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Cribsheet book table of contents

Academia.edu use cookies to personalize content, tailor ads, and improve the user experience. By using our site, you agree to collect our information through cookies. For more information, watch our privacy policy.× Cribsheet, a new book by Emily Oster of Brown University, shows that in the hectic fog of parenting an economist's perspective can prove a surprising clarification . . . Parenting can be charged. A crib sheet is designed to help parents get better. — The Economist is both refreshing and useful. With so many parenting theories driving us all a little slow, this is the kind of book we need to calm things down. —LA Times The book is packed with information, but it is also a delightful read because Auster is such a good writer. - NPR many parents will probably find reading it a huge relief from scare stories that seem to be popping up everywhere these days. The author, economist Emily Oster, broke into the parent-lit world with her 2013 hit Expecting Better, which remains required reading for a certain group of pregnant parents. Auster repeats her simple and sophisticated formula with Cribsheet: take conventional wisdom and dive into the research behind it, often showing that the studies are thin or insistent, or their findings that have been exaggerated . . . A crib sheet is no longer a call to end helicopter parenting or snowplow parenting or any kind of parenting it illuminates social media today, and it's not a call to bring down medical wisdom; It's a call to parenting with context, and it's liberating. Oster, an economics professor whose work focuses on health, analyzes the data on topics like breastfeeding, sleep training, allergies, daycare to break myths and, ultimately, allay the blame many new parents tend to feel. Why we love it: He offers the promise to a parent in a way that suits *you* (and not the next mother) — Motherwell.com in my house, [Emily Auster] is the aunt who knows we've never met. Parenting would be a lot more stressful without those books. — Adam Ozimack, a Forbesamily Oster, an economist at Brown University who focuses on health economics, set out to make it easier for parents to make these decisions by arming data and a healthy understanding of the principles of decision-making driven by economics. Her 2013 book, Expecting Better: Why conventional pregnancy wisdom is wrong and what you really need to know, has become something of a Bible that is shattered when he goes from friend to pregnant boyfriend. In it, it offers digestive conclusions from reliable research and debunks myths about everything from alcohol and caffeine consumption to exercise and bed rest. Her new book, Cradle Sheet: A A better guide, calmer parenting, from birth to kindergarten, takes a similar approach with the first three years after birth. Auster's goal is not to provide the answer to parents' questions about breastfeeding, circumcision, sleep and childcare. Instead, she argues that there is often more than one correct answer, and it falls somewhere between what the data says and what works for each family's unique circumstances. — This book time will not tell you which decisions to make for your children, Auster writes in Cribsheet. Instead, I'll try to give you the necessary inputs and some decision framework. The data is the same for all of us, but the decisions are yours alone. Smart, Ley-Lights and funny, Auster lives up to that promise while drawing up her own experience of anecdotes. She tackles all the major issues, including circumcision, potty training, marital health with children, and when to conceive your next child. Clearly defined chapters make it easier to collect the book and are compressed in any subject. — Bloomberg.com after reading Cribsheet, parents will come away feeling much more informed and less likely to contact Google, friends and family just to get conflicting advice. — CNBC with practical and useful advice backed up with expert recommendations, this book will give you the tools you need to deal with some of the biggest decisions you will make when raising your child from birth to kindergarten. — Minnesota months new and old parents will find confidence in this sensible approach. — Publishers Weekly Parents who have found solace in statistics, especially those who enjoy Malcolm Gladwell's works, will appreciate [CRIBSHEET] — Booklist Praise for Expect Better: Letting mothers be a great help of peace of mind! — Harvey Karp M.D., bestselling author of The Happiest Baby in The Revelation Block for curious mothers being that their doctors fail to lay out the pros and cons of that morning latte, let alone discuss real science. And it does valuable homework before these sensible gynecological appointments, even for lucky patients whose doctors are able to talk about the rationale behind their advice. Emily Auster is the non-judgmental society that holds our hands and guides us through pregnancy and motherhood. She did the work to get us the hard facts in a soft, understandable way – Amy Schumer book... That pregnant women wouldn't want to miss. – Parent magazine Auster's advice cuts through the emotion, the myth, the fear of malpractice litigation and looks at the numbers. Mom herself, Auster's interest isn't just curiosity, it's the same thing that drives every new mother... And Auster's ability to break down the data into informed analysis is a refreshing break from the hysterical rumor