

## Reclaim your parenting confidence!

This one-page parenting advice book is one of the most important pieces of advice that new and experienced parents will need in their parenting journey.

*"Whenever I start doubting my parenting, I just open this book, and feel so much better." Maija Mills, BScPT*

*"This book is a wonderful tool to help parents trust their instincts and stay true to their own parenting beliefs!" Elizabeth Deneer-Roche, B.ChSt*

*"An essential gift for every new or experienced parent, for those times they feel judged, unappreciated or are just having a really bad day" Brenda Beatty, CBE, and mom of 5*

*"Finally, a book that tells you everything you REALLY need to know." Nicole Brouwer, BSc BEd, Parent Educator and mom of two*

*"My partner loved this gift." John Melisky*

*"A fantastic book that really encourages you to trust your instincts as a parent." Carolyn Campbell, Childbirth educator and mom of 4*

*"My Mother-in-law gave me this book when I became a new mom and I am forever grateful for this token of her support." Angela Farrell*



Judy Arnall, BA, is a Parent Educator for several health organizations, a Toastmaster and professional speaker, and the best-selling author of "Discipline Without Distress: 135 Tools for Raising Caring, Responsible Children Without Time-out, Spanking, Punishment or Bribery," and "Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love." As the mother of five children, Judy has taught thousands of parents non-punitive, research-based parenting tools and skills that have enabled parents and children to build caring, close, and respectful bonds.

The Last Word on Parenting Advice - Judy Arnall

# The Last Word on Parenting Advice

**"The secret to confident parenting – in just one page"**  
-Teresa Pitman



By Judy Arnall



9780978050924  
\$12.95

# The Last Word on Parenting Advice

## How to Use This Book

☞. Read the centre page of this book and remember it always. This is your parenting mantra!

☞. Record advice and thoughts on parenting that fit and makes sense for you, your child and family. Rip it out later if it no longer makes sense.

☞. Record precious moments and special things your child says or does. Add it to your child's baby albums later.

☞. Carry a crayon, pen, or marker wherever you go, and when your child is bored, bring it out so he/she can draw in this book, color, or play XXX's and OOO's with you.

☞. Tear the pages out to use as a grocery list.

Enjoy the journey!

**BONUS GIFT!** For an ebook download, free with purchase of this book, of "The Parenting Information Maze: An Overview of Parenting Philosophies, Styles and Programs," please email the ISBN number of this book to [jarnall@shaw.ca](mailto:jarