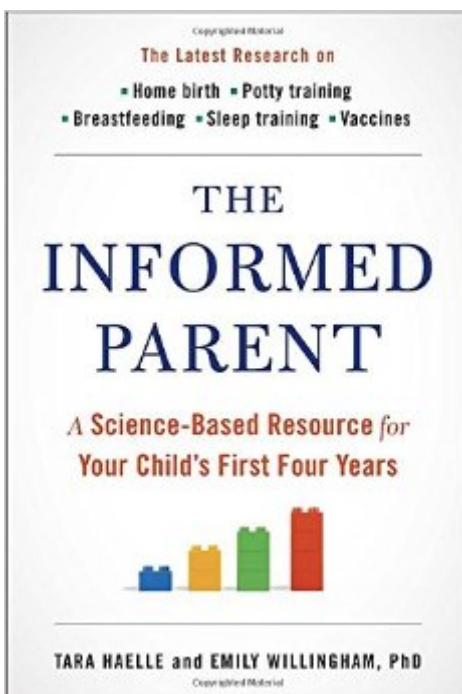


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# The Informed Parent: A Science-Based Resource For Your Child's First Four Years



## Synopsis

The latest scientific research on home birth, breastfeeding, sleep training, vaccines, and other key topicsâ "to help parents make their own best-informed decisions. In the era of questionable Internet "facts" and parental oversharing, it's more important than ever to find credible information on everything from prenatal vitamins to screen time. The good news is that parents and parents-to-be no longer need to rely on an opinionated mother-in-law about whether itâ ™s OK to eat sushi in your third trimester, an old college roommate for sleep-training â œrules,â • or an online parenting group about how long you should breastfeed (thereâ ™s a vehement group for every opinion). Credible scientific studies are out there â " and theyâ ™re â œbottom-linedâ • in this book. The ultimate resource for todayâ ™s science-minded generation, *The Informed Parent* was written for readers who prefer facts to â œfriendly advice,â • and who prefer to make up their own minds, based on the latest findings as well as their own personal preferences. Science writers and parents themselves, authors Tara Haelle and Emily Willingham have sifted through thousands of research studies on dozens of essential topics, and distill them in this essential and engaging book. Topics include: Home birth \* Labor induction \* Vaginal birth vs. Cesarean birth \* Circumcision \* Postpartum depression \* Breastfeeding \* Vaccines \* Sleep training \* Pacifiers \* SIDS \* Bed-sharing \* Potty training \* Childhood obesity \* Food sensitivities and allergies \* BPA and plastics \* GMOs vs. organic foods \* The hygiene hypothesis \* Spanking \* Daycare vs. other childcare optionsFull reference information for all citations in the book is available online at <http://theinformedparentbook.com/book-references/>

## Book Information

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## Customer Reviews

Note: I received a pre-release copy of this book, on which this review is based. It is possible that there have been some editorial or other changes in the released version. There are innumerable myths and tropes about raising children. My mother used to tell me to not go into the pool until 30 minutes (or some random number) after I ate; and she always told me I'd catch the flu or a cold if I didn't put on a jacket during winter. Of course, neither are science based, and neither are "facts." But those were innocuous little myths. I don't like being all that cold, so putting on a coat isn't the worst thing ever. Unfortunately, some myths about parenting and raising children are dangerous. The whole "vaccines cause XYZ" myths that have infected the internet have caused some drops in vaccination, especially amongst those who should know better. And this is where this book becomes a valuable tool for "science based parenting." Tara Haelle and Emily Willingham are notable science authors who have focused on topics that are important today. Dr. Willingham has written extensively about autism, I don't think I'm exaggerating to say that she is one of the top science journalist with respect to autism and autism related issues. Ms. Haelle writes extensively about parenting issues, from vaccinations to breast feeding. Both use extensive citations and scientific knowledge in their writing. What they write often represents the best thinking in a field. Not that I advocate for the Argument from Authority, but when an authority uses real scientific evidence, the authority becomes the expert. The Informed Parent continues their writing tradition. Yes, the book is "science-y."

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