

Foreword

Marcia Tate has done it again! Parents, look no further. In these pages, she addresses children’s very first teachers, and the result is a quality feast of relevant information for any parent. Three big things in the book blew me away.

First, the information is absolutely relevant and laser focused. It is exactly what you need to know as a parent and nothing more. There is not a single wasted page and everything that is included is valuable.

Second, the information is quality. A peerless educator as always, Marcia has done her homework and incorporated the most up-to-date information available. I saw fresh ideas that every parent must know on page after page.

Third, three timeless but essential themes of wise and successful childrearing—heart, health, and brain—are touchstones throughout the book. You’ll learn how to build cognition and creativity in your child’s brain as well as how to foster optimal emotional and physical development.

It’s refreshing to encounter such a positive and grounded assumption that you can learn how to develop a better relationship with your child. You’ll learn how to surround your child with a calming environment and how to give your child a brain-healthy start. The book’s many detailed and practical chapters invite you to talk to and teach your child critical life rules, rituals, and responsibility. These topics are both urgent and embedded in everyday family life. Threaded throughout is the reminder that, as a parent, you have the power to accentuate the positive and deemphasize the negative. You can learn how to expect the best and visualize success.

This practical book will help you identify chronic behavior and mood disorders and identify and strengthen your child’s auditory, visual, or tactile mode of learning. Memories with music close out the book, and it’s a key part to a happy childhood in the making, mindfully overseen.

Finally, this book is a “take action” book. You’ll get excited about the information and you’ll want to put it into practice. Indeed, you’re nudged to take action to ensure it happens. This is a book that will move you to do the right thing and do it more often.

If I sound a bit gushy about the book, it's because it's a triumph. Marcia has taken a tough topic and caught the magic for your reading pleasure. I know you'll enjoy this feast as much as I have. Bon appétit!

—Eric Jensen, author and consultant