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Paula Spencer

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"A breath of fresh, calming air... Spencer's experience has made her a true childrearing expert with a keen new insight: We're making the job harder than it has to be."
LINDA J. MURRAY, EDITOR IN CHIEF, BABYCENTER.COM

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Paula Spencer : Momfidence!: An Oreo Never Killed Anybody and Other Secrets of Happier Parenting before purchasing it in order to gage whether or not it would be worth my time, and all praised Momfidence!: An Oreo Never Killed Anybody and Other Secrets of Happier Parenting:

0 of 0 people found the following review helpful. No Nonsense ParentingBy smcPaula Spencer is about common sense parenting and she is full of humorous observations and perspectives. She is real and we can easily relate to the

things she talks about. I bought this for my daughter who is pregnant with her first child; I don't want her to be afraid of being a mom and most importantly to realize she does not need to be perfect. I figure this advice comes better from a third party :) 1 of 1 people found the following review helpful. Momfidence, a fun reality check! By S. Ziegler I bought this book for all four of my sisters-in-law, I loved it so much. There are so many sources of guilt for today's mom: am I doing what's best for my children, am I involved enough, am I keeping up with other moms and what they are doing? Paula Spencer's answer is, don't worry about what other people think you should be doing. Do what works for your kids, and what works for you. Life was much simpler when we were growing up. Why does child rearing have to be so complicated now? Let the kids play. Let their imaginations lead how they spend their time. Spend less time carting kids around, to and from various activities, and just be a family. At home. With free time. 0 of 0 people found the following review helpful. A lot of fun plus great messages By Rebekah Jensen This book has many great messages - Let go and try to enjoy your kids a little, Motherhood doesn't always have to be so hard, and it's not a competition. While I disagreed with the author on some areas (like junk food and toy choices), there's a lot of enjoyment and confidence to be gained here.

Lose the Guilt, Love Your Instincts If the latest "breakthrough" child-development theory, parenting technique, or child-appropriate diet makes you worry or groan (or just want to lie down for a nap), it's time to make way for Momfidence! Paula Spencer, parenting expert and mother of four, provides refreshing, down-to-earth proof that most of the business of raising confident, healthy children involves nothing more complicated than trusting your instincts, using common sense, and above all, hanging on to your humor. Momfidence! is: •Using "perfect" only to describe such wonders as a ripe peach, a cloudless day at the beach, or a husband who does diapers and dinner. . . It has no application whatsoever in describing motherhood. •Recognizing that there are appropriate times and places for lying, yelling, threatening, bribing, and saying "I told you so" •Sending yourself to time-out—preferably with chocolate and/or your spouse •Being completely amnesiac about the day's exasperating transgressions when you peek in your children's bedrooms at night and watch them sleep Based on her popular Woman's Day and Parenting columns, Momfidence! explains how obsessing less and winging it more can keep you sane—and your kids healthy and happy. It's a hilarious look at "perfect motherhood" that cuts parents a long-overdue break by reminding us that we're not the amateurs here—we're all experts, too.

From Publishers Weekly When a lawyer in California tries to ban the sale of Oreos to minors, Paula Spencer comes to the rescue, showing how good old common sense trumps the "parenting experts" any day. The author and mother of four, who writes the "Momfidence" column in Woman's Day magazine, dispenses what she's learned on the job in an upbeat, funny and practical way: "There is no right or wrong way to do most of the business of parenting. There is, however, almost always a more expedient one." Debunking parenting overkill, Spencer provides helpful reality checks ("Every firstborn is a guinea pig") and reassuring tales of her own moments of doubt, poking fun along the way at health trends, safety angst and the overwhelming number of childhood experts ready to make your parenting decisions for you: "No matter how many tax dollars are being spent ... on researchers dissecting the minds, bodies and stomachs of our kids, raising a child will always be an art form, not a science." For Spencer, parenting is about mothers doing what works for them, losing their guilt and having confidence in their choices—whether that means bedtime at 8:00 p.m. sharp, drugging your kids with TV, or choosing to feed your picky child "whatever he will eat." Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "A breath of fresh, calming air. Spencer's experience has made her a true childrearing expert with a keen new insight: We're making the job harder than it has to be." —Linda Murray, Editor-in-Chief, Babycenter.com "Paula Spencer has written the ultimate insider's guide to life on Planet Mom—a book that is guaranteed to boost your 'momfidence' by the day. If you're convinced that you've blown your nomination for Mother of the Year because your six year old has been wearing mismatched socks to school all week; your ten year old keeps sneaking contraband snack foods to school in his lunch bag; and the clutter in your house is breeding faster than the items on your 'to do' list, take note: Momfidence is your book." —Ann Douglas, author, The Mother of All Pregnancy Books and The Mother of All Parenting Books "Finally! A mom who parents from her gut, not her guilt! Paula Spencer dares to trust her instincts and her common sense, while humorously inspiring readers to do the same. Advice as sensible as it is entertaining." —John Rosemond, syndicated parenting columnist and author "Being informed is one thing. Being overwhelmed is another. Written with warmth, humor and real-world wisdom, Momfidence reminds parents to keep the advice that works, leave what doesn't, and cue in to those all-important instincts that help families grow, thrive and enjoy the ride." —Debbie Glasser, Ph.D. Licensed Clinical Psychologist and Founder of NewsForParents.org "Paula Spencer leads by example and does so hysterically. I only wish I had a copy of this book when my children were younger. Momfidence is a book every mother should keep close by for those inevitable "have I totally screwed up" moments. Momfidence is a great gift for every mom who needs some perspective. I love this book." —Mimi Doe, award-winning author of Busy but Balanced and founder of SpiritualParenting.com. About the Author Paula Spencer writes the "Momfidence!" column in Woman's Day magazine and is a longtime contributing editor to Parenting and Baby Talk. She is the coauthor, with Harvey

Karp, M.D., of *The Happiest Toddler on the Block*. Spencer lives with her husband and four children in Chapel Hill, North Carolina.