Parenting and Teacher Resources
Titles in Spanish
Fall 2016
Duerme bebé cómodo y seguro
Dr. John Hutton, Leah Busch, Susana M. Haywood, Ma...

Summary
Tummy full, story read. Yawn, stretch, time for bed. Now one more kiss and one more hug, I drift to sleep, safe and snug. A classic bedtime ritual experienced through a baby’s eyes, this book conveys safe sleep practices in a gentle, rhythmic way. A perfect gift for new families, it was created for Charlie’s Kids Foundation, whose mission is educating families about SIDS prevention.

Contributor Bio
Dr. John Hutton is a pediatrician, an author, and the owner of the award-winning blue manatee children’s bookstore and decaf in Cincinnati, Ohio, and its affiliate site blue manatee boxes. He is the founder of the blog Baby Unplugged, whose mission is to help keep children screen-free until age three and promote healthy, developmentally stimulating alternatives. Leah Busch is an artist and the cocreator of the award-winning Toast to Baby series. She is the creative director, instructor, and gallery director at Brazee Street Studios. They both live in Cincinnati, Ohio. Susana M. Haywood and Margarita Fernández-Ardois are translators.

Calma bebé suavemente
Dr. John Hutton, Leah Busch

Summary
This simple sharing book unites child and parent by conveying important safe parenting and health practices in a gentle, rhythmic way. Written by a pediatrician and child literacy expert, the soft, rhyming story aims to help parents during the fussy, colicky stages. A perfect gift for new families, this book also reinforces the value of shared reading.

Contributor Bio
Dr. John Hutton is a pediatrician, an author, and the owner of the award-winning blue manatee children’s bookstore in Cincinnati, Ohio. He is the author of Sleep Baby, Safe and Snug and the award-winning Baby Unplugged series and the founder of the blog Baby Unplugged, whose mission is to help keep children screen-free until age three and promote healthy, developmentally stimulating alternatives. Leah Busch is an artist and cocreator of the award-winning Toast to Baby series. She is the creative director, instructor, and gallery director at Brazee Street Studios. They both live in Cincinnati, Ohio.
Lee bebé, diariamente
Dr. John Hutton, Leah Busch

Summary
Written by a pediatrician, this soft, rhyming story from a baby’s point of view with dreamy watercolor illustrations celebrates the beloved, healthy ritual of parent-child reading. It also reinforces recent American Academy of Pediatrics recommendations to begin daily reading with children at birth, to promote bonding, language, attention, and other aspects of development. Lee Bebe, Diariamente promotes shared reading and togetherness and is perfect in every parent’s early library to inspire the next generation of readers.

Contributor Bio
Dr. John Hutton is a pediatrician, an author, and the owner of the award-winning blue manatee children’s bookstore in Cincinnati, Ohio. He is the author of Calm Baby, Gently; Sherm the Germ; Sleep Baby, Safe and Snug; Sleepy Bee; Tito’s Inferno; Your Red Shoes; and the award-winning Baby Unplugged series and the founder of the blog Baby Unplugged, whose mission is to help keep children screen-free until age three and promote healthy, developmentally stimulating alternatives. Leah Busch is an artist and cocreator of the award-winning Toast to Baby series. They both live in Cincinnati, Ohio.

Come bebé, sanamente
Dr. John Hutton, Leah Busch

Summary
We share good things for nine months long, so I meet you healthy and strong. Feed me after I am born, skin to skin, safe and warm . . .

Written by a pediatrician, Come bebé, sanamente is a soft, rhyming story from a baby’s point of view that celebrates the health and emotional benefits of prenatal nutrition and breastfeeding. This is the third book in a groundbreaking series, including the bestselling Sleep Baby, Safe and Snug and Calm Baby, Gently, dedicated to sharing health guidance for parents of infants through children's books, while promoting shared reading and togetherness.

Contributor Bio
Dr. John Hutton is a pediatrician, an author, and the owner of the award-winning blue manatee children’s bookstore in Cincinnati, Ohio. He is the author of Sleep Baby, Safe and Snug and the award-winning Baby Unplugged series and the founder of the blog Baby Unplugged. Leah Busch is an artist and co-creator of the award-winning Toast to Baby series. They both live in Cincinnati, Ohio.
Tu bebé, por siempre
Dr. John Hutton, Leah Busch

Summary
A touching board book that shows the importance of building strong bonds between child and parent. From the bestselling Love Baby Healthy series by pediatrician Dr. John Hutton and illustrator Leah Busch, this simple, rhyming book captures the joy and importance of this special time together. Key developmental milestones are shown in a dreamy, joyous way, highlighting this critical stage of development when children need loving, engaged grownups the most, reinforcing recommendations and encouraging parent-child bonding through reading and play.

Contributor Bio
Dr. John Hutton is a pediatrician, an author, and the owner of the award-winning blue manatee children’s bookstore in Cincinnati, Ohio. He is the author of Sleep Baby, Safe and Snug and the award-winning Baby Unplugged series and the founder of the blog Baby Unplugged. Leah Busch is an artist and co-creator of the award-winning Toast to Baby series. They both live in Cincinnati, Ohio.

Mi bebé y yo (5th Edition)
Una guía esencial para el embarazo y el cuidado de tu recién nacido
Deborah D. Stewart, Jenny B. Harvey

Summary
Offering solid guidance for mothers and mothers-to-be whose reading skills are limited and who may have limited access to adequate health care, this guide focuses on basics like prenatal care, lifestyle choices, nutritional advice, and baby’s first few months. This fifth edition includes updated and expanded information on mental health issues, including postpartum depression and anxiety, for both moms and partners; hot topics such as immunizations, breastfeeding, and coping with inconsolable crying; best-practice guidelines for car seats, safe sleep, babywearing, and fall prevention; the value of having effective support during labor, birth, and the postpartum period; and insurance coverage, including the Affordable Care Act, and medical assistance for low-income pregnant women. Checklists, a glossary, and an expanded list of reliable internet resources round out this invaluable book.

Contributor Bio
Deborah D. Stewart has written low-reading-level materials focused on the health issues of mothers and children from pregnancy through the early years of childhood. She is the author of Best Start: Your Baby’s First Year. She lives in Portland, Oregon. Jenny B. Harvey has a background in human development, family support, psychology, parent education, and crisis intervention, she has worked and volunteered in a variety of health agencies and community programs serving diverse populations of families with young children. She lives in Seattle.
Diario de tu bebé
La aventura del primer año
Lectio Ediciones

Summary
This book charts all the important moments in the life of a baby during the first year of life. Parents can document information such as time of birth, location, weight, and who visited the hospital. This keepsake journal contains space to attach pictures, and includes songs, riddles and space to record the weight and height of the child throughout the first year.

