

This free chapter is taken from The Parenting Book, by Marissa Treichel

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Babies are in the cocoon, children are the emerging butterfly

It's important to make a distinction between babies and toddlers, because the parental task of caring for a baby is very different to that of caring for a toddler. Unlike toddlers, you don't have to worry about spoiling a baby or giving them too much attention. Babies need all that extra attention. When parents respond quickly to babies' needs they are teaching the baby to expect those around them to meet their need to be loved, to trust and depend on their intimate family members. That's the number one job of parents in the first six to nine months of life, and this foundation of security lasts throughout their life.

When the child gets to be eight or nine months old and start pushing limits more deliberately, then the parent's job is to introduce limit setting or appropriate discipline if you will. There's no question children can be spoiled. We've all seen kids we wouldn't want to bring home because they're so out of control. All children push limits, and all children need limits to be held. Having said that, I'm more into encouraging the good than discouraging the bad, so let's look at some of the many preventative measures and fun aspects of parenting first.

Prescription for play

I heard a quote recently from "Alice in Wonderland" where The Mad Hatter says to Alice, "You used to be much more... muchier. You've lost your muchness." Children are spontaneous, they have short attention spans and they're all about play. Silliness, exploring and learning about the qualities of our world are what they do best. It's tough for them to be around adults all the time because most of us used to be much more muchier than we are now. Remind yourself about that and be willing to roll around on the ground and be silly with them. Let your child play with other adults who are comfortable with that too, and better yet other kids,

who are always comfortable with that. Play and fun is critical for healthy development in young children.

More 'time ins' mean fewer 'time outs'

A concept I really like is called 'feeding the meter'. Creating good toddler behaviour is like putting a quarter in a parking meter. You don't load a parking meter up with \$10 and walk away all day. You have to keep coming back and putting a quarter in the meter every 30 minutes. Little kids are the same. They need little bits of attention all throughout the day, not an hour of continuous play before bed. You have to feed them bursts of attention every 30-60 minutes so that they feel considered because 30 minutes in a toddler's life is like three hours in your life. Feed the meter and pay attention to your child's positive behaviour throughout the day so that they don't have to act out in a negative way to get your attention.

Let them wallop you

Another technique I teach is called, 'playing the boob', and it's something all parents do with their kids to a degree. Like when you have a pillow fight with your three year old and you let him knock you down with a pillow. Now you could really whack him hard with the pillow and win that one, but you choose not to and when he knocks you down he laughs with glee and then he wants to do it 1000 times more. Why is that and why is it so important? We know how tough it is to raise toddlers, but we have to stop and think how tough it is to be a toddler too. Toddlers lose all day long. They're weaker, they're slower, they can't speak as well, they can't reach as high, they can't run as fast and all they want to do is win a few. That's why when they go "Boo!" and you go "Ahh ahh!" they want to do it 1000 times more. They just want to feel powerful in the world.

All of us have a built in sense of fairness. For most adults it's 50-50. For toddlers the sense of fairness is about 90:10. I'll keep all these toys but I will give you this one crappy broken toy. If you 'play the boob' 20-30 times a day your toddler will instantly be more cooperative. It just automatically happens. Give them their 90% of desired victories when it doesn't matter to you. Let them beat you in races, help you to pick up and carry things however slowly they do it. Let them wrestle you to the floor. When you ask them to do something that matters, they'll look at

you and think, "You know what, you were such a boob today I'm going to give you this one. I'm not even going to fight you for it". They will automatically hold hands to cross the street if they've already had their share of wins.

Routine creates security, ritual adds magic

Predictable routines give children safe islands to rest in amid their play filled days. In other words, if everything is new every second of the day it's exhausting. Small children want to have things that they know, as well as you know, as well as their older brother knows. When you sing your 'it's dinner' song everybody is on the same page. When you start the bed time routine it's very clear to them what's about to happen in fifteen minutes: they'll be expected to go to sleep. This familiar daily terrain gives kids a strong sense of security and peace.

It's not hard to turn a daily routine into a fun ritual, in fact it's super easy. Make up any simple, silly song and do it every time before you do the behaviour, like a 'brushing teeth' song. Or help dress dolly and then help dress your child in the morning. Toys can be used to role play all kinds of routines before they happen, like the childcare drop off for example. Do something that allows them to understand what's coming up in a playful way. Now we all get bored with a routine after a while. Often children will update the routine for you saying, "Hey let's do it this way now mum". Allowing them to take the lead encourages their self-confidence and their leadership abilities. They also enjoy the activity more if they know they helped make it.

