



Momfidence!: An Oreo Never Killed Anybody and Other Secrets of Happier Parenting

Paula Spencer

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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 the Trade Paperback edition.

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From reader reviews:

Arthur Haase:

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Barbara Goodman:

Information is provisions for people to get better life, information currently can get by anyone on everywhere. The information can be a understanding or any news even an issue. What people must be consider if those information which is from the former life are challenging be find than now could be taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you get the unstable resource then you have it as your main information you will see huge disadvantage for you. All those possibilities will not happen inside you if you take Momfidence!: An Oreo Never Killed Anybody and Other Secrets of Happier Parenting as your daily resource information.

Charles Carey:

What is your hobby? Have you heard in which question when you got students? We believe that that concern was given by teacher to the students. Many kinds of hobby, All people has different hobby. And also you know that little person such as reading or as examining become their hobby. You must know that reading is very important as well as book as to be the thing. Book is important thing to increase you knowledge, except your personal teacher or lecturer. You see good news or update regarding something by book. Different categories of books that can you choose to use be your object. One of them is niagra Momfidence!: An Oreo Never Killed Anybody and Other Secrets of Happier Parenting.

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