Contributor Bio
Lectio Ediciones is a publishing house based in Spain.

100 palabras esenciales para tu embarazo
Todo lo que debes saber sobre la gestación, el parto y el posparto
José Luis Serrano

Summary
100 palabras esenciales para tu embarazo clearly and concisely explains all the steps beginning with conception, and continues through birth. It answers many doubts, fears and tensions between the mother and her partner. It addresses such issues as how hormonal changes affect pregnancy; what are the essential vitamins and nutrients; labor; how to overcome the fear of childbirth, and doubts about parenting.

Contributor Bio
José Luis Serrano is a pediatrician specializing in neonatology. After training at the Hospital La Paz in Madrid he moved to the Maternal and Child Hospital of Alicante, where he retired after thirty-five years of service and care for newborns. In his work as a neonatologist he focused on the process of pregnancy and childbirth, and has maintained close collaboration with midwives and obstetricians.
**No tan rápido**
Cómo orientar a sus adolescentes acerca de los peligros de conducir
Tim Hollister, Sandy Spavone

**Summary**
Most driving literature for parents focuses on how to teach a teen to drive, without explaining why teen driving is so dangerous in the first place or giving parents a plan to preempt the hazards teens face. By contrast, *No tan rápido* empowers and guides parents to understand the causes and situations that most often lead to teen crashes and to take specific, proactive steps—before and each time a teen driver gets behind the wheel—to counteract them. This authoritative guide tackles hot button issues such as texting and distracted driving, parenting attitudes (conscious and unconscious), and teen impairment and fatigue—and includes a combination of topics not found in other teen driving guides, such as:

- How brain development affects driving
- Why driver’s ed does not produce safe drivers
- How and why to prepare a “flight plan” for each drive before handing over the keys
- How and when to say no

Proceeds from the sale of this book support the Reid Samuel Hollister Memorial Fund, which subsidizes infant and toddler education in greater Hartford, Connecticut, and worthy traffic safety causes.

**Contributor Bio**
Tim Hollister became a national authority and spokesperson for safer teen driving after losing his 17-year-old son Reid in a car crash in 2006. He served on a Connecticut state task force that overhauled his state’s teen driving laws; is the creator of *From Reid’s Dad*, a national blog for parents of teen drivers; and regularly makes appearances on television and radio. He was awarded the 2012 AAA Southern New England Traffic Safety Hero of the Year Award as well as the U.S. Department of Transportation National Public Service Award, the nation’s highest civilian award for traffic safety.

Sandy Spavone is the executive director for National Organizations for Youth Safety, a coalition of national organizations that promote youth empowerment and leadership and work to build partnerships that save lives, prevent injuries, and enhance safe and healthy lifestyles among all youth.

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**Matemática para padres desesperados**
Hace fácil lo que parece difícil
Isabel Ortega

**Summary**
Parents that help their children with their math homework sometimes discover gaps in their own knowledge. They either never learned the same concepts or don’t quite remember the specifics of what they learned at that age. *Matemática para padres desesperados* aims to help those parents, grandparents and caregivers, with the information and concepts they need to know to be present and helpful.

**Contributor Bio**
Isabel Ortega earned a bachelor’s degree in Science and is a mathematics professor. She is the author of more than 20 books on mathematics such as *Entretenimientos para la clase de matemática* and *Pensar en la clase de matemáticas*, among many others.
Cómo escribir correctamente
Resuelva los errores y dudas más comunes
José Serra

Summary
Accurate and accessible, this reference offers writers practical advice on mastering writing techniques to avoid common mistakes in Spanish language use. This book is an invaluable resource for writers seeking information on creating a personal style, keys to becoming a good speller, and mastering syntax. Designed for anyone wanting to write without making mistakes, this thorough guide is an excellent resource that helps perfect narrative technique.

Precisa y accesible, esta referencia ofrece consejos prácticos para escritores sobre el dominio de las técnicas de redacción para evitar errores comunes en el uso del lenguaje en español. Este libro es un recurso inestimable para los escritores que buscan información sobre cómo crear un estilo personal, claves para un buen conocimiento de la ortografía y el dominio de la sintaxis. Diseñada para cualquiera que desee escribir sin cometer errores, esta guía completa es un excelente recurso que ayuda a perfeccionar la técnica narrativa.

Contributor Bio
José Serra is philologist and a translator.

Diviértete con las matemáticas
Y. Perelman

Summary
Filled with entertaining and stimulating activities, this book teaches mathematical skills in a fun way. It allows readers to actively learn math in an engaging and interactive manner that combines learning with playing. Brainteasers, logic games, and numeric puzzles fill the pages of this challenging book that promotes mental agility.

Lleno de actividades entretenidas y estimulantes, este libro enseña destrezas matemáticas de una forma divertida. Le permite al lector aprender activamente sobre las matemáticas de una manera atractiva e interactiva que combina el aprendizaje con el juego. Rompecabezas, juegos de ingenio y puzzles numéricos llenan las páginas de este libro desafiante que promueve la agudeza mental.

Contributor Bio
Y. Perelman was a Russian scientific writer and the author of many books on popular science.
**La sonrisa de la ciencia**  
*Experimentos y juegos científicos para secundaria*  
Domingo Gallego Gil, Felipe Quintanal Perez

**Summary**  
One hundred practical physics and chemistry activities for secondary education, the product of the authors’ work in the classroom. These scientific experiments and games get kids interested in class material through an attractive and modern approach to learning.

**Contributor Bio**  
**Domingo J. Gallego** holds a doctorate in philosophy and letters from the Complutense University of Madrid and a master’s in educational technology and communications from Columbia University. He is the author of over 20 books and articles on these topics. **Felipe Quintanal** holds a doctorate in education from the National University of Distance Education in Spain and a Masters in chemistry and computer education. He has coauthored various books and articles on these topics.

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**La novela corta y el relato breve**  
*Cómo escribir una buena obra corta: técnica y dinámica*  
Mariano José Vázquez Alonso

**Summary**  
Literary creations written as short stories offer a dose of vigor and eloquence with greater force than acclaimed novels, and this manual teaches how to write a successful novella or short story. Great writers of all time have employed these techniques to develop magnificent stories condensed into few lines. However, to give meaning and depth to a seemingly simple plot with a small number of characters is a difficult task. Chapters of this guide focus on the omniscient narrators, suggestions to start a story, and the “perfect ending.”

**Contributor Bio**  
**Mariano José Vázquez Alonso** is an essayist and a novelist who has taught creative writing workshops at literary training centers throughout Spain. His novels include *La balada del fuego fatuo*, *El escritor sin fronteras*, and *Negro vuelo de cuervo*.
El libro del mal tiempo
Un montón de cosas que hacer al aire libre con lluvia, viento y nieve
Fiona Danks, Jo Schofield

Summary
Imagine jumping in the biggest puddle you can find, or running barefoot and feeling squishy mud ooze up between your toes. Run up the nearest hill to feel the wind try to carry you away! When it’s wet, windy, or cold, there’s no need to stay cooped up indoors; it’s a great opportunity to have some fun outside. Go on an animal hunt to discover which creatures come out when it’s wet. Fly a kite in the wind and catch falling leaves. Take your camera into a white world and see how many different icy patterns and shapes you can find. There are loads of exciting and creative things you can do in the natural world when the weather’s wild. Don’t wait for the sun to come out; take this book with you and go outdoors for a wild weather adventure!

Contributor Bio
Fiona Danks is an environmental educator with experience leading field trips and running countryside playgroups. Jo Schofield is a commercial magazine photographer. They previously collaborated on Go Wild!, Make It Wild!, Nature’s Playground, and Run Wild!

El libro de los palos
Un montón de cosas que construir y hacer con palos
Jo Schofield, Fiona Danks

Summary
The stick is a universal toy. Totally natural, all-purpose, and free, it offers limitless opportunities for outdoor play and adventure. It provides a starting point for an active imagination and the raw materials for transformation into almost anything! In this book, Jo Schofield and Fiona Danks offer masses of suggestions for things to do with a stick, in the way of adventures and bushcraft, creative imagination and play, games, woodcraft and conservation, music, and more.

Contributor Bio
Jo Schofield is a commercial magazine photographer. Fiona Danks is an environmental educator with experience leading field trips and running countryside playgroups. They previously collaborated on Go Wild!, Make It Wild!, Nature’s Playground, and Run Wild!
El libro de la ciudad silvestre
Un montón de cosas que hacer en la ciudad y en el pueblo
Jo Schofield, Fiona Danks

Summary
Do you live in a city? Then this is the book for you! It’s all about having fun outdoors in the wild spaces near where you live—hunting for wildlife clues, watching wild creatures, making wild art, playing wild games, and having exciting adventures. A surprising world of plants and animals is always waiting to be discovered around the corner, right now, in every city. Just keep your eyes open and know where to look.

Contributor Bio
Jo Schofield is a commercial magazine photographer. Fiona Danks is an environmental educator with experience leading field trips and running countryside playgroups. They previously collaborated on Go Wild!, Make It Wild!, Nature’s Playground, and Run Wild!

Tranquilo y atentos como una rana
La meditación para los niños . . . con sus padres
Eline Snel, Christophe André

Summary
Meditation is a simple and effective tool that can easily be adapted to the needs of children and that can yield immediate benefits. This appealing guide includes stories and offers brief and simple exercises that children can do on a daily basis. The exercises and activities are geared to children between the ages of 5 and 12 as well as their parents, who can accompany them in the practices. Certified mindfulness trainer Eline Snel has based her program on the mindfulness method developed by Jon Kabat-Zinn, and the activities she proposes can result in children who sleep better, show better concentration, are more calm and alert, and are more confident and secure over all. The book includes an accompanying CD with 11 guided meditations.

Contributor Bio
Eline Snel is a therapist and a certified mindfulness-based stress reduction trainer. She is the founder of the Academy for Mindful Teaching in the Netherlands. She has developed a meditation program for children that has been used in numerous primary schools in the Netherlands. Christophe André is a psychiatrist and a psychotherapist who teaches courses on meditation at Sainte-Anne Hospital in Paris. He is the author of Los estados de ánimo, Meditar día a día, Prácticas de autoestima, and Psicología del miedo.
Yoga para niños
Ramiro Calle

Summary
Yoga has proven to be one of the most effective spiritual and physical workouts. It eliminates tension, physical aggression, and stress and facilitates concentration and self-control. In a time when children are constantly bombarded with "noise" and distractions, they develop concentration problems, sleep dysfunctions, and hyperactivity. Yoga fights against this and is a great tool for relaxation, fitness, and developing mindfulness. This illustrated book was conceived and designed—at the request of many parents—by Ramiro Calle, the greatest authority on yoga in Spain. It is a simple and practical tutorial on how to practice yoga for kids.

Contributor Bio
Ramiro Calle is a pioneer of yoga in Spain and has led the yoga center Shadak since 1971. He is a former yoga teacher at the Autonomous University of Madrid and is the author of Autobiografía espiritual, La sabidura de los grandes yoguis, and La senda de la atención plena.

Navegar en la nube
Una nueva forma de pensar acerca del riesgo, la innovación, el crecimiento y el éxito
Thomas M Koulopoulos

Summary
"The Cloud" is much more than just a technological concept; it is one of the most important mega trends of the 21st century. Thomas Koulopoulos explains what this paradigm means and the implications it has on our lives. Not only that, this book serves as a practical guide, based on real cases, that tells us how to best exploit this phenomenon. The author demonstrates how the Cloud can change our way of collaboration, how we are influenced, how we can influence others, and the way we experience the world. Koulopoulos helps us better understand how we can respond to this massive change and ultimately transform ourselves and the manner in which we do business.

Contributor Bio
Thomas M. Koulopoulos is the founder of Delphi Group, which has been providing thought leadership to global organizations on business and technology for 20 years. Named one of the industry’s most influential management consultants by InformationWeek, he frequently appears in both national and international print and broadcast. For the past two decades, he has worked to create core industry concepts such as the Single Point of Access, Touch Points, Digital Control Rooms, Corporate IQ, and Smartsourcing, all of which are widely used today.
Escribir y leer con los niños, los adolescentes y los jóvenes
Breve antimanual para padres, maestros y demás adultos
Juan Domingo Argüelles

Summary
According to the author, you cannot force anyone to love reading. Nor can anyone be forced to love writing. In fact, there are many literate adults that do not enjoy reading and only do so because they have to for work or school. However, a passion for reading and writing is something that can be taught. Author Juan Domingo Argüelles calls into question many of these preconceptions and proposes strategies to introduce children, adolescents, and teenagers to the world of writing and literature.

