



Slow and Steady Parenting: Active Child-Raising for the Long Haul, From Birth to Age 3: Avoiding the Short-Term Solutions That Lead to Long-Term Problems

Catherine Sanderson

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This groundbreaking work shows parents that following the quick fix solutions in other books may not be the way to raise well-adjusted kids. Dr. Catherine A. Sanderson explains that the road to successful parenting is slow and steady. Filled with important lessons and helpful advice in everyday situations, this book demonstrates how to:

- Decrease parent-child struggles
- Enhance a child's psychological and physical well-being

Centered on the principle that "slow and steady wins the race," this is the perfect manual for raising children in today's world of immediate gratification.

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