus #1 follows.

Bonus #1

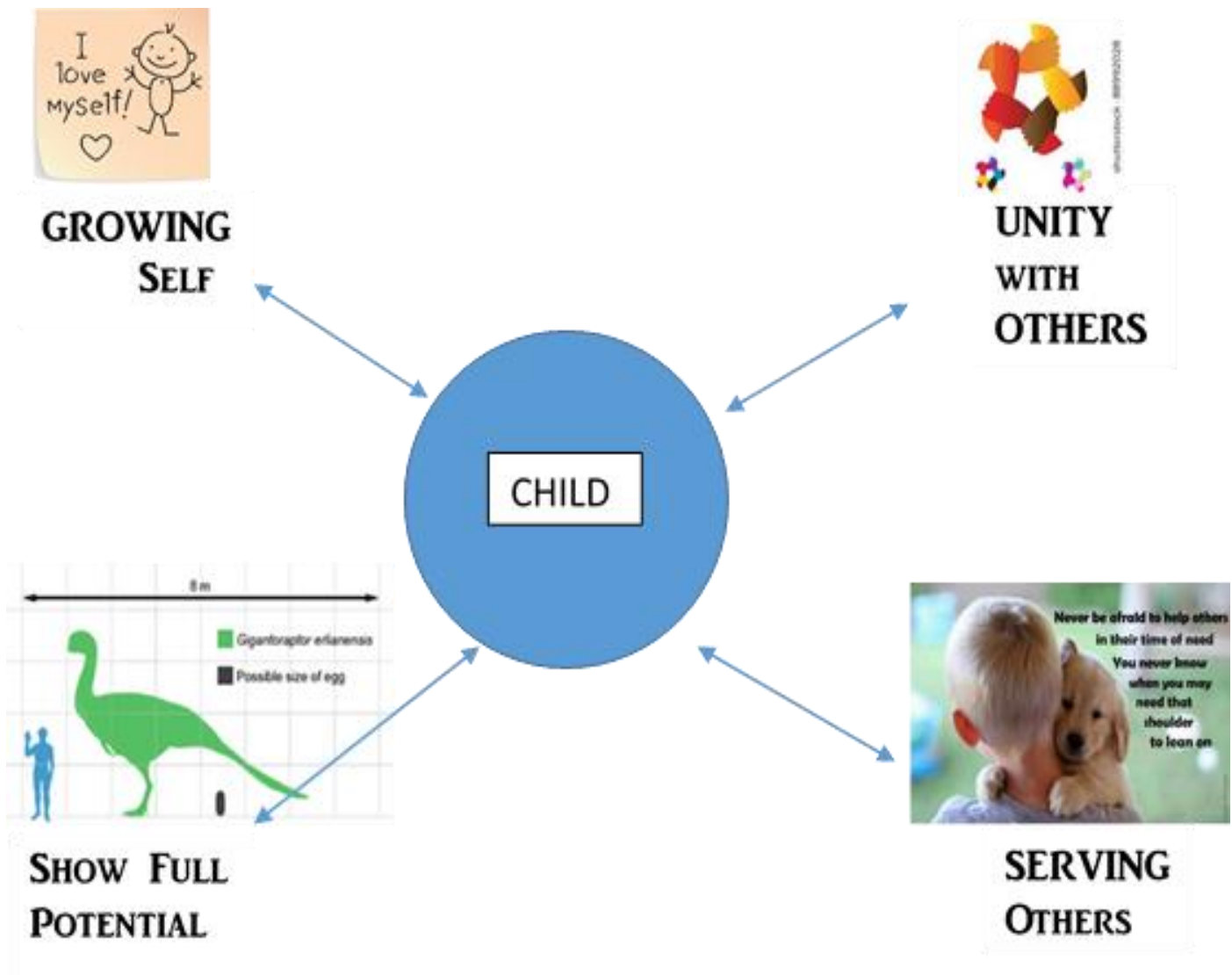
Build Happy Positive Self-Esteem in Your Preschooler

Remember we said you are growing a whole child. Not parts of a child. This is what we call Holistic Parenting. Holistic Parenting leads to a child with high self-esteem and self-confidence.

The chart below has 4 areas that we can monitor to check that we are growing self -confident children.

Most importantly it also has the section called “Parents and caregivers must” which tells you what to watch for in yourself as a Mom to make sure you are also growing in self-confidence and positive self-esteem.

