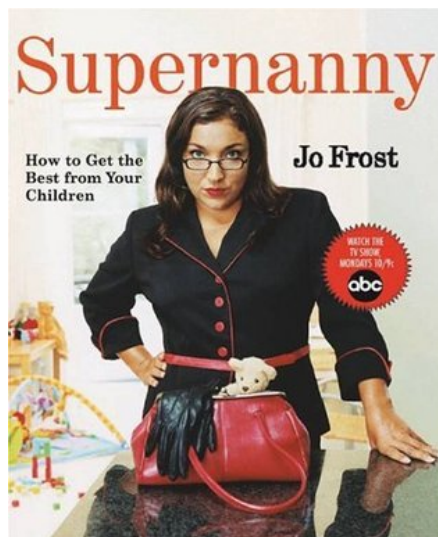




Supernanny: How to Get the Best from Your Children

Jo Frost

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Supernanny: How to Get the Best from Your Children

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Supernanny: How to Get the Best from Your Children Jo Frost

Jo Frost, a.k.a -Supernanny, - is the answer to every stressed parent's dreams. In ABC's primetime series, Jo works miracles on problem children by dispensing no-nonsense rules and reassuring us that parents do know best. The Supernanny method gives parents the know-how to tackle any problem area, be it mealtime, bathtime, bedtime, bedwetting, homework, sibling rivalry, aggressive behavior, or a child who just won't do what he or she is told.

In an era where parents are bombarded with conflicting or guilt-laden messages at every turn, and sometimes obey their kids' commands rather than the other way around, this is an upbeat, back-to-basics approach to restoring harmony and authority in the home.

Chapters include:

Ages and Stages
Routines and Rules
Setting Boundaries
Dressing
Toilet Training
Eating
Social Skills
Bedtime
Quality Time

Supernanny: How to Get the Best from Your Children Details

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Download and Read Free Online Supernanny: How to Get the Best from Your Children Jo Frost

Holy crap! - How have I NOT read this book before NOW????!! Not only does she cite common toddler behavioral issues, but she ACTUALLY explains how to DEAL with them! This is one I'm skipping around in, and not exactly reading from "start to finish..."

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[illegible]

This book is great to give advice on any questions you have on discipline or just how to communicate better with your children. I've had many friends ask me how I get my kids to listen, I just say "supernanny". I'm not saying that my kids listen all the time either. ;)

[illegible]

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Sarah says

I have never watched any of the Supernanny TV show but I picked this up at a secondhand book stall out of curiosity, and decided I really like it. It's short and simple and to the point, and the advice is realistic and sensible. Lots of stuff that in theory I already know, but often forget to do - like, if you want your kid to actually listen, don't just bellow at them from across the room half-heartedly but take them aside, get down on their level so you're not looming over them, make eye contact, and use the Voice of Authority (not angry but firm).

There's definitely a spectrum of schools of thought when it comes to parenting, so this might not be everyone's cup of tea. And I don't necessarily agree with every single thing in it either. But in general I think it lines up pretty well with my views on parenting.

Awab AlShwaikh says

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Stacey says

I bought this book years ago as my first child was entering the toddler phase and I needed some help. Although this book does have some good ideas on child rearing and basic parenting, it isn't super helpful dealing with more detailed problems. I can't say that I blame her, it is a general book on parenting and obviously not every minor problem that is faced by parents can be explained, but I guess I was hoping for something more. A lot of her advice seems like common sense to me, but I guess it may not be that way for everyone. I do appreciate her publishing a book that focuses on setting boundaries and building a relationship based on trust, disciplining with firmness yet love and fostering a parent-child relationship with love and quality time. I think this book was worth it because over time, with both of my children I consulted this book for assurance that what I was doing was right, and also for advice when different concerns would come up. But now I will be taking this book to the local bookstore as my children are now aged beyond what this book covers and I no longer have a need for it.

Kristin says

This is a nice light read with lots of pictures. You don't read it from cover to cover, just the occasional aphorism to contemplate as you stir the oatmeal or pick up crayons from the living room carpet.

Andrea Smith says

I've been reading this book for almost 3 years now. I got it as soon as Sophia was born. I use it more as a reference book. What I like most about this book is that it's very to the point! Most of the ideas and suggestions are common sense, but you seem to forget the obvious sometimes...so for me it's a great reference book.

Fateme Foroughi says

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Chantie Petter says

Best tevreden over dit opvoedboek, ook al had ik zelf voordien een similaire techniek (zoals met time-outs). Jo Frost biedt een inzicht in de gang van zaken in de kinderkoppies waar je nog niet bij stilstond, wat het aanpassen van bepaalde opvoedzaken die verkeerd gingen makkelijker maakt. Ondanks het begrip dat Jo kweekt, vond ik de strikte manier van toespreken naar de lezende ouder best storend. Ik ben nog steeds rebel nr. 1 in huis, en niemand vertelt mij hoe ik iets MOET doen. Afijn, zoals bij alle self-help boeken, en vooral opvoedboeken; uit dit boek is absoluut wijsheid te halen waar je thuis mee uit de voeten kan, en alles wat niet aansluit: leave it!

B says

eh. 2.5 stars?

maybe this is for big fans of the show ?(i've only seen bits of it a few times)

i confess i was looking for quick-fix ideas for the terrible-toddler phase...but this was more of a super basic, first time parent owners manual with very little i hadn't heard elsewhere.

on the positive side, it did have good little bullet point sections which were helpful (as opposed to other books directed at parents which drone on for pages and pages...)

here are a few points from one bullet-note page i liked (good reminders):

"how to talk to your child"

- praise your child when he's behaving well

- talk to your child in a positive way (instead of saying, your hands are dirty, say, lets wash hands now, and then we'll sit on the sofa together...)

- don't be abrupt or bark commands
 - don't scream and shout
 - never use hurtful words to label your child, make it clear that it's the bad behavior you dislike, not the child.
 - don't compare your child with their siblings and never talk about them to a third party when they're in earshot
 - don't offer too many choices to a small child
 - don't bargain with a child having a tantrum
 - go large - children read your body language. be playful in the way you talk to your child.
-

Rachel Indihar says

I read this book cover-to-cover, but it also makes a great reference guide for busy parents. The information Frost gives is mostly decades-old childcare strategies, but inexperienced and/or struggling parents and caregivers will appreciate the short, easy-to-understand steps to manage poor sleep, eating, and behavior issues in young children under 5.

Positives: All of the techniques in this book DO work if done properly, and it's a great reminder for caregivers like me who have been working with children for years but need reminders about how to manage tantrums, poor eating, etc. My favorite is the "Staying In Bed Technique" because it works so well for older children who give their parents grief with the classic "I'm cold...I need water...one more story!"

Negatives: This is a REFERENCE book and not a huge manual on every stage of childhood and every common behavior problem. If your child really struggles with sleep, for example, you'll need to buy a different book that talks ONLY about sleep for your child's age group. Also, Frost is an advocate for the "Controlled Crying Technique", which allows a child to cry for a set number of minutes at bedtime or naptime. Parents who don't want their child to cry at all need to find a different book about sleep.

Overall, this is a great book for anyone who cares for children 5 and under. And the pictures are adorable!!