Contributor Bio
Juan Domingo Argüelles is an essayist, a literary critic, an editor, and the manager of IBERO. He is the author of Antimanual para lectores y promotores del libro y la lectura, Dos siglos de poesía mexicana, La letra muerta, and Ustedes que leen.

Ideas creActivas para educar
Enrique Sánchez Rivas

Summary
To teach, we have to know more about the subject but also more about teaching. This book provides the most relevant theories about the science of teaching, through anecdotes, examples, and reflections on daily work in the classroom. Each tale of experience leads to practical knowledge, alongside its own theoretical abstraction from traditional teaching manuals, and proposes different strategies to use at home or in class—creative, active ideas, produced and verified in real situations and meant to be implemented rather than just read. The book is complemented by the online blog Ideas CreActivas. Teaching with creativity is teaching for change. Creativity helps people grow into original, flexible, initiating, confident risk-takers ready to tackle obstacles and problems that present themselves in their daily lives at school and elsewhere. The tools for innovation described in this book help develop the educational process and make better use of individual and group resources.

Contributor Bio
Enrique Sánchez Rivas is a writer and an associate professor of ongoing education and sociocultural promotion at the University of Malaga in Spain. He is the author of Hoy jugamos en clase and Unidades didácticas and coauthor of Buenas prácticas con TIC en la investigación y la docencia, El club de la W, and Cómo superar las pruebas físicas de las oposiciones.
Sácate un 10 educando a tus hijos
Eduardo Aguilar Kubli

Summary
The legacy we leave our children consists of a happy childhood, kind words that fill their hearts, arms extended to help in times of need, an understanding they won't find elsewhere, values that strengthen them, a development of their talents, unconditional love, a growth shared with spirit, a sense of responsibility, and the instillment of confidence, faith, and hope. This book is more than a rigid outline of how or what to be; it is a guide of teaching strategies for life. It details the most important psychological variables that we need to pay attention to. The love that we have for our children must not be trampled over by poor methods or ignorance. On the contrary, by following the recommendations presented here, you'll discover that dedicating your feelings to the highest level yields fruitful, visible results.

Contributor Bio
Eduardo Aguilar Kubli is a psychologist and a former consultant for many independent businesses, institutes, and universities. He is the author of Amar con hechos, Asertividad, Cómo ser tú mismo sin culpas, Cómo no amargarse la vida, Cómo elegir bien a tu pareja, El cuento que tú te cuentas, and Habilidades para la vida.

Por tus hijos de conocerán
Y tú...¿Cómo educas a tus hijos?
Raquel Guerrero

Summary
An expert in learning disabilities and children’s behavior, the author offers multiple concepts, valuable tips, case studies, and loving actions aimed at helping the reader excel at parenting. An indispensable guide to maintaining healthy relationships with our children, this book offers advice to aid parents in the crucial task of equipping them with the emotional intelligence they’ll need to succeed later in life.

Contributor Bio
Raquel Guerrero is a therapist and professor who specializes in issues of education and motherhood.
¿Qué hago con un niño con discapacidad? Conócelo
Cecilia Rosales Vega

Summary
Inspired by her personal experiences as mother to Elisa, a special needs child, psychologist Cecilia Rosales Vega presents in this book some of the results of her exhaustive research over the course of many years. Beginning with descriptions of different types of disabilities and impairments and their causes, the guide continues with information on how to take care of a child with a disability from parental, medical, and therapeutic perspectives. The sooner you begin to take action, the greater benefits your child will receive during his or her development. Rosales Vega combines firsthand cases she has experienced with situations she has seen during her professional career to provide a well-rounded, helpful account.

Contributor Bio
Cecilia Rosales Vega is a psychologist and the coordinator of the Psychological Services Center at the University of the Americas in Mexico City. She has professional experience working with people with disabilities, as well as personal experience with her daughter who has Down syndrome.

¿Qué hago con un niño con discapacidad? Aliéntalo
Cecilia Rosales Vega

Summary
Emerging from years of research, this book offers information about what children with disabilities can do when they grow up. Many cases of real people who have stood out in various important fields—people such as Homer, Beethoven, Toulouse-Lautrec, Jorge Luis Borges, Gaby Brimmer, Juan García Ponce, Frida Kahlo, and Stephen Hawking—overcoming a disability or impairment, whether congenital or acquired, are presented and analyzed here. This book deals with the connection of disabilities and artistic tendencies, including music and painting, and one section details instances of young children who introduce immense life lessons to their communities and society as a whole. Also included are an appendix and a dictionary of frequently used terms.

Contributor Bio
Cecilia Rosales Vega is a psychologist and the coordinator of the Psychological Services Center at the University of the Americas in Mexico City. She has professional experience working with people with disabilities, as well as personal experience with her daughter who has Down syndrome.
¿Qué hago con un niño con discapacidad? Atiéndelo
Cuál es su condición y cómo tratarla
Cecilia Rosales Vega

Summary
After years of research, psychologist Cecilia Rosales Vega's book is a culmination of detailed information about different types of disabilities and impairments—auditory, visual, motor, and mental—for parents to understand and learn how to deal with them. Down syndrome, Asperger’s, West syndrome, cerebral palsy, and autism are also discussed. For each condition, the book provides descriptions, causes, treatments, therapies, and ways to provide support. It also offers recommendations for how to help children adapt at home and at school and for appropriate toys and teaching resources. This guide is an extremely useful tool for parents to gain understanding of their child’s condition.

Contributor Bio
Cecilia Rosales Vega is a psychologist and the coordinator of the Psychological Services Center at the University of the Americas in Mexico City. She has professional experience working with people with disabilities, as well as personal experience with her daughter who has Down syndrome.

¿Qué hago con un niño con discapacidad? edúcalo
Qué necesita para su integración educativa
Cecilia Rosales Vega

Summary
Using simple language brimming with warmth, Cecilia Rosales Vega provides a complete guide for parents and educators of children with disabilities. Stemming from her experience as a therapist and as the mother of a girl with Down syndrome, she urges parents to get to know their child as an individual with tastes, needs, and interests independent of the disability, while also exploring the important role educators have in achieving truly inclusive education.