that often dominates It took someone as smart as Emily Auster to make it all so simple. She cuts off her tangle of anxiety and got wisdom, and gives us the facts. Expecting better is both enlightening and relaxing. It almost makes me want to get pregnant. — Pamela Druckerman, the New York Times bestselling author of raising where Emily Auster is a professor of economics at Brown University and the author of the book Expects Better: Why conventional pregnancy wisdom is wrong - and what you really need to know. She was a speaker at the TED Conference in 2007 and her work appeared in The New York Times, The Wall Street Journal, Forbes and Esquire. Auster is married to economist Jesse Shapiro and is also the daughter of two economists. She has two children. A prelude as babies, my two children loved being wrapped up - wrapped tightly in blankets to sleep. Our blanket of choice was something called the Wonder Blanket, which included a complicated surfing procedure that only Houdini himself could escape. We had about nine of these blankets, because we were afraid we were running out and would have to use a sword-covered piece. A schrasing is great, and it can help your baby sleep. But there's a downside: you can't use it forever. At some point, your kid's going to be too big and you're going to have to stop. Now, a first-time parent might not let it be a problem, but breaking the epiphany habit is no easy task. With our daughter, Penelope (child number one), breaking the diaper led to worse sleep habits, followed by a long reliance on a product called Rock 'n Play Sleeper, which I still have nightmares about. Other parents told me stories about searching secret sources online for larger carts. There are women on Etsy who will make a blanket for your 18-month-old daughter. Note: Just because there's a secret market for something on Etsy doesn't necessarily mean it's a good idea. One of the qualities of a second child is that you can make again for all your perceived mistakes. As an experienced parent, you can make sure that anything you look back in sorrow you will fix on this round. At least, that's what I thought. Breaking the cart was at the top of my list. I was going to do it right this time. When Finn (child number two) approached four or five months old, I made a plan. First, for a few days I'd be slowing a pin as usual, but leave one hand exposed. Then, a few days later, after he adjusted to it, I'd take the other hand out. Then I'd expose his legs. Finally, I'd give up all the squirt. The Internet assured me that in this way we would lose the writ without losing the sleep skills (which won them hard). I was ready to get started. I put a date on the calendar and informed my husband, Jesse. Then, a very hot day shortly before the allotted start date, the power went off, and with it Air conditioning. Finn's room was 35 degrees. It got close before bed. I panicked. When fully deployed, the blue blanket had many layers of fabric. Finn was a roaster. Keep him awake hoping the power will come back on? It could take days. Should I just jry into it and realize it's going to be hot? It seems irresponsible and pretty mean, too. Should I just hold him while he sleeps and not put him in the crib at all until it's cooled down? It was also very hot, and experience suggested he wouldn't sleep long in my arms. My best plans were set aside, I put him to bed in a diaper and confused. No problem. I explained it to him when I was breastfeeding him, soaked in sweat. Finn, I'm sorry, but it's so hot out there! We can't use the wall. But don't worry, you can still sleep. I know you can do it! Now you can suck your fingers! Wouldn't that be nice? With a big smile, I put him in his crib, unwrapped, and left the room. I was preparing for the worst. Penelope would have yelled bloody murder. Finn, however, just made some surprised sounds and fell asleep. Obviously, an hour later the power came back on. By then Finn was asleep. I asked Jesse if I should go in and wonder him now. Jesse told me I was crazy, and picked up all the wonder blankets in the charity bin. As I lay in bed that night, I wondered if Finn would sleep worse now, if I went to dig the blankets out of the bin and wrap it in one. I was tempted to jump on the computer and read stories about sleep regression, or lack thereof. Eventually, I was too hot to continue, and our throes were over. As a parent, you want nothing more than to do the right thing for your children, to make the best choices for them. At the same time, it may be impossible to know what these best choices are. Things come up that you never thought about - even with a second child, probably even with a fifth child. The world, and your child, surprises you all the time. It's hard not to doubt yourself, even the little things. Breaking the err was, of course, a small incident. But it illustrates what will be one of the big issues of your parenting life: you have far less control than you think you do. Can you ask why, if I know that's true, did I write a parenting manual in the early years? The answer is that you have options, even if not control, and these choices are important. The problem is that the atmosphere around parenthood rarely frames this election in a way that gives parents autonomy. We can do better, and data and economics, surprisingly, can help. My goal with this book is to take some of the pressure out of the early years by arming with good information and a method for making the best decisions