Present your time beautifully

Parents don't have a lot of time available with their kids; they work and they use child care and this is one of the guilt trips that's on parents shoulders. To make time of the utmost value to their child I suggest parents learn to package it well. Set up 'special time', which you might do twice a day for five to ten minutes. Parents of course play with their kids briefly many times a day, that's what 'feeding the meter' is, but adding a daily ritual of togetherness is extremely valuable for kids. Sing a 'special time song' before you do it, and maybe start it in the same spot. Ask them what they'd like to do and give them your undivided attention. Have the Blackberry off and the answering machine on so you can just be together with no distractions. Giving this time with your child

a name and a song makes it extra special, just like putting wrapping paper on a birthday present.

Special time can be handy for the parent too, because if they're bugging you and you don't have time for them in that moment say to them, "Oh you want mummy now, you say now let's play. Pretty soon it's going to be your special time. Let's set the timer, we'll set the dinger and then when the dinger rings that's going to be your special time!" Then the child can look forward to it, it can delay the gratification and give you that time to finish cooking dinner or washing up. Then do whatever they want to do for ten minutes and that's the end of special time. If they don't like that acknowledge that it's sad, but you will have a special time again later on.

Orchestrate deep breathing

Another technique that's very valuable and which helps destress parents and kids is, 'magic hands'. Together imagine your child is the orchestra and you are the conductor. Teach your child to take a deep breath in for two or three counts and then a deep breath out as you move your arms out and in. Have them wiggle and relax their body then wiggle and relax their face, and again take a deep breath in and deep breath out. Three year olds love this. As they get older they can learn to breathe with awareness five times in a row or for a minute. Doing 'magic hands' (which remember is just breathing with awareness) is automatically relaxing. Your child is learning how to gain control of themselves when they're feeling scared, upset or in pain. Teaching it at this age means it will naturally become part of their repertoire to use throughout their lives.

Massage is also mutually calming and stress releasing. If you take ten minutes to massage your child it's just wonderful. It's such a sweet and enriching experience because your skin is the largest organ of your body and really the most ancient. It's deeply satisfying for the child, but research shows that it is also deeply satisfying for the person giving the massage.

Eat and be merry

I think eating together is worth making a priority, it's fun. My friend Laurie David wrote a book recently called "The Family Dinner", and it's all about how important it is to make food and eat together. She has all sorts of recipes that kids and parents can cook and prepare together and things to do during the family meal.

Living with Pebbles and Bamm-Bamm

I see toddlers (which for me is about eight months old to five years of age) as being like cavemen. This is partly a little joke, but it's also meant to be serious in the sense that they're uncivilised. They're not born knowing how to say "Please" or "Thank you", to take turns or share their toys. By the time your child is four years of age you would aim to have taught them those things, so in fact your job as a parent is partly to help civilise your child. From a child's point of view, pouring dark grape juice on your white carpet is an interesting science experiment; you may not want that to happen however. They're not naturally knowing that's a thing that shouldn't be done in your household. You may allow them to pour grape juice outside on the dirt, so that's doubly difficult for them to understand where is it okay and where is it not, and why.

Thinking of toddlers as cavemen also allows you to feel emotionally neutral and more empathetic when your child is misbehaving. When your toddler spits in your face, you understand this is just a Neanderthal spitting in your face, it's not like your best friend who is a civilised adult spitting in your face, which would be quite shocking. So you would respond with appropriate discipline, but you don't have a huge emotional reaction as you would with an adult. Seeing your toddler as a caveman means you don't take things personally.

Setting the limits

As children start to learn the rules of our world they need us to be tolerant but clear teachers. They require rules layed out in a way that's not abusive or overbearing, but straightforward and consistent. When kids are very spirited and behave in a way that's dangerous or acceptable to us, you can use disciplinary techniques such as time outs or deprive them of certain privileges. These techniques reinforce the message that if they cross the boundary you have set there will be repercussions they won't be happy about, and so they don't do it again or as often. As I mentioned earlier part of the job of parents is to respectfully and with great affection encourage our child's good behaviour but also let them know when they've crossed the line.