WHOLE DEVELOPMENT OF THE CHILD



This chart explains all the things the child should be doing as he or she grows older. It also tells you what you as a parent should be doing with the child and on your own. All the scientific studies tell us that children who grow in a functioning family, whether it is a single Mom with children or a Dad and children or two parents together with children or children with a grandmother, as long as they consider themselves a family, the children will show less chance of becoming wayward or getting mixed up in deviant behaviour, if their self-confidence and self-esteem is high.

This is why we have this chart.

This chart is what to look for as the self-confidence of the child grows. It also tells us what to look for in ourselves. These are some key factors to be in place for the growth of a positive self -concept and great self-confidence in your child.

Growing who (s)he knows as herself or himself

The Child



- Can name colors, count, tell time
- Is concerned with why, what, who
- Can tell you what they want and why
- Knows right from wrong and can tell you
- Can spell his or her full name and know the meaning of the name

Parents/Caregivers must



- Be alert mentally and physically.
- Know yourself and watch out for your own biases
- Maintain a set of family rules. These should be clearly understood by everyone
- Give more praise and encouragement than punishment

Showing Unity With Others

The Child



- Shows knowledge of social graces, can say grace at table, correct behaviour in public
- Shows love and affection a lot, sympathy to peers and friends
- Can stick to rules in games with others
- Can use the religious language of the family

Parents/Caregivers must



- Recognise that child needs to have other persons outside of their family
- Make sure they do not feel inferior to any other person
- Every day tell them they belong in the family
- Recognise their imaginary persons as real for the time being

Show her or his Full Potential

The Child



- Somersaults, cartwheels. Stands on one foot comfortably
- Tries bicycle riding. Skipping
- Draws a person with 4 body parts
- Uses scissors
- Has lots of falls and mishaps
- Makes awesome pictures and craft

Parents/Caregivers must



- Support the child's creativity
- Give them your ideas freely without forcing it on them
- Support all that great physical activity, dancing, somersaults, swimming etc.

Remember this chart is what to look for as the self-confidence of the child grows. It also tells us what to look for in ourselves. These are some key factors to be in place for the growth of a positive self-concept and great self-confidence in your child.

Keep it handy for reference.

Learning to Serve Others

The Child



- Shows lots of imagination play
- Gets upset when cannot solve problems but not too often
- Shows almost too much emotion
- Likes to do something special for others

Parents/Caregivers must



- Support the child existing in a large world, bigger than just their family

Remember this chart is what to look for as the self-confidence of the child grows. It also tells us what to look for in ourselves. These are some key factors to be in place for the growth of a positive self -concept and great self-confidence in your child.

Keep it handy for reference

Here are some great games to help your child develop holistically

Here are a few games and I know you have lots more. All of these games need from three to ten children. They all develop a sense of play and team spirit, in addition to physical fitness.

HIDE-AND-SEEK

This is a universal game that we have all played. It starts when children are not even able to speak full sentences, and becomes more technical as children grow older. One person seeks while the others hide.

Sometimes when outside you have to put boundaries on how far children can go.

Sometimes adults can interfere by pointing to where someone is hiding so the game does not get too difficult for the younger ones. The seeker usually counts loudly while the others go to hide as they have a limited time to hide. The person who is not found becomes the seeker in the next round.

Tips for adults: If you have a large number of children playing or a wide discrepancy in age, it is useful to keep a watchful eye. Usually it is better to have children of a similar age play this game together.

CARD GAMES

Though there are many card games Go Fish is a fairly easy game to teach. Even if you do adapt the rules so that younger players can simply match the cards on the table. card games promote following the rules and listening to others in the game.

In this game you can play with a minimum of 2 players. You get 5-7 cards in your hand, you ask the person next to you for any card in your hand and if the person doesn't have it they tell you to 'go fish'; if they have it they give it to you and when you get 4 of the same card you win a pile. The first person to finish the cards in their hand wins!

This game is fun and you can also see the compassionate or competitive spirit come out in your kids when they win and lose.

SKIPPING-ROPE

There are lots of skipping rope games, all which have their own rhymes. This one is Teddy Bear.

Players take turns skipping while two children turn the rope. While everyone chants the rhyme, skippers must do the actions. At the end of the rhyme, the first skipper jumps out and the next one comes in. The rhyme starts again for each new skipper.

If a skipper steps on the rope or misses an action, then they are out. Out players take over turning the rope.

Teddy Bear, Teddy Bear turn around

Teddy Bear, Teddy Bear, touch the ground

Teddy Bear, Teddy Bear, show your shoe

Teddy Bear, Teddy Bear that will do!

