

DBP Book Review

Name of Book: Supernanny	Author: Jo Frost
Publisher: Hyperion	Date of Publication: 2005
Name of Reviewer: Diana Lee	Date of Review: 10/06
Intended Audience (choose from Parents, Children, Professional, Other): Parents	
Purpose of the book: To guide parents in raising a child from birth to 5 years old. The book briefly reviews ages and stages, but mainly focuses on the how's of everyday activities and behaviors such as toilet training, eating, tantrums, and social skills.	
Theoretical Basis: To deliver in a concise manner, the basics of what parents want guidance on in terms of daily concerns in dealing with young children. Though there are lots of parenting books available written by pediatricians and child psychologists, the allure of this book is that a professional nanny who taken care of many children in a number of contexts shares her pared down, effective strategies for raising children.	
Strengths: The text of the book is simple, with lots of text in easy to follow bullet points, and the advice is appropriate and practical. The author addresses everyday issues that parents often want advice about, such as how to toilet train and how to discipline children. The book is a manageable read, with many colorful pictures. There is also a helpful list of websites on parenting and children in the back of the book.	
Weaknesses: There is not a lot of advice regarding medical issues besides teething, and just a little about safety issues, but, again, that is not the focus of the book. Also, the advice is very individual (i.e. in Supernanny Jo Frost's opinion), so there may be disagreement with some of the advice she gives.	
Recommendation of Reviewer (please choose one and put "X" in box next to selection):	
<input type="checkbox"/>	Highly recommend for all parents
<input checked="" type="checkbox"/>	Highly recommend for parents with specific problems/issues
<input type="checkbox"/>	May be useful to some parents
<input type="checkbox"/>	Would not recommend
Additional Comments: This book was an enjoyable read, as the author has a very engaging personality that comes through in her writing. She has a trademark "My Top Ten Rules" which are useful and versatile.	