

You're doing a better job than you think you are.



SUSAN ISAACS KOHL Foreword by M.J. RYAN

## from the Reach Library....

*Lisa Woudzia, Associate Executive Director, Reach Child and Youth Development Society*

“The Best Things Parents Do” by Susan Isaacs Kohl is a gem. It covers a variety of topics that apply to parenting at all stages. It is a positive and optimistic book focusing on what we do, or can do, right instead of on all the mistakes we (inevitably) make as parents. Chapter titles include topics such as: Progress, Not Perfection; Opt for Optimism; Focus on Feelings; and Bring Out Their Best. Within each chapter there are a series of one to two page stories/essays that advise and enable us to easily relate. The book can be opened up and read anywhere, rather than requiring a cover to cover read. This is a good thing for busy parents who might find five minutes here and there, but not several hour blocks of time. If you would like to feel better about parenting and get some good (and well researched) advice, *I recommend this book.*

The Reach Library is open Monday to Friday from 9 to 4 p.m. at Reach Child and Youth Development Society, #3 3800 72nd st, Delta. Assistance is available for library or other consultation on Mondays with Dr. Lisa Woudzia, For more information call 604-946-6622 ext. 342.