

## **COLORADO PEDIATRICIAN'S NEW BOOK HELPS PARENTS EASE ANXIETY, GUILT AND ENJOY PARENTING MORE**

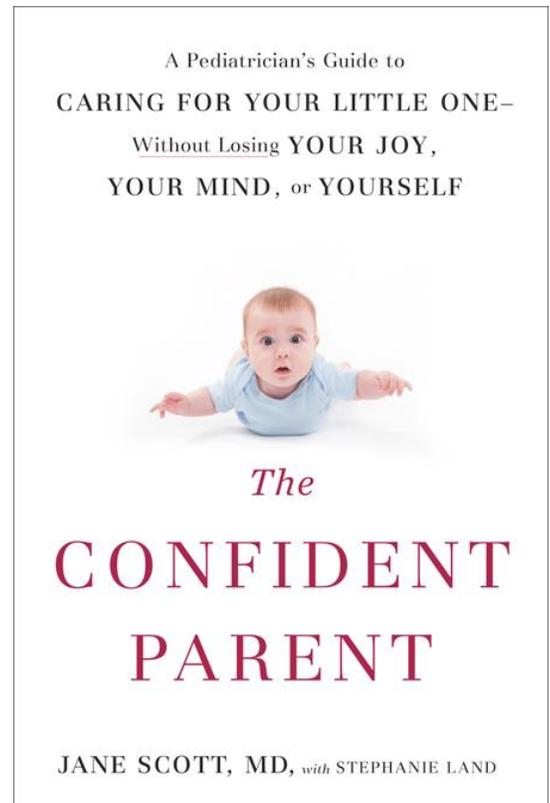
***THE CONFIDENT PARENT: A Pediatrician's Guide to Caring for Your Little One –  
Without Losing Your Joy, Your Mind, or Yourself on Sale November 1***

**Denver, Colo., October 14, 2016** – Colorado pediatrician, neonatologist and inventor of the Turtle (an infant head repositioning beanie to combat flat head syndrome), [Dr. Jane Scott](#), has authored a new parenting book, [THE CONFIDENT PARENT: A Pediatrician's Guide to Caring for Your Little One – Without Losing Your Joy, Your Mind, or Yourself](#). The book, co-written with Stephanie Land and published by TarcherPerigee, an imprint of Penguin Random House, will help parents ease their stress, anxiety and guilt and have more fun with their little ones. Scheduled for release on Tuesday, Nov. 1, 2016, *The Confident Parent* will be available for purchase in local bookstores, as well as online at [confidentparentbook.com](http://confidentparentbook.com).

Some people say we should parent more like the French; others say Asians do it best. But after living in and raising kids on four continents, Dr. Scott knows that every country has its own tried-and-true traditions and methods that work, and they all work beautifully. She knows full well the challenges of raising children – as a stay-at-home parent, single parent, and working parent – because she's been all three herself. But while she's raised kids amidst snakes, poor medical facilities, contaminated drinking water, and a harsh political climate in the Australian outback and the South African desert, it wasn't until she moved to America that her real adventures in parenting really began.

Dr. Scott notes that many American parents struggle with a culturally imposed pressure to be the "perfect parent," while also being bombarded with the message that parenthood is a trial and a sacrifice, that childhood is a dangerous time, and that anything could happen at any time to destroy our happiness. This book explores all the ways in which children succeed and thrive around the world, giving parents some new tools to help them follow their instincts and gain fresh perspectives. It will provoke controversy by arguing that some of the root causes of our parental stress and some children's cognitive and physical developmental delays are:

- attachment parenting,
- social expectations and judgments,
- risk aversion,



- pathological busyness,
- overstimulation and constant engagement

"I was inspired to write the book when I realized that my life traveling in different cultures combined with my medical background and being a parent myself might provide helpful insights to parents not seen in other parenting books," said Dr. Scott. "My hope is that the lessons I impart will give parents' permission to let go and have fun so that they can enjoy parenting more and, in turn, avoid many of the mistakes that can make raising children harder than it needs to be. Ultimately, *The Confident Parent* will teach you how to introduce small changes that will help you start parenting with less anxiety and guilt and more instinct and joy."

Dr. Scott breaks down the assumptions about what good parenting entails to help families find a perfect balance between their needs and those of their children, freeing them to parent with confident, calm, joy *and* fun. It will make a world of difference.

**Dr. Scott will kick-off a three-month book signing tour to introduce *The Confident Parent* on Nov. 5, 2016, at the Tattered Cover Bookstore in Aspen Grove.** Visit her schedule at [confidentparentbook.com/events](http://confidentparentbook.com/events) to see her full schedule of appearances.

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Without Losing Your Joy, Your Mind, or Yourself***

By Dr. Jane Scott, M.D., with Stephanie Land

On sale Tuesday, Nov. 1, 2016

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[confidentparentbook.com](http://confidentparentbook.com)

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