Teddy Bear, Teddy Bear, climb the stairs

Teddy Bear, Teddy Bear, say your prayers

Teddy Bear, Teddy Bear, turn off the lights

Teddy Bear, Teddy Bear, say good night (skipper waves as they skip out)

HOPSCOTCH

This is one where you can have hours of fun with just 2 or 3 children. You will need chalk to mark out the grid. It should look something like the one in the picture.



And there are lots more.....

Note from the Author

Hey,

Thanks so much for reading the book. As an author I highly appreciate the feedback I get from my readers. It helps others to make an informed decision before buying my book. If you enjoyed this book please consider leaving a short review at the following link: [amazon link for reviews](#)

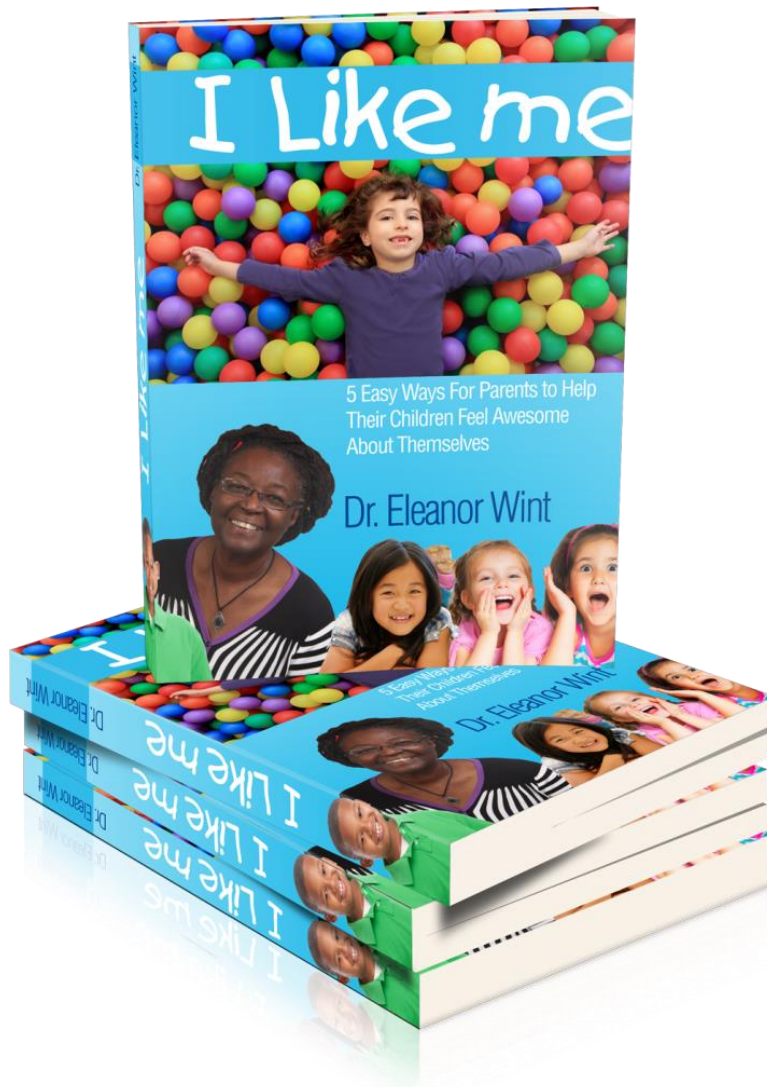
Sincerely

Eleanor

[Twitter](#) & [Blog page](#)

Remember to watch out for the launch to get this and all my books free for life!

Join me at www.kids31.com to get your copy



“I Like Me: 5 Easy Ways for Parents to Help their Children Feel Awesome About Themselves”.
Available in [paperback and Kindle](#).

About The Author

Dr. Eleanor Wint, born in Jamaica, West Indies, now retired, social worker, studied in Jamaica and the USA and worked in the USA, Canada, Africa and the Caribbean.

All her writing stems from research done with families around the world from which she has published a number of texts and papers. Now focusing on writing for parents as they continue to grow resilient kids for this new world, she has published two books on this topic for pre-schoolers.

Dr. Wint lives in Canada weathering the cold and continuing to learn from the tweens, pre-schoolers and their parents around her.

Why not visit www.eawpublications.com/parenting-blog to see other publications about bringing up kids with an emphasis on 4-8 year olds and tweens. Also follow her on twitter at @itskids31

You are very welcome!