

might not be groundbreaking, the tips are valuable. Libraries needing an update to the subject area will find this a worthy addition.

★ **Murrie, Matt & Andrew R McHugh.** *The Book of What If...? Questions and Activities for Curious Minds. Beyond Words: Aladdin.* Apr. 2016. 240p. illus. notes. ISBN 9781582705293. \$18.99; ebk. ISBN 9781481430746. CHILD REARING

Provocative and entertaining, this title from Murrie (English, Westminster Coll.) and soon-to-be human computer interaction grad McHugh presents a launching tool for exercising inquisitiveness, creativity, and worldviews. Organized into four parts (History, People, Stuff, and Nature), it proposes theoretical scenarios to stimulate discussion, imagination, problem solving, and areas for further thought. Appropriate for elementary-age children and up, questions span the sociological ("What If the South Won the Civil War?") and the silly (What If Dinosaurs Didn't Go Extinct?). Using the latter as an example, each entry introduces the possibility of the topic and includes an activity ("Draw a picture of your house after it is Dino-proofed"). The quotes from children (of course they would ride their T. rex to school) illustrate the excitement sure to follow. **VERDICT** Kids love to be asked their opinions, and they'll get a charge out of pondering such ticklers as "What If Kids Were Politicians?" A great choice for enhancing critical thinking skills.

★ **Rioux, Jackie & Jo-Ann Parylak.** *Dear Daycare Parent: Over 101 Ways to Improve Your Child's Experience. Dear Daycare Parent.* Apr. 2016. 128p. illus by Heidi Graf. ISBN 9780692572498. \$24.95. CHILD REARING

This visually pleasing title for day-care parents does not disappoint. Coauthors Rioux and Parylak have a combined 45-year track record in child development and education, experience that will help parents get the most from their day-care years. Suggestions range from the seemingly obvious (don't dress children in overalls if they're in toilet training) to advice for avoiding questions such as, "Mommy has to go to work now, OK?" Each point contains a key idea, summarizes the information's importance, and provides real-life examples. Charming illustrations and book recommendations are included throughout. **VERDICT** Leaving one's child in the care of another can be nerve-racking, but the authors' upbeat, long-term perspective will assist parents in valuing their providers and doing best by their offspring. For all libraries.

**Trainor, Kathleen.** *Calming Your Anxious Child: Words To Say and Things To*

*Do.* Johns Hopkins. Jun. 2016. 264p. ISBN 9781421420097. \$45; pap. ISBN 9781421420103. \$18.95. CHILD REARING

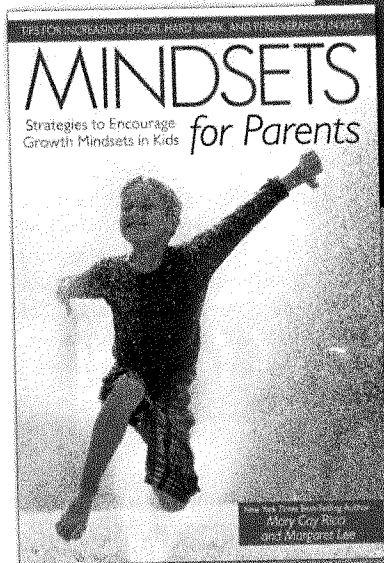
Addressing everything from hair pulling and picky eating to post-traumatic stress disorder, child psychologist Trainor (Harvard Medical Sch.) provides a step-by-step approach to overcome worry-based behavior and empower both parent and child. She outlines how anxiety isn't something kids outgrow but rather escalates over time, often leading to more severe emotional, social, academic, and occupational difficulties. Based on the author's research, the eponymous Trainor method helps families tackle angst by targeting disquieting thoughts and behaviors, rating those actions, agreeing on which concerns to address, identifying and teaching practice strategies, noting and charting success, offering incentives for motivation, and reinforcing progress by increasing the challenges. **VERDICT** Anxiety can be a tough condition to beat, but parents with the organizational skills to stick to the Trainor approach will in all likelihood achieve improvement. A solid offering.

★ **Tuteur, Amy.** *Push Back: Guilt in the Age of Natural Parenting.* Dey St: HarperCollins.

Apr. 2016. 357p. ISBN 9780062407344. \$26.99; ebk. ISBN 9780062407351. CHILD REARING

Look out, ladies. This title is either the one we've been waiting for or the one we're going to despise. Obstetrician-gynecologist Tuteur takes her medical experience, research, and mothering advocacy to a soon-to-be contentious level in a book that questions three of the most health-predictive "choices" pregnant women make: natural childbirth, breastfeeding, and attachment parenting (an emphasis on physical closeness between mother and infant). Here the author aims to "release women from the guilt trap created by the natural parenting industry," which likens the idealization of childbirth to a "paleofantasy." Arguing that there is "no benefit to refusing pain relief" and boldly claiming that there is "no evidence for any long-term health benefits of breastfeeding," Tuteur will wage war with even C-section, formula-feeding mothers when she claims that "attachment parenting...is the feminine mystique writ large." **VERDICT** This important book will undoubtedly receive much media attention and spark debate among parents, feminists, and the medical community. Fans and critics alike will be intrigued by Tuteur's ideas.

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