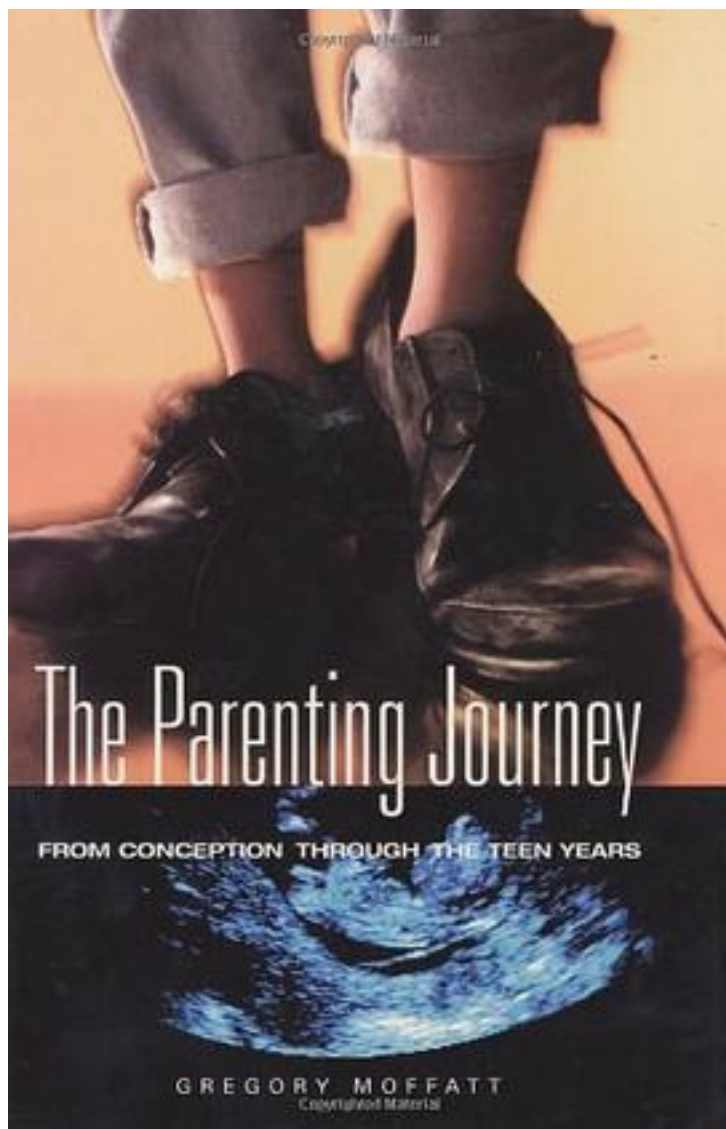


The Parenting Journey



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Describes the fascinating physical, mental and emotional changes that occur throughout childhood, and also explains how parents shape children and how children change the lives and outlooks of parents A father of three and longtime child psychologist, Moffatt offers information on dozens of topics couples will face as they make the decision to conceive then take on the most challenging and rewarding role of their lives - parenthood. Each chapter is divided into psychological, social/emotional and physical developments at the stage being discussed. Topics range from deciding to conceive and potential problems to anticipating the developments and challenges for adolescents from age 13 to 18. Includes vignettes from Moffatt's private practice as a child therapist, from classrooms where he has taught at universities, and from his own personal experience as a father. An extensive bibliography is included to assist readers wanting additional information on a particular topic. The emphasis is on the importance of commitment in parenting, and the need for parents to invest themselves thoughtfully in the raising of their children. Topics include the development of self-esteem, the importance of play, imaginary playmates, language development, teaching consequences and developing discipline. Provides a parenting guide from an experienced child psychologist Includes vignettes from therapy sessions and the personal life of a professor and father of three Poignant illustrations

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