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## **Suggested Questions for an Interview with DR. JANE SCOTT Author of *The Confident Parent***

1. You invented the [Turtle](#), an infant head repositioning beanie, to help infants afflicted with Flat Head Syndrome, which has seen a 600% increase in incidence over just the last few years. Why this sudden increase in the condition and what are the underlying cognitive consequences if left untreated?
2. You've lived and raised children in many different countries and cultures – what are some of the key differences you've noticed in the way new parents approach parenting and are there any helpful takeaways we should consider?
3. Despite being a pediatrician (or maybe because of it), you claim to have “an aversion to too many rules” when it comes to raising children. What are some examples of rules that are culturally biased that Americans have accepted in the name of safety that aren't necessarily grounded in physiological fact or pediatric research?
4. American parents tend to have culturally conditioned goals in mind from day one, leading them to ignore suggestions from pediatricians. What are some of these common beliefs that can result in parenting difficulties down the road?
5. Over the decades, there have been well-intentioned parenting movements that have unintended consequences – can you share a few examples? Should parents be wary of current advisories put out by health associations?
6. What simple steps should parents take to ensure they raise an easy eater, instead of a picky eater?
7. There are many factors at play from policy to lifestyle to social reasons that impact how Americans raise their children that we might not be able to easily change – we immobilize our infants to keep them safe, we have to stop breastfeeding and return to full-time jobs, etc. What can parents do when they find themselves racked with guilt and limitations?
8. Do you think American parents feel more guilt towards their parenting than parents of other cultures?

***THE CONFIDENT PARENT:***  
***A Pediatrician's Guide to Caring for Your Little One –***  
***Without Losing Your Joy, Your Mind, or Yourself***  
By Jane Scott, M.D., with Stephanie Land  
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