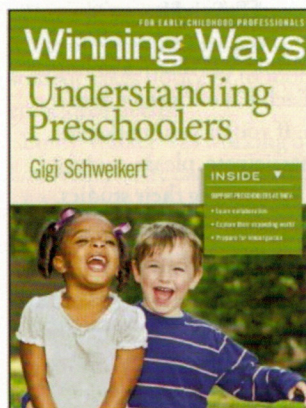


## Winning Ways for Early Childhood Professionals: Understanding Preschoolers by Gigi Schweikert



Gigi Schweikert's early experience as a teacher included years teaching preschoolers from many countries at the United Nations Child Care Centre in New York City. Today this mother of four teaches adults through her books, seminars, and other presentations. Attendees at the 2013 New Jersey Association of Twins' Mothers Clubs convention appreciated both her encouraging keynote speech and a most informative workshop on positive discipline.

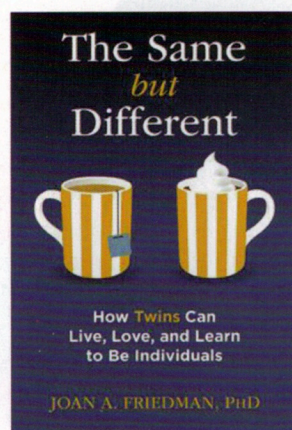
Her *Understanding Preschoolers* workbook starts with a summary of the typical stages of growth for that age and how to set up the classroom to enhance learning. A consistent routine and some simple rules along with limited choices are part of creating an environment where preschoolers can succeed. Language developmental milestones typical for the different ages are included in the discussions about effective communication and positive interactions with preschoolers. Supportive responses to help children with separation anxiety and advice for the practical matter of seeing that all children get the rest they need during naptime (even though some do not sleep) are offered.

This book is not just for preschool teachers caring for three to five year old children but also for parents looking for positive advice on dealing with behavior issues for that age group. The author emphasizes that appropriate discipline is about "teaching preschoolers how to behave in socially acceptable ways and not about punishing them" because they are already "struggling to gain self-control" at that age. Both teachers and parents should try to consider discipline to be "a teachable moment" because the goal ultimately "is about empowering children and teaching them self-control" as they grow up.

The final chapter of this guide to creative thinking for teachers and parents concentrates on providing principles for guiding the behavior of preschoolers while recognizing that "to be curious, experiment, and test the limits" is natural for children. The author provides strategies for dealing with inappropriate behavior as well as a list of what a teacher should never do when disciplining a preschooler.

*Understanding Preschoolers* combined with other *Winning Ways for Early Childhood Professionals* titles *Understanding Infants* and *Understanding Toddlers and Twos* is for sale in a set of three workbooks for \$15.72 on Amazon. Packs of three copies of just the *Understanding Preschoolers* workbook are also available for the same price. Articles by the author and more about her other books are at her website [www.gigischweikert.com](http://www.gigischweikert.com). (Redleaf Press, St. Paul, MN, 2013, 8x11 paperback) ●

## The Same but Different: How Twins Can Live, Love and Learn to Be Individuals By Joan A. Friedman, PhD



By Debbie Ciardi  
Guest Reviewer

This book is written with expert, firsthand experience as Dr. Friedman is a therapist who specializes in twin issues. She is also a mom of adult twins, and she is a twin herself. In this book she examines multiple issues facing twins. Through interviews with several sets of adult twins, Dr. Friedman presents real life situations experienced by these men and women.

We are taken on a journey of true exploration of these twins' lives, their struggles, achievements, some disappointments and working through

life's pathways. Amazing arrays of emotions are presented through these lives and the relationships experienced.

Society tends to promote the 'twin mystique' and hold certain expectations of how twins 'should' react and interact with each other. This can result in confusion within the twins, their families, and friends. Consider "a prerequisite for healthy attachment is the ability to hold both loving and upset emotions toward someone." Throughout these stories you will see this struggle. "When you can acknowledge reasonable negative feelings without the fear of destroying the relationship, [you

can] engage more authentically and deeply with those to whom you're closest." One suggestion is for twins to treat each other like friends, not family. Often family feels entitled to be judgmental and critical, while friends maintain an attitude of love and support.

It seems to make perfect sense; why then can this interpersonal relationship with ones twin be so difficult? You will explore twin closeness along with its assumptions and realities, look at the twin caretaker role, comparing and labeling that occurs with twins, like the 'smart' one, the 'shy', 'outgoing' one, etc. You will get an insider view of how these all affect the twin relationship.

Some believe there is an inherent spiritual connection between twins, and as mentioned previously, our society tends to promote that expectation. That belief can be the root of difficulty for those seeking to find their own way, to establish their individualism and define themselves in this world. Dr. Friedman says her objective in writing this book is not necessarily to dispel that mystique belief, rather the objective is to help adult twins feel entitled to have their individuality and to encourage them to search for and claim it for themselves.

Realize that a healthy twinship is as unique as the individuals who make them. Twins need to explore what their 'twinship' means to each of them and to acknowledge that it not necessarily be the same to each other. Key is to look inside yourself, know yourself and accept yourself!

This is an excellent book filled with true insight from the twin perspective. I encourage every twin and twin family member to read this. Find it at your bookstore beginning February 2014. ●