for your family. I also hope Cribsheet will offer basic, data derived from a map of the big issues that raises The first three years of being a parent. I found that _hard come from my own experience. Most of us parented later than our parents did; We're much more dysfunctional adults than any previous generation of new parents. It's not just an orderly demographic fact. That means we're used to autonomy, and thanks to technology, we're used to having pretty much unlimited information in our decision-making. We'd like to approach parenting the same way, but the sheer number of decisions causes information overload. Especially early on, every day seems to have another challenge, and when you're looking for advice, everyone says something different. And frankly, they all seem like experts to you. It's daunting before you even take into account your depleted state after time and the tiny new occupant of your home who doesn't cling to your chest, sleep, or stop screaming. Take a deep breath. There are a lot of big decisions: Should you breastfeed? You need to sleep and practice, and by what method? What about allergies? Some people say avoid peanuts, others say give them to your child as soon as possible — and that's true? You need to vaccinate, and if so, when? And there are smaller ones: is moving really a good idea? Does your baby need a schedule right away? Those questions don't die either as your child gets old. Sleep and eating are just starting to stabilize, and then you'll have your first tantrum. What the hell are you doing with that? Do you need to educate your child? How? An exorcism? Sometimes it seems that way. You might need a break for a minute. Is it okay to let a kid watch TV? Maybe one time the Internet told you that watching TV would turn your kid into a serial killer. It's hard to reconnect the details— but maybe not risk it? But, kid, a break would be nice. And on top of those questions is the endless concern, is my child Noor-Mel? When your baby is only a few weeks old, normal is if they are _peeing enough, crying too much, gaining enough weight. So that's how old they are, if they roll over, if they smile. So they crawl, they go, when do they run? And can they talk? Do they say enough different words? How can we get the answers to these questions? How do we know the right way for a parent? Does such a thing even exist? Your pediatrician will be helpful, but they tend to (appropriately) focus on areas of actual medical concern. When my daughter showed no interest in walking at 15 months, the doctor just told me that if she didn't walk for up to 18 months, we'd start filtering for developmental delay. But if your child is so delayed that they need different early intervention if they are just a little slower than average. And that doesn't tell you if late milestones have any consequences. On a more basic level, your doctor isn't always around. Three weeks .m and your three-week-old will only sleep while you're right next to him. Is it okay for him to sleep in your bed? Nowadays, you're likely to go online. Teary eyes, holding the baby, your partner (what an idiot - it's all their fault anyway) snoring next to you, you're looking through websites, parenting advice, Facebook feeds. It could leave you worse off than you were before. There's no lack of opinion on the Internet, and many of them are from people you probably trust — your friends, mom bloggers, people who claim to know the research. But everyone says different things. Some tell you that, yes, having your baby sleep in your bed is great. It's the natural way to do it, and there's no risk as long as you don't smoke or drink. They make a case because the people who say it's dangerous are just confused; They think of people who don't do it the right way. But, on the other hand, the official recommendations say definitely don't do that. Your child could die. There's no safe way to sleep in peace. The American Academy of Pediatrics tells you to put the baby in the city next to your bed. He wakes up right away. This is all made worse by the fact that these comments (often) were not delivered in a calm way. I witnessed an intense group discussion on Facebook where a decision on sleep deteriorates, in fact, to a judgement about who is a good parent. You'll have people telling you that choosing to sleep in a place isn't just a bad decision, it's a decision that's going to be made by someone who doesn't care about their baby at all. In the face of all this information, how can you decide what's right not just for the baby, not just for you, but for your family at all? That's the critical question of parenting. I'm an economist. A professor whose work focuses on health economics. In my day job I analyze data, trying to tease causation out of the relationships I learn. Then I try to use this data within some economic framework —one that thinks carefully about costs and benefits—to think about decision-making. I do it in my research, and that's the focus of my teaching. I also try to use those principles in out-of-office and classroom decision-making. It probably helps that my husband, Jesse, is also an economist: because we speak the same language, it gives us a framework to make family decisions together. We tend to use the economy a lot at home, and new parenting was no exception. For example: before we darkened Penelope, I used to cook dinner most nights. It was something I really enjoyed doing, and a relaxing way to end the day. We'd eat late — 7:30 or 8:00 — and then relax a little bit and go to sleep. When Penelope first arrived, we stuck to that schedule. But once she was old enough to eat with us, things got crazy. She Eat at six, and we got home (at best) at five forty-five. We wanted to eat together, but what kind of food can you make and cook in 15 minutes? Cooking from scratch at the end of the day was an impossible challenge. I considered the other options. We can get a take-out. We can prepare two meals - a quick one for Penelope and more involved for us once she's been in bed. Around this time I also learned about the concept of the meal kit: pre-made ingredients for a set recipe – all you have to do is cook. You'll even be able to keep the time you hand over to us. With all these options, how do you choose? If you want to think of it like an economist, you've got to start with data. In this case, the important question was: How does the cost of these choices compare to meal planning and preparing myself? Taking food was more expensive. Feeding panelope chicken nuggets and eating ourselves was similar. Meal kits were somewhere in between: a little more expensive than buying the same ingredients and making them myself, but less expensive than takeout. But that wasn't the whole story, because it didn't take into account the value of my time. Or, as economists like to say, the cost of opportunity. I wasted time preparing food — 15, 30 minutes a day, usually early in the morning. I could have done something else (say, write my first book faster, or write more articles). This time there was real value, and we couldn't ignore it in the calculation. Once we started this, the meal kit seemed like a great deal, and even ta-outs started to sound appealing. The dollar difference was small, and my time cost more than making up for it. Cooking two dinners, though, looks much worse: more cooking time, not less. And yet that's still not quite true, since it doesn't explain the preferences. Maybe I really want a meal plan and preparation — a lot of people do. In this case, it might make sense to cook, even if another option seems like a good deal on the cost side. Basically, I can be willing (in economic terms) to pay something for the choice to cook. Although take-out may be the easiest option in terms of time, some families really appreciate a home-cooked meal. And thinking about the two dinner options, some parents want to sit down and eat together with their children every night, and others like the idea of a children's dinner and a separate dinner for adults, a chance to relax and chat with your partner. Or maybe you like a combination of these. Preferences are very important here. Two families — with the same food costs, the same value of time, the same options — may make different decisions because they have different preferences. This economic approach to decision-making doesn't make you a choice, it just tells you how to build it. It tells you to ask questions like, A lot you had to enjoy cooking to make it the right choice? For us, we wanted to eat with Penelope, and we didn't want the feeding options available. I decided that even though I like to cook, I don't like it enough to want to do the whole process myself, so we tried the vegetarian meal kit (it was good — a little heavy on the cabbage). This homely example may seem as divorced by choice as whether to breastfeed, but in terms of how to make the decision, it's not that different. You need the data — in this case, good information about the benefits of breastfeeding — and you also need to think about your family preferences. When I was pregnant with Penelope, I brought this attitude to bear on pregnancy. I wrote a book — Expecting Better, analyzing the many rules of pregnancy and the statistics behind them. When Penelope was born, the decisions didn't stop - they just got harder. Now there was a real person to deal with, and even as a baby, she had opinions. You want your child to be happy all the time! And yet you have to balance that with knowing that sometimes you have to make difficult choices for them. Consider Penelope's affinity for rock and play sleeper, which is a cradle seat swing dispenser. Following the wrenches, Penelope decided it was her sleeping spot. It was at best uncomfortable — we dragged sleep everywhere for months, including on a slightly unscheduled holiday in Spain, and at worst created a risk to a flat head. And yet extricate ourselves from it demanded not only us, but her. When we decided that one day we were done with it, she wasn't counted for a day, leaving her a mess and our nanny upset. Penelope won that round. We went back to sleep the next day, only to finally be forced to give it up when she was over the weight limit. Now, you could say we just surrendered, but really, we made a decision to prioritize family harmony over moving Penelope to her crib just as soon as the books recommended. There are lines that you can't cross with young children, but there are plenty of other gray areas. Thinking about our choices under cost/benefit conditions helps take some of the pressure off a decision. When I thought about those decisions, I again, as I thought during pregnancy, found there was comfort in starting with the data. In most of the big decisions we had to make — breastfeeding, sleep training, allergies — there were studies. Of course, the problem was that not all of these studies were very good. Good.

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