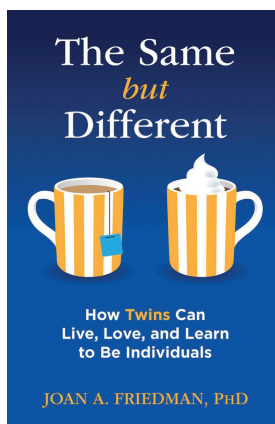
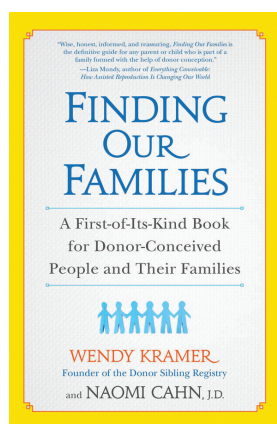
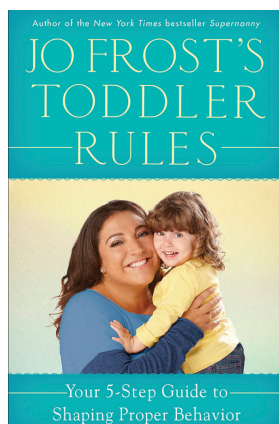


parenting

By Julianne Smith

MANY OF THIS MONTH'S TITLES look at some of the more circumstantial aspects of parenting and, for those affected, address the issue at hand with both specificity and understanding. From addressing preschool stuttering to mastering the SAT, these works might have formed part of more comprehensive titles on language development or study skills, yet here they get their own due attention. Standouts include Joan A. Friedman's *The Same but Different* for emotional issues affecting adult twins and the esteemed Jo Frost's sound and supportive guide for the often frustrating toddler years. The breakout book, however, may just be Debbie Stier's *The Perfect Score Project*, which will appeal to a variety of readers. Those who can get past the idea of a teenager's mother taking the SAT seven times in one year will find that Stier provides a keen look at larger issues surrounding standardized testing, written in both a humorous and engaging style. Expect that title to get substantial media play, and be ready for demand by having a copy on the shelf.



Happier parenting, healthier toddlers; the go-to for donor-conceived families; best of twinship

Brown, Christia Spears. *Parenting Beyond Pink & Blue: How To Raise Your Kids Free of Gender Stereotypes*. Ten Speed. Apr. 2014. 240p. ISBN 9781607745020. pap. \$14.99; ebk. ISBN 9781607745037. CHILD REARING

Brown (developmental psychology, Univ. of Kentucky; *Psychology Today*, blogger at Beyond Pink and Blue), a leading specialist on the impact of gender stereotypes, offers a review of the latest research combined with a guide to raising children free of the negative influence of gender expectations and limitations. She argues that children are “free to flourish” when gender is deemphasized and covers both

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the neuroscience and cultural influences of sex in language that is accessible and at times even humorous. Beyond the issues of “pink and blue,” her assertions have a scientific rather than feminist flavor and will enlighten those even of the “boys will be boys” school. **VERDICT** Much quality literature has been published over the last few years on gender studies, and this title juxtaposes other works such as Leonard Sax's *Why Gender Matters: What Parents and Teachers Need To Know About the Emerging Science of Sex Differences*. For all libraries serving parents.

Diaz, Natalie. *What To Do When You're Having Two: The Twins Survival Guide from Pregnancy Through the First Year*. Penguin. 2013. 288p. index. ISBN 9781583335154. pap. \$17; ebk. ISBN 9781101631607. CHILD REARING

Diaz (founder, twiniversity.com) offers expectant parents a complete survival guide to babies' first year. While twins are hardly the unicorns they used to be, they require unique considerations for expecting, deliv-

ery, breastfeeding, scheduling, and more, and common guides to pregnancy and early infancy simply do not apply. Diaz, a Manhattan mother of fraternal twins, covers the major topics one would anticipate, as well as the more mundane but crucial ones, such as choosing a stroller. Her top six mistakes to avoid (e.g., not accepting help, not napping, etc.) are useful lessons, and she does a fine job of helping parents prepare for events such as outings to the grocery store (yes, they are that involved). **VERDICT** Diaz offers a detailed and on-target guide for parents expecting two; for libraries needing an update or addition to the parenting collection, consider this a worthy purchase.

★ **Friedman, Joan A. *The Same but Different: How Twins Can Live, Love, and Learn To Be Individuals*. Rocky Pines. 2014. 192p. ISBN 9780989346436. pap. \$15.95. CHILD REARING**

Friedman earned a starred review for her book *Emotionally Healthy Twins* (*LJ* 1/08), which focused on parenting techniques for helping twins develop distinct, healthy identities in the face of being born with a double. Here she concentrates on adult twins and the unspoken challenges in this unique relationship that is often both glamorized and idealized, even within families. While outsiders sometimes see twins as celebrities, twins themselves can feel “trapped in a quasimarrriage that they didn't choose.” Friedman does an excellent job of exploring twinship issues, such as conflicting loyalties and separation blues, and offers solid suggestions for recognizing and addressing feelings that “feel like treason.” Chapters end with questionnaires and sidebars for further reflection. The author has an engaging style, with many personal narratives incorporated throughout. **VERDICT** Friedman acquired her stripes as a twin herself and as the mother of twins—all in addition to her academic credentials as a twin specialist. She is a destination writer for anyone seeking information on this topic. An excellent combination of psychology and self-help; unequivocally recommended.

★ **Frost, Jo. *Jo Frost's Toddler Rules: Your 5-Step Guide to Shaping Proper Behavior*. Ballantine. Mar. 2014. 320p. ISBN 9780345542380. pap. \$16; ebk. ISBN 9780345542397. CHILD REARING**