Stop at the red light

In my work I talk about green light, yellow light and red light behaviours. Green light behaviours are good behaviours, things we like and that we want to encourage. Yellow light behaviours are things that we don't like but they're not terrible. Red light are things that are dangerous,

aggressive or violate important family rules that we want to stop immediately. Depending on the type of behaviour that's going on you'll use a different tool to either encourage, ignore or discourage the behaviour.

Psychology 101

We all know that the more you positively reinforce someone's behaviour, the more you respond with kindness and attention, the more they tend to do it. The more you respond with negative reinforcement or with ignoring, the less they tend to do it. So if you walk by me every morning and say, "Good morning Harvey" and I say, "Hey good morning, how are you?" you're going to tend to say good morning to me everyday. On the other hand if you say "Good morning Harvey" and I say "Get the hell out of here", or even if I just look at you blankly or ignore you completely, that's negative reinforcement. You're going to start walking by me and not bother to say "hi" to me. Basic psychology teaches that to encourage positive behaviour give positive reinforcement and to discourage negative behaviour ignore or give negative reinforcement. However I think there is a fundamental misunderstanding in this approach, depending on how it's done. It's the difference between what I call 'ignoring' and 'kind ignoring'.

Kind ignoring

Rather than just ignore a child when they're upset or when they do something you don't like, do 'kind ignoring'. Imagine the child is having a temper tantrum on the floor, he wants his brother's police car but his older brother doesn't want to give it to him. He's on the floor kicking and screaming, "I want it my car, my car, mine!" In the positive/negative reinforcement approach of psychology, the parent would ignore the negative behaviour and when the child calms down and plays well they pay him attention again, which is positive reinforcement.

What works much better is to acknowledge your child's feelings and then to ignore him if you need to. So your child is screaming on the ground and you say with feeling, "My heart goes out to you, you want that toy. You say mine, mine, you want it now you don't want to wait you say my car, my car." The child mind you may not be paying any attention to you, they may still be screaming and kicking too loudly. That's okay, they're hearing you from the corner of their ear. Acknowledge their feelings by saying five, six or seven short phrases; one or two is not enough.

Paraphrase what they're saying in a voice that is mirroring part of they're feeling. To kindly ignore this temper tantrum you might say, "You go ahead and cry and I'll be back in just a minute and see how you're doing." Then turn your back and literally ignore them and do something else for a couple of minutes. When you come back, if they're still upset acknowledge them again and then go away again. You might have to do that three or four times depending on your child's temperament. Some kids paint themselves into a corner and hold a grudge. Other kids will get over an upset much more quickly.

Put yourself in their shoes

If you think about it, how did you want your loved ones to respond to you when you had these feelings? Obviously it would not be to ignore you entirely when you're upset, but to acknowledge it. The feeling I encourage parents to have and communicate to their child is, "I wish I could give you the thing you want, but I can't. I understand you're upset and I respect you for that, go ahead be upset. When you're feeling better let's talk about it." You know what I mean? I think that's a much healthier framework for responding to a person's feelings.

Riotous right brain

The beauty of toddlers is that they're right brain dominant, and this is also why they're like little cavemen. The left brain is the part that deals with language, logic, self regulating, problem solving and all that stuff. Toddlers are not good at that. The right brain deals with the world of emotion, fight or flight reflex, imagination and non-verbal communication such as tone of voice, gesture and body language. For example if you calmly say to a young toddler, "I am scared" they have no idea what you're talking about. However if you go, "Ahh, ahh!" and grimace in fear a nine month old gets that, even an eight month old gets that. They really 'get' the physical expression of emotion.

All of us have a less functional left brain when we get upset. We become less logical, less eloquent and less calm; in other words we go ape. Toddlers start out with an immature left brain and a very sophisticated right brain, so when they feel upset they turn off the little bit of left brain they have. It's wise then to communicate using right brain language. If you insist on using calm and rational language you may as well be speaking Swahili to them, it just doesn't resonate.