Contributor Bio
Cecilia Rosales Vega is a psychologist and the coordinator of the Psychological Services Center at the University of the Americas in Mexico City. She has professional experience working with people with disabilities, as well as personal experience with her daughter who has Down syndrome.
**¿Qué hago con un niño con discapacidad? apóyalo**

*Qué ayuda profesional requiere*

Cecilia Rosales Vega

**Summary**

Cecilia Rosales Vega, drawing from her own experience as a therapist and as the mother of a girl with Down syndrome, provides a guide for parents and caretakers for maintaining the physical well-being of children with a disability. This thorough book walks readers through the possibilities offered by specialists and alternative therapies, and takes a realistic look at the risks associated with surgery and other major procedures.

**Contributor Bio**

*Cecilia Rosales Vega* is a psychologist and the coordinator of the Psychological Services Center at the University of the Americas in Mexico City. She has professional experience working with people with disabilities, as well as personal experience with her daughter who has Down syndrome.

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**Trastorno por Déficit de Atención e Hiperactividad**

*Soluciones sin medicamentos*

Miguel Ángel Pineda

**Summary**

ADHD is observed in about ten percent of school-age children. It’s a condition aggravated by realities of modern life and even by the medications intended to treat it. In this book for parents and teachers, the author offers numerous alternatives to medication in areas including nutrition, spirituality, and family dynamics.

**Contributor Bio**

*Miguel Ángel Pineda* is an expert in holistic therapies and has led numerous workshops for children, parents, and teachers.
¿Tu adolescente tiene trastorno de atención?
Felicidades! Descubre el regalo que el TDA trae consigo
Blanca Mercado

Summary
This guide offers all kinds of strategies for dealing with the most common academic issues experienced by distracted, fidgety, or impulsive students with ADD or ADHD. Students with attention-deficit disorders can have trouble focusing or sitting still for periods long enough to absorb a lesson. This book gives parents and teachers a slew of solutions that embrace teenagers' personalities and traits.

Contributor Bio
Blanca Mercado is a therapist, a writer, a radio show host, and the creator of the Contraterapia system in Mexico. She is the author of Adolescentes: Transformando tu relación con ellos en 12 pasos and Doce pasos para ser feliz: Dejando de ser víctima de las circunstancias para despertar a tu poder personal.

Disciplina con amor en el aula
Tocando el corazón de tus alumnos. Guía para maestros
Rosa Barocio

Summary
What happened to students who used to respect and admire their teachers? What does it mean to be a good teacher? Do they come prepared every day? Are they popular with the students? Being a good teacher has never been easy, but in this day and age, teaching has become an even greater challenge. Anyone can stand in front of a group of students and call themselves a teacher, but only a handful merit the name. To be a teacher in its entirety is a privilege that you earn through assisting your students' growth while helping them apply themselves. Our society urges teachers to be flexible, open, and interested in a world with rapidly changing technology and how it is applied in the classroom. Rosa Barocio, with practical advice and a sense of humor, dedicates this book to teachers invested in revamping their teaching styles and not settling to be a great teacher, but an extraordinary one. They understand the responsibility they hold and that since their students look up to them, it's their job to inspire them.

Contributor Bio
Rosa Barocio is certified in Montessori education and Waldorf education and has more than 30 years of experience working with children, training teachers, directing schools, and advising parents. She holds conferences and workshops in Mexico, the United States, and Europe. She is the author of Conoce tu temperamento y mejora tus relaciones, Disciplina con amor, and Disciplina con amor para adolescentes.
**Disciplina con amor (2nd Edition)**
Cómo poner límites sin ahogarse en la culpa
Rosa Barocio

**Summary**

How can parents and educators teach children to be healthy and self-confident yet also respectful and responsible? Is it possible to set limits and be firm while still showing love? With practical advice, sensibility, and humor, this guide presents a clear explanation of the difficult task of educating with consciousness—encouraging children in their process of maturing; offering support, acceptance, and unconditional love; and setting strong boundaries and firm rules.

**Contributor Bio**

**Rosa Barocio** is certified in Montessori education and Waldorf education and has more than 30 years of experience working with children, training teachers, directing schools, and advising parents. She holds conferences and workshops in Mexico, the United States, and Europe. She is the author of *Conoce tu temperamento y mejora tus relaciones, Explora tus emociones para avanzar en la vida*, and the Disciplina con amor series, which includes *Disciplina con amor en el aula, Disciplina con amor para adolescentes*, and *Disciplina con amor tu temperamento*.

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**Disciplina con amor para adolescentes (2nd Edition)**
Guía para llevarte bien con tu adolescente
Rosa Barocio

**Summary**

With a great sense of humor, this parenting guide explains why treating teenagers like children only causes anger and rebellion. Instead, advice is given on becoming close to teenagers in a new way—by being open but without prejudices, interested but respectful, and present but not controlling. With these helpful suggestions, parents are on their way to acquiring new abilities that will convert them into reliable guides for their teenagers.

**Contributor Bio**

**Rosa Barocio** is certified in Montessori education and Waldorf education and has more than 30 years of experience working with children, training teachers, directing schools, and advising parents. She holds conferences and workshops in Mexico, the United States, and Europe. She is the author of *Conoce tu temperamento y mejora tus relaciones, Explora tus emociones para avanzar en la vida*, and the Disciplina con amor series, which includes *Disciplina con amor en el aula, Disciplina con amor para adolescentes*, and *Disciplina con amor tu temperamento*.
Disciplina con amor para abuelos

 Una segunda oportunidad para amar

Rosa Barocio

**Summary**

In a time of great changes in the family dynamic, this book is dedicated to grandparents, whose tendency is to spoil—a word that can have different connotations. When used as an expression of love and unconditional acceptance, it nourishes and strengthens a grandchild’s emotional well-being. Spending time with grandparents becomes a treat rather than a chore. But when the spoiling begins to get out of hand, a lack of self-control, no limits when it comes to disrespect, or acting against the wishes of the parents—this type of spoiling is harmful. Grandparents who spoil in this manner contribute to the development of demanding, fussy, rude grandchildren. In a society in which mothers more and more commonly work and grandparents play an increasingly important role in child care, being a grandparent offers a second chance to love in a mature, generous, yet responsible manner.

**Contributor Bio**

Rosa Barocio is certified in Montessori education and Waldorf education and has more than 30 years of experience working with children, training teachers, directing schools, and advising parents. She holds conferences and workshops in Mexico, the United States, and Europe. She is the author of *Conoce tu temperamento y mejora tus relaciones*, *Explora tus emociones para avanzar en la vida*, and the *Disciplina con amor* series, which includes *Disciplina con amor en el aula*, *Disciplina con amor para adolescentes*, and *Disciplina con amor tu temperamento*.

Sanando bullying con metafísica

Akari Berganzo

**Summary**

The Ascended Master Saint Germain, communicating through Akari Berganzo, offers ways to heal the pain and suffering that bullying brings in all of its expressions—among children and adolescents, in the workplace, and towards the elderly, animals, and ourselves. Through an exploration of the causes and consequences of bullying, Berganzo presents a specific path for the fight against the harmful phenomenon.

**Contributor Bio**

Akari Berganzo works at Prosperidad y Armonía Integral in Mexico. She is the author of *Curso autodidacta*, *Decretando con Saint Germain*, *Yo puedo ser un maestro ascendido con las enseñanzas de Saint Germain*, and *Violetas de amor*. 
Aprende mejor con gimnasia para el cerebro
Dr. Paul E. Dennison, Gail E. Dennison, Ilse Jakob...

Summary
Brain Gym is a series of 26 physical activities originally designed to help children and adults overcome learning disabilities, but have the capacity to benefit any person in creative, intellectual, athletic, and personal areas by aiding the development of neurological connections in the brain. Gimnasia para el cerebro es un programa de 26 actividades físicas que, aunque originalmente fueron diseñadas para capacitar a infantes y adultos para sobrelevar las llamadas “dificultades de aprendizaje” pueden beneficiar a cualquier persona que la practique. Los 26 ejercicios desarrollan las conexiones neuronales del cerebro—esenciales para el aprendizaje—y mejoran el desempeño en todas las áreas: intelectual, creativa, atlética, e interpersonal. Han sido enseñados a niños, adultos, y ancianos para mejorar áreas de vida tales como la concentración, la memoria, las habilidades para leer, para la escritura, los deportes, y el bienestar.

Contributor Bio
Dr. Paul E. Dennison has a PhD in alternative learning and developed the Brain Gym method. Gail E. Dennison is a holistic health educator, a "Touch for Health" instructor, and the director of integrated movement for Brain Gym. They live in Ventura, California.

Teatro para niños
Miguel A. Tenorio, Martha Alexander, Duardo Atl, P...

Summary
Works in this anthology have been selected with drama teachers and their students in mind. A variety of ways to put on a play are presented, all within reach of a student group—each scene will make a seamless transition from classroom to stage. Numerous subgenres of theater are encompassed within the collection, from an exercise in choral poetry to a puppet show. Las obras de esta antología están dirigidas a maestros y alumnos que quieran enseñar y aprender jugando. El propósito del libro es poner al alcance de ellos una amplia variedad de modos de hacer teatro y, si bien las obras pueden ser representadas por adultos y dirigidas a los niños, están hechas para que los niños puedan llevarlas a escena en el salón de clase. Las obras abarcan distintos subgéneros teatrales: desde un ejercicio de poesía coral hasta el popular trabajo con títeres que tanto hace disfrutar a los pequeños.

Contributor Bio
Miguel A. Tenorio is the author of several books in his native Spanish.
Aprender moviendo el cuerpo
No todo el aprendizaje depende del cerebro
Carla Hannaford

Summary
Encouraging knowledge retention in young children, this innovative examination—based on the various stages of physiological development—proposes the integration of movement, emotion, and practical experimentation within learning processes.

Animando la retención del conocimiento en los niños, este examen innovador—basado en las varias etapas del desarrollo fisiológico—propone integrar el movimiento, las emociones y la experimentación práctica dentro de los procesos de aprendizaje.

Contributor Bio
Carla Hannaford is a neurophysiologist, educator, and author of Awakening the Child Heart, Handbook for Global Parenting and The Dominance Factor. She has been recognized by the University of Hawaii and the American Association for the Advancement of Science for her distinguished scientific teachings. She lives in Hawaii.

¡Sana a tus hijos emocionalmente!
Con el poder de la palabra
Eduardo Aguilar Kubli

Summary
What parents tell their children leaves an impression, for better or for worse, that remains for the rest of their lives, potentially wreaking emotional havoc that could have been avoided with a greater awareness of the weight of words. With more than 30 years of working with parents and educators, Eduardo Aguilar Kubli researched to what extent we hear from our parents words that feed our spirit and help us grow. This book introduces the basis and elements of words to transform them into vitamins for a comprehensive health for our children, our students, and other loved ones, including adults, who also need verbal nourishment. Words, in order to hold power, must be honest, sincere, and consistent. Take advantage of the gold mine within your reach; use on a regular basis the more than 400 phrases proposed here by Aguilar Kubli.

Contributor Bio
Eduardo Aguilar Kubli is a psychologist and a former consultant for many independent businesses, institutes, and universities. He is the author of Amar con hechos, Asertividad, Cómo ser tú mismo sin culpas, Cómo no amargarse la vida, Cómo elegir bien a tu pareja, El cuento que tú te cuentas, and Habilidades para la vida.
**Bebés creativos (2nd Edition)**

Estimulación temprana para niños de 0 a 24 meses

Galia Sefchovich, Mary Paz Pérez

**Summary**

The belief that all children are born with creative aptitudes is the basic premise of this book that instructs parents and teachers how to most effectively stimulate the development of babies' innate talents. Parents are instructed to encourage creative abilities of their children—strengthening their self-esteem, self-reliance, and imagination—and also their children's capacities for tolerance and sharing.

**Contributor Bio**

Galia Sefchovich has worked for more than 25 years in infant development and has created and refined a methodology for working with Latino children. Mary Paz Pérez has degrees in both creative development and educational technology.

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**¡Auxilio! ¡Mi hijo no trae manual!**

Prácticas de crianza positiva, prevención de adicciones y bullying

Francisco Javier Pedroza, Brenda Mendoza González,…

**Summary**

Behavior problems in childhood—tantrums, disobedience, aggression, no limits, confrontations—have always existed, and all families will face them at one point or another. Some parents are able to effectively discipline their children, feeling responsible and successful and enjoying their relationships with their children. But others feel frustrated and angry because they don't know how to control their children, and in general things become more problematic. Today families face problems such as bullying and underage alcohol and drug use, and parents don't know what to do or how to prevent it. Three expert researchers in prevention and risk behavior offer strategies for strengthening family relationships in this book. Based on daily activities, the suggestions here encourage parents to establish routines and limits, dedicate quality time to their children, and develop trust and good communication between parents and children. This book includes tools to identify behavior issues and step-by-step guides for preventing and controlling negative actions.

**Contributor Bio**

Francisco Javier Pedroza is a behavioral psychologist and a professor and researcher at Autonomous University of Aguascalientes in Mexico, where he heads the interinstitutional psychology doctorate program. Brenda Mendoza González is a researcher of school violence and bullying. She is the author of Asambleas escolares and Manual de autocontrol del enojo. She and Kalina Isela Martínez are professors of experimental behavior analysis at National Autonomous University of Mexico. Martínez is the author of Manual PIBA: Programa de intervención breve para adolescentes que inician el consumo de alcohol y otras drogas.
El difícil vínculo entre padres e hijos
Jorge Bucay, Demián Bucay

Summary
Jorge and Demián Bucay analyze the link between parents and children and seek to answer fundamental questions such as, What is parenting? Why become parents? What does it mean to be a mother? A father? Drawing on clinical and personal experiences, the authors develop various ideas about parental issues. The reader will learn about a classification of different types of parenting styles and a number of useful tips that will help establish a better relationship with their children.

Contributor Bio
Jorge Bucay is a doctor and a psychotherapist. His books have been translated into more than 24 languages, and he has become one of the most influential thinkers of today’s society. He is the author of Amarse con los ojos abiertos, Cartas para Claudia, Cuentos para pensar, De la autoestima al egoísmo, De la ignorancia a la sabiduría, and Hojas de ruta. Demián Bucay is a psychiatrist and psychotherapist. He studied medicine at the University of Buenos Aires and continued his training in psychiatry residency Hospital Psychiatric Emergency Torcuato de Alvear. He holds a Ph.D. in Gestalt Therapy.

Cuaderno para hablar
Programa para facilitar la comunicación en niños con trastornos del espectro autista
María José Molero Peinado, Francisca Rivera Leiva

Summary
What’s going on with our child? Why won’t he look at us or interact with other people? Álvaro’s parents felt they had entered an unknown world when their son was diagnosed with autism. Far from growing discouraged, they learned to understand his needs and created an incredibly effective method for developing his communication abilities. This book is the fruit of that experience, which Álvaro’s mother and psychologist have shared in order to help other families living with autism.

Contributor Bio
María José Molero Peinado is a former professor of geography and history who left her career in order to care for her son with autism. She is currently a professor at the Comillas Pontifical University in Madrid, Spain, and at the University of Santiago de Compostela.
**Familias con disciplina positiva**
Formación integral de hábitos saludables

Eduardo Aguilar Kubli

**Summary**
This guide presents the methodology for identifying, creating, and sustaining healthy habits at home in order to foster your family’s well-being. Positive discipline is the ideal way to address the necessity of change and development in the home. The book suggests leaving authoritarian education in the past and releasing the potential of our children—and each one of us. Through useful positive methods and teaching guides, our children will develop habits that benefit their health, happiness, and overall performance.

**Contributor Bio**
Eduardo Aguilar Kubli is a psychologist and a former consultant for many independent businesses, institutes, and universities. He is the author of *Amar con hechos*, *Asertividad*, *Cómo ser tú mismo sin culpas*, *Cómo no amargarse la vida*, *Cómo elegir bien a tu pareja*, *El cuento que tú te cuentas*, and *Habilidades para la vida*.

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**Bullying**
Los múltiples rostros del acoso escolar

Brenda Mendoza

**Summary**
Providing a great learning experience for teachers and school administrators as well as government institution staff, this book contains beneficial information about setting up an effective intervention program: el Programa Integral para Mejorar la Convivencia Escolar (PRIMCE), a comprehensive program for improving school life. This new edition of *Bullying* offers even more easy-to-implement tools for the classroom and during the school day that not only help lighten the work load, but also allow you to strengthen your leadership and further promote children’s rights day to day. The PRIMCE has been put into effect in schools all around Mexico, taking into account the need to begin intervening as early as preschool. Many teachers agree that bullying isn’t just a “phase” or a “game”; it is a wake-up call for all adults who shape society, a daily reminder that we as a community need to be doing something about it, today more than ever. School should be a safe place for all children, and we need to maintain close communication full of respect and trust.

**Contributor Bio**
Brenda Mendoza is a professor of experimental behavior analysis at National Autonomous University of Mexico and a researcher of school violence and bullying. She is the author of *Asambleas escolares* and *Manual de autocontrol del enojo*. 
¡Paso de dormir! 100 consejos para que los adolescentes duerman bien
Javier Albares, Francisco Segarra

Summary
Sleep disruption in adolescents is as prevalent as it is little recognized by the majority of society. The lack of awareness leads to personal, health, family, and academic problems. This book explains in a simple manner the most frequent sleep disorders experienced by young people, as well as the best ways to combat them. It differentiates between situations when teenagers can correct their own actions and when they should consult a specialist.

Contributor Bio
Javier Albares is a doctor and surgeon specializing in clinical neurophysiology and an expert in traditional Chinese medicine and acupuncture. Francisco Segarra is a clinical psychologist and psychiatrist. They both work at the Estivill Sleep Clinic in Spain.

Remedios naturales para una infancia saludable
Todas las terapias para cuidar la salud de tus hijos
Lourdes Prat

Summary
Natural remedies have been used to cure illnesses and ailments since the beginning of time. The reason they are still in use today is because they are effective, are beneficial, and have fewer undesired side effects than pharmaceutical medications. However, author Lourdes Prats recommends not abandoning medicine altogether, but rather using natural remedies alongside treatment prescribed by pediatricians or family doctors, whose instructions should always be followed. In this complete, detailed, practical guide, Prats presents different natural therapies—homeopathy, flower elixirs, color therapy, music therapy, chiropractic—and indicates illnesses for which they are most effective. A section of the book describes the most common health issues that afflict children and the different natural remedies and products that can help treat them.

Contributor Bio
Lourdes Prat is a journalist, a writer, and a community manager. She directs and hosts radio and television programs about health and well-being. She is the coauthor of El aceite de argán, El gran libro del aloe vera, and El gran libro del té.
¡Mamá, me pica!
Manual de supervivencia para padres novatos en alergias e intolerancias alimentarias

Núria Canturri

Summary

Pau is 15 years old and allergic to a number of foods, including eggs, legumes, shellfish, and Andean potato latent virus (APLV). The discovery of his many allergies radically changed the lives of his entire family, who have not been able to let down their guard for a moment. Núria Canturri, Pau’s mother, shares her experiences, discoveries, recipes, and practical solutions in this book. Topics include how to proceed when you detect a food allergy, the differences between allergies and intolerance, how to cook for those with food allergies, how to read and interpret food labels, what instructions to give school cafeterias, how to eat outside of the house, and how to handle field trips and outings.

Contributor Bio

Núria Canturri is a musician and an associate producer for Animal Films. In 2010 she created the blog Jo també sóc allèrgic, which chronicles her family’s experiences and struggles with the many allergies of her son, Pau.

Algo pasó y me da miedo decirlo
Un libro para jóvenes víctimas del abuso

Patricia Kehoe, Carol Deach, Marisabel Morales-Och...

Summary

With the aid of a friendly lion, this book encourages young victims of sexual abuse to describe what they experienced and helps them recover self-esteem. Though not intended to replace intensive psychotherapy, the book does let children know that they are not to blame for the abuse they suffered and includes nonjudgmental language about why some adults abuse.

Con la ayuda de un amable león, este libro anima a las jóvenes víctimas del abuso sexual a describir lo que experimentaron y les ayuda a recobrar la autoestima. Aunque no está diseñado para sustituir la psicoterapia intensiva, el libro les deja saber a los niños que no son responsables de el abuso que sufrieron e incluye un lenguaje sin juicios sobre porqué algunos adultos abusan a los niños.

Contributor Bio

Patricia Kehoe, PhD, was a clinical psychologist. Carol Deach is the illustrator of It’s My Body, Loving Touches, My Grandma Died, and Something Happened and I’m Scared to Tell.
Algo anda mal en mi casa
Un libro acerca de las peleas de los padres
Diane Davis, Marina Megale, Cynthia Jones

Summary
Based on a true story, this brief book presents a child who seeks, and finally obtains, help in a domestic violence situation. Written in such a way that it can be used with toddlers as well as school-aged children, *Something Is Wrong at My House* provides brief text with illustrations on one page of each two-page spread, and more detailed information on the facing page. This is an ideal resource for school nurses, counselors, social workers and teachers, and by therapists and the staff in shelters.

Basado en una historia real, este breve libro presenta a un niño que busca, y finalmente consigue, ayuda en una situación de violencia doméstica. Escrito de tal manera que se puede usar tanto con niños pequeños así como con niños de edad escolar, *Algo anda mal en mi casa* provee un texto breve con ilustraciones en una página de cada doble página, e información más detallada en la página de enfrente. Éste es un recurso ideal para enfermeras escolares, consejeros, trabajadores sociales y maestros, y para terapeutas y el personal en albergues.

Contributor Bio
Diane Davis is a trainer/consultant for such agencies as Child Care Resources & Referral of King County, the state Department of Social and Health Services, Puget Sound Educational Service District, and the Washington State Association of Head Start/ECEAP, and she has written sexual abuse prevention curricula. Marina Megale is the illustrator of *I Can’t Wait; I Want It; I Want to Play; I’m Lost; Kids to the Rescue!; Mommy, Don’t Go; and My Name Is Not Dummy*. They both live in Seattle.

Amor & límites
Una guía para ser padres creativos
Elizabeth Crary, Marina Patiño de McVittie

Summary
Functioning as a kind of quick-reference guide to parenting, this concise book discusses child development, describes basic temperament traits, and offers many practical child-guidance tools as it introduces a problem-solving process known as STAR Parenting. Parents will be able to use the information to more effectively deal with children’s feelings and reduce power struggles.

Actuando como un tipo de guía rápida de referencia para la crianza de hijos, este corto libro discute el desarrollo infantil, describe rasgos básicos de temperamento y ofrece muchas herramientas prácticas para guiar a los niños mientras presenta un proceso para resolver problemas llamado STAR Parenting. Los padres podrán usar esta información para lidiar más efectivamente con los sentimientos de los niños y reducir luchas por el poder.

Contributor Bio
Elizabeth Crary is the award-winning author of more than 40 children’s and child-guidance publications. She has taught parenting education, with an emphasis on problem-solving and skill-building methods, and established Parenting Press in 1979. She lives in Seattle. Marina Patiño de McVittie has more than 20 years of teaching experience, including as an extension lecturer at the University of Washington, translator at Seattle Language Academy, and visiting assistant professor at Reed College. She is on the faculty at the Northwest School in the modern languages department.
**Sorry, I love you (Lo siento, te quiero)**

Benet Palaus

**Summary**

What makes us love a person unconditionally? Both the good and bad moments together form relationships. Authentic and solid relationships are based on time and trust. This book is a statement of love where all senses play a key role. It is the perfect gift for someone who wants to express feelings toward a spouse, friend, or lover.

**Contributor Bio**

Benet Palaus is an architect from the Superior School of Design and Art in Barcelona. He is also a professional illustrator.

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**365 juegos para potenciar la inteligencia de tu hijo**

**Summary**

Don’t hurt your head! While little ones run around and get into trouble easily, this book is meant as a way to keep them engaged—and safe—while playing. Appropriate for children under the age of three, this guide features a unique activity for every day of the year to entertain and teach your child. The games are divided according to skills as they are developed and age as your child grows. They can be done both indoors and outside in the fresh air.

**Contributor Bio**

Susaeta Publishing, Inc. publishes Spanish-language books and is based in Madrid, Spain.
365 actividades para desarrollar la inteligencia de tu bebé
Susaeta Publishing Inc, Yolanda Chaves, Translator

Summary
Through play, babies express what they feel, think, want, and need. They exercise the physical, mental, and emotional skills that are considered to be fundamental to their personal development. This book contains 365 stimulation activities for babies to practice these essential skills while they play. Appropriate for children up to three years old, the activities are both engaging and educational.

Contributor Bio
Susaeta Publishing, Inc. publishes Spanish-language books and is based in Madrid, Spain.

La alimentación del bebé de 0 a 24 meses
Susaeta Publishing Inc, Yolanda Ruiz Ruiz

Summary
Both new and experienced parents may come across common questions when deciding what foods are most beneficial for their growing babies. This book addresses these questions and is full of advice and ideas about what proper nutrition and diet look like for children up to two years of age. A clear, useful guide is also included to calm parents concerned about the growth and progress of their children. Full of tips and tricks, this book provides confidence to the most worrisome of parents.

Contributor Bio
Susaeta Publishing, Inc. publishes Spanish-language books and is based in Madrid, Spain.