

Introduction

Mothers everywhere lead extremely hectic lives! Whether it's balancing a career while raising children or managing a household as a stay-at-home mom. Throw in schedules, to-do lists, and other activities, time and energy are stretched thin. As mothers, we realized the need for a quick and easy reference guide with common issues regarding babies and young children.

We feel very blessed to have a wonderful group of friends and family to share our experiences with. Reveling in the tribulations and commiserating in the trials of raising a young child, we had many invaluable brainstorming opportunities to assist us over the first-time mother hurdles. Now that we are the proud mothers of six children between us, we want to share these tips with others, hoping they may benefit from the myriad of advice we've gathered.

Knowing that all mothers have creative ideas of their own, we surveyed over one hundred women from around the country, obtaining "tried and true" tips and suggestions on a wide range of parenting topics. We assembled a treasury of ideas and thoughtful responses along with our shared experience. The end result is a book that provides a wealth of practical, helpful advice and information...without a lot of time spent reading! It is presented in a quick-reference format for ease of gathering suggestions on how to handle various infant, toddler, and preschool situations.

Each section has space allotted for writing down your own ideas, advice, and information found in other parenting materials. This allows for the continued compilation of ideas, perhaps to share with someone about to have a baby, or even to pass on to the next generation.

Our advanced professional training in Special Education and Occupational Therapy has given us a comprehensive background in child development and education. The section "Development from Birth to Age Five" was provided to steer you down the developmental path, with space for recording dates and special reflections when your child reaches milestones along the way.

Take good care of yourself as you give endlessly to your children on this amazing journey. Think of the book as one huge play date with a handful of other moms in the same room, offering heartfelt remedies to common issues surrounding parenthood. We hope you will benefit from these "pearls of wisdom", and that they help you to find some solace amidst these busy and joyful times.

Enjoy!

Christine Cohen and Joanne Tocci