Parents do happy well

It's interesting that today's parents intuitively communicate very well when children are experiencing a 'positive' emotion. If the kids are happily eating breakfast you don't say calmly, "Did you enjoy breakfast?" You go, "Mmm, yummy that was really good, ah I like that breakfast!" It's the bubbly, sing-song tone of voice we're all familiar with, and it's spot on; that's the emotional tone toddlers express when they're happy. When your child climbs to the top of the slide for the very first time and beams at you with success, you don't say to them, "Very good mummy is proud, I will tell father". You shout, "You did it, you did it, good job, wow, very good, look at you!" For some reason when a child is frustrated or throwing a tantrum we turn into emotional zombies, and it has exactly the wrong effect on children. They either scream louder like, "Did you not understand how much I want that cookie?!" or they shut down, realising that you don't want them to be upset. Parents need to learn to how to reflect the whole range of emotional tones their toddlers experience so that they feel heard no matter what their feeling.

Avoid the quasi psychiatrist voice

When a child feels enraged, which might happen more than once a day, most parents communicate in exactly the wrong way. We try to make them calm by being *extra* calm ourselves. I think this stems from a desire to be respectful and get them past their upset, but it's a misinformed approach. Parents use this serene yet detached tone of voice, "It's ok sweetheart, its ookaay, caaalm down. I'll get you another ice cream, it's ookaay". It's terribly frustrating to the child because when you're upset what you want more than anything else is for the person that you care about, your main person in life to understand how you're feeling. Words said without the appropriate *emotional tone* make your child feel patronised, as well as confirming that you don't really get it.

Use simple language, repetition and mirroring

The more angry or distraught a person is, the more important our tone of voice and body language is and the less important our words become. Think about how you interact with an adult friend who's super upset: You would mirror some of the emotional tone they're feeling, showing that you empathise with what's going on for them. You'd also use short phrases with lots of repetition, "I get it, I get it, I understand why you're upset. Yes. I get it. I'm sorry, I'm genuinely really sorry". To use a linguistic term minimal responses such as "mmm", "uh huh" and "yes" would be

used a lot here too. The techniques of mirroring, repetition and short phrases are what toddlers understand and respond to.

The sweet spot

With mirroring, aim to reflect about a third of the intensity of whatever your child is expressing. If you're too subdued, for most kids it's going to make them feel like you didn't really hear them. On the other hand if you're too exuberant they'll think you're hysterical. The key is to try feel the emotions they are feeling and then turn the volume down. You can find what I call 'the sweet spot', and you get better at it with practice. As children get older they're a little less exuberant themselves, so reflect that. They still need their feelings acknowledged.

Feelings find ways to make themselves heard

The dirty little secret about feelings is that if you don't express them they don't go away. They stay inside of you for the rest of your life. We all have feelings deep inside us from when we were small that were not fully acknowledged or expressed. As those feelings build up in our body they can create long term mental health problems such as constant feelings of loneliness or anxiety. We know that even physical infirmities, from blood pressure and migraines to arthritis and even cancer are strongly affected by the way we think, how we feel and our ability to express emotions. How we felt as children creates how we feel as adults. Your childhood shapes how you react to people, so that you might automatically look for failure and misunderstanding rather than success. Adults don't realise they're doing this because it's how they were taught to be from such an early age that it seems natural. The first three years of life are the foundation for the psycho-social emotional wellbeing that lasts the rest of a person's life.

Learning to control our impulses is part of growing up

To a degree we all need to learn to 'shut down' as we grow up, it's called emotional down regulation or pre frontal executive control from a neuroscience perspective. We have to learn to control our impulses. You can't just spit at somebody when you're upset with them; a one year old might do it, but you can't do it once you get to be four and five, it's just not socially acceptable and it's certainly not as adults. There are endless similar examples we could find. Becoming civilised is an absolute requirement of living in communities. Parents and teachers have to civilise kids, it's not a burden on children it's an absolute requirement. If we don't civilise kids we're setting them up for all sorts of failure and

ostracism, not to mention the unpleasantness for the people around them. The point I want to underscore here is that there is a huge difference between feelings and actions. Parents can hear children's feelings *and* set limits on harmful or rude behaviours.

Teach your child to wait in increments

Parents can start to teach their children to wait before speaking at one year of age. If you've ever tried to have a conversation with your partner with your toddler present, you'll be familiar with the need for this technique! With 'patience stretching' you can teach even a hyperactive one year old to be patient, and it involves doing the opposite of what you'd expect. With my technique initially you would teach a one year old to wait happily for three to five seconds. Once they can wait five seconds you can teach them to wait ten, fifteen, thirty seconds and eventually a minute. You know what? They end up liking waiting.

The old switcheroo

Our usual approach is to meet their interruption with chastisement. With my approach you meet it with interest, but then interruption. Your child wants a biscuit, "Bicky, bicky, mummy bicky, bicky". They're reaching up to you and you offer them a cracker, but at the last second you take it away from them saying, "Ok sweetheart here's your cracker here you go; oh wait one second, one second". Turn away and pretend you just have to do something for a few seconds. Then you turn back to them and say "Good waiting, here's your biscuit." Gradually increase their ability to wait patiently for things, as well as speaking time.

Most parents who have been interrupted in a conversation say, "Sweetheart mummy's talking, I'll be with you in one second." Instead you should say to your friend, "Can you hold on one quick second?" Then turn to your child as if you're ready to listen, then in a loving way just as they start to talk say, "Really? One second sweetheart, one second, just one second." Then holding a finger up turn back to your friend and say, "I'm so sorry what were you saying?" Listen to your friend for another 10-15 seconds, then turn back to your child and be ready to really listen, "Thank you for waiting sweetheart. What was it you wanted to show me?" All of us will wait calmly if we have every reason to believe we're just about to get the thing we want. However you can't then be screwed

around with, you've got to respond to them at the appropriate time and give them the thing that they wanted. Then they trust you next time.

Today's parents are doing the job they were never meant to do

No one was ever meant to take care of a two year old by themselves, it's too hard. It's much too hard! We're meant to have neighbours, older kids, your aunts, grandparents and lots of people helping you. It's gigantically difficult to live in an apartment and take care of a one year old and a three year old as today's mothers know.

The isolation and the workload of today's parents are very different to what we're historically used to, and single parents have especially high demands. Add to this that prior to being a parent most adults today have hardly been around kids. We've worked or studied and as you soon find out children and babies follow a completely different set of rules. Parenting is a 24/7 job and your successes and your failures keep happening over and over again. Progress can take time. Parents understandably get frustrated, bored and down on themselves from time to time because it's so different to what they're familiar with.

Small children are just non-stop. Even when you parent in a non-stop way your kids get tired of you. Of course they love you, they want to be with you but kids are kids. If a four year old walks by that's *really* interesting, you become yesterday's fish at that point. They're excited about what's new in the world, what's different and watching what the older kids are doing.

Breaks are good for you and your child

Spending time with other adults and other kids from an early age is a valuable and enriching experience for children. At the same time it gives parents some down time. It works for everyone. I strongly encourage parents to find baby sitters, preschool and other people who can help out. Seek out other like-minded parents and give each other breaks. Even regular play dates with other children makes life absolutely, gigantically easier because children are easier to care for in the company of other children. Children love being together in little packs, not just with their one sibling. Pre-school teachers and other support networks can't replace parents but they're a wonderful supplement. Children can learn a tremendous amount from other people if given the opportunity.

Help each other out

Husbands and wives can also support each other enormously just by saying, "I'll take the kids now, go to the gym or read a book or whatever. Have a bath." Take turns. It's really important to support each other, because it's the most wonderful thing we ever do but it's also the hardest thing we ever do. Most parents find it alternates between being a piece of cake and the most challenging thing ever. It's a roller coaster, and often this roller coaster is in control of you.

The greatness of being outdoors

Today's world is odd for parents, and it's also odd for children. No child expects to be spending most of their time indoors; knowing this is crucial to a full understanding of child development. Our current living style is a recent occurrence of only a few hundred years. For literally thousands of years before that toddlers slept in tepees, caves and other rustic structures and spent all day outside. Not just an hour or two, which is good going by today's standards, but all day every day.

Imagine it: the two year olds running after the three year olds who were running after the five year olds who were running after the dogs who were running after the chickens. They would roll in the grass and play with the dirt, touch flower buds, feel the breeze, listen to the tweeting of the birds. It was an alive, sensory rich environment. Our toddlers and babies by contrast have an overloaded electronic environment inside and around our homes through television, computers and in-your-face entertainment. But a much bigger and less talked about problem is that they're missing the rhythmic and calming sensation that human beings receive when they spend almost all their time outside in natural environments.

The rich world of nature is free

A simple solution to this widespread problem is to spend more time outside, especially with other families. Take the most hyperactive three year old and let them run around outside twelve hours a day. They'll come home, eat and then sleep like angels. They're not a problem! Our children greatly suffer from Nature Deficit Syndrome. In our homes the floor is flat, the walls are flat, there is no air movement, there's no flickering shadows, we don't have chickens and goats running around with a score of other kids. By comparison to what our little primitive friends are expecting, the world we put them in is very sensory deprived. The same goes for babies. One of the big myths is that they cry because they're overstimulated so you need to sit in a dark room and close the

door. That's actually hardly ever the case. If you bang pots next to their head they're going to cry, however the much bigger problem for a newborn today is that they're sensory deprived. You don't need to create this artificially, it's just outside.

Inner and outer environments

Newborn babies also expect the rhythmic sound and movement of the womb to surround them for the first three to four months after birth. My concept of "the missing fourth trimester" explains that babies are evicted before they're fully ready for the world. As such, what they want is for you to imitate the womb for at least twelve hours a day. This is really the minimum according to a newborn's expectations. Even if you're rocking and holding your baby sixteen hours a day, that's an instantaneous 33% cutback from what they were getting right before they were born. To be as quiet as possible and put the baby in a flat bed within a quiet room all by themselves is bizarre beyond belief from the baby's perspective.

Tried and tested

Babies love it when we hold them, rock them, shush them, sing and dance with them because that's what they were getting inside the uterus 24/7. Mothers have known to do this for thousands of years. These ancient techniques imitate the baby's experience of being in the uterus and helps them deal with the sudden loss of the rich symphony of sensations they had before birth. I've added to this knowledge the theory that babies have a calming reflex, virtually an 'off switch for crying' and 'on switch for sleep' that we can trigger when we use these ancient techniques in the correct way.

All or nothing

Keep in mind that it has to be done just right or the calming reflex won't work. It's just like the knee reflex, if you tap it in the right place the foot will jump out 1000 times in a row. However if you hit the knee and you're off by a centimetre, nothing happens. You don't get half a reflex or a third of a reflex, it's all or nothing. Similarly if you swaddle but you do it too loosely it makes the child cry more, not less. If you put them on their side but they're rolling towards the back it will never work. If you shush but you're too quiet it will won't work, you could do it for 100 years. It turns out you need to be quite exact with these techniques or they're not going to be effective in terms of calming a newborn or getting them to sleep.

The ability to calm a babies is the ability to stay healthy

It turns out that crying babies and the associated exhaustion are the main triggers for major health problems like shaking baby syndrome, postnatal depression, maternal smoking and overeating, the over treatment of babies with medication for things like gastric reflex and even car accidents. These health issues have been directly related to a parent's ability to calm their baby and get them to sleep. This is not just a matter of, "wouldn't it be nice if we could calm babies". A proper understanding of babies will dramatically reduce our health care costs, but much more importantly reduce the cost to human well being.

Men feel confident and in control

Men and teenagers really love being able to calm their babies. There's nothing that makes a guy feel better or a teenager feel better than calming their baby. Women of course as well, but teens and men expect to feel incompetent with babies; when they are competent you can't get rid of them. They become so attentive to the baby because it makes them feel good about themselves because their competency reinforces their self esteem.

Education leads to appropriate expectations

Having appropriate expectations makes parenting life so much easier. With babies be prepared for what will initially feel like Groundhog Day: your baby will get hungry, cry and then two hours later get hungry and cry again and so on. In those early baby days, weeks and months you re-live the same simple and sometimes intense things over and over again. Knowing they're born three or four months too soon means you'll be more than willing to mimic the womb for them for that time, and it will help your stress levels greatly. Bringing up a small child is very, very time consuming and very exhausting. Knowing this in itself automatically helps. With toddlers if you understand it's going to take a long time for them to learn to be civilised, with many failures and mistakes along the way on yours and their part, you'll be much better prepared for what's ahead.

Life with babies and then toddlers lasts five years, no more

Recognize that life is finite. You will look back at this time and you'll be shocked at how quickly it went. Don't be in such a hurry to get your kids to grow up and be independent. There is much about this time, these early years that you're going to deeply and grievously miss in the future.

Capture the memory differently

One last little tiny tip, is that I encourage you to make audio tapes of the children without the video. Audio is a much more emotional medium, in many ways it conjures a richer memory than videos and photographs. When you hear the voice without the nagging presence of the picture it resonates differently. It's like hearing a song that was important to you when you were 12, it brings back an enriched spectrum of feelings that visuals fill in for you. Audio allows you to draw on your emotional memory and it's a sweet, whole body feeling.

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