

Scott, and writer Don Philpott (editor, *International Homeland Security Journal*) give readers a helpful guide to navigating the many demands military families face, such as frequent moves, the loss of friends, deployment, and even the risk of death. The text not only offers a supportive manual to psychological concerns ("what to expect from your children during postdeployment"), but covers such secondary issues as the underemployment of military spouses and dealing with schooling disruptions. Lastly, the book serves as a directory to military services within the context of government benefits (DEERS enrollment, TRICARE health care, and Family Separation Allowances). **VERDICT** This book should be available to all families who make ongoing sacrifices for our country. Unequivocally recommended.

**Levkoff, Logan & Jennifer Wider. *Got Teens? The Doctor Moms' Guide to Sexuality, Social Media and Other Adolescent Realities*. Seal: Perseus. 2014. 296p. ISBN 9781580055062. pap. \$16; ebk. ISBN 9781580055079. CHILD REARING**

Sexuality educator/writer Levkoff (*What Your Kids Are Learning About Sex Today*) and women's health expert Wider give parents of adolescents a solid question-and-answer-style guide to the many concerns related to teens and their parents. Covering bombs such as "How can I explain what a blow job is to my child?" to more mundane matters such as sharing passwords (don't do it!), the authors clearly have their fingers on the pulse of teens and their ever-changing world. In a conversational and humorous style, they give parents the support they need to converse honestly with their kids toward the "reality-based parenting that we need today." **VERDICT** While puberty books are a dime a dozen, this work zeroes in on the peskiest questions that teens ask and gives sound, friendly advice for challenging topics. Recommended with enthusiasm.

**Oeth, Annie. *Because I Said So: Life in the Mom Zone*. Sartoris Literary Group. 2014. 226p. ISBN 9780989945493. pap. \$14.95. CHILD REARING**

Oeth, a writer for the *Clanton-Ledger* (Jackson, MS), offers a slyly humorous compilation of brief essays about motherhood and parenting. Covering everything from housekeeping to Santa Claus, this mother of four approaches life like her sweatshirt that reads, "God, grant me the patience to endure my blessings." There are many parenting truths ("You can't force them to think nice things, but you can at least get them to act semicivilized") combined with some household-specific tales that will resonate with anyone who has survived a teenager.

**VERDICT** As a weekly newspaper column, these entries are quite charming and likely have a destination readership. They function less well in book format, but regional libraries will want to consider.

**Pegula, Chris with Frank Meyer. *From Dude to Dad: The Diaper Dude Guide to Pregnancy*. Penguin. May 2014. 224p. ISBN 9780399166266. pap. \$15; ebk. ISBN 9781101635377. CHILD REARING**

Pegula, creator of Diaper Dude, "hip gear for cool dads," here offers a pseudocaveman guide to pregnancy and fatherhood. His adventures in fatherhood and baby gear began with an abhorrent selection of diaper bags, whereupon he decided to take matters into his own hands. The onetime actor and dog walker was not to be deterred, however, and not only embraced parenthood fully and is now the father of three, but started his own line of baby gear (think camo). Based on the philosophy that you don't have to lose your identity after you become a dad, the author covers such masculine-focused concerns as, "Will I ever have sex again?" and ahem, "Where do I fit in?" **VERDICT** While frequent he-man references to the reader as "Dude," and eye-rolling clichés such as likening sperm to "the boys," seem downright dumb if not merely immature, Pegula still offers fathers-to-be an accurate look at becoming a dad and an enthusiasm that is admirable. A solid selection for men on the journey to parenting who simply can't tolerate *What To Expect When You're Expecting*.

**Schwartz, Kevin & others. *BabySafe in Seven Steps: The BabyGanics Guide to Smart and Effective Solutions for a Healthy Home*. Ballantine. 2014. 304p. ISBN 9780345547125. pap. \$15; ebk. ISBN 9780345547132. CHILD REARING**

Schwartz and Keith Garber are the founders of BabyGanics, a line of baby-safe household and body care products. Cognizant of ingredients that might be safe for the earth but not good for baby, they here offer a question-and-answer-style guide to products such as cosmetics (beware of hydroquinone, an antiaging product linked to compromised immune health), food and water (beware of bisphenol, a suspected endocrine disrupter), and even mineral oil, which can form a layer on the skin, sealing pores and trapping bacteria. While much of the information screams, "danger!" the authors aren't fans of the antibacterial hype, and also serve up such common-sense advice as "air out your house each day." **VERDICT** Children definitely have more porous neural pathways than adults and thus should be pampered with that information in mind, however, not everything can be controlled, so the book seems a bit

much at times. This work might freak out the uninitiated, but those who are already fans of the BabyGanics line will appreciate. Purchase accordingly.

**Stein, Johanna. *How Not To Calm a Child on a Plane: And Other Lessons in Parenting from a Highly Questionable Source*. Da Capo: Perseus. May 2014. 224p. ISBN 9780738217345. \$19.99; ebk. ISBN 9780738217352. CHILD REARING**

Stein works the comedy circuit from such venues as Comedy Central, VH-1, and even the Disney Channel. While the author might proclaim herself as a "questionable source" when it comes to parenting, her credentials in chuckles are undisputed. The offering itself is nothing new (brief, humorous essays on the trials and tribulations of parenting), but Stein has such a delightfully immature sense of humor ("...about my perfect motherhood...I feel so happy I could puke a friggin' rainbow") that the reader feels compelled to continue reading in anticipation of what she might possibly say next. **VERDICT** From birthing classes ("We persevered...we were about to be parents, it was important that we rise above our juvenile tendencies") to labor itself ("I am going to tear the linoleum off the delivery-room floor and eat it") Stein gives a laugh-out-loud presentation sure to be a hit with the no-punches crowd.

**Whitson, Signe. *8 Keys To End Bullying: Strategies for Parents & Schools*. Norton. May 2014. 240p. ISBN 9780393709285. pap. \$19.95; ebk. ISBN 9780393709292. CHILD REARING**

Norton's "8 Keys" series focuses on mental health issues such as recovering from trauma, brain-body balance, and stress management. This title covers the prevalent and often tragic issue of bullying, both in schools and in online environments. The author illustrates eight core strategies that adults and teachers can use to address this aggressive behavior, beginning with an important chapter on differentiating bullying from other common behaviors, such as rudeness (unintended) and meanness (usually an isolated incident). Whitson addresses the psychology behind why kids bully and outlines signs for parents and educators to heed for recognizing bullying. Emphasizing that strong connections with adults are key factors in both preventing and addressing bullying, the author then moves on to specificities, such as building emotional competence, turning bystanders into buddies, and reaching out to kids who bully. **VERDICT** Complete with example scenarios, exercises for readers, and sample responses, the author does a convincing job of helping adults feel empowered to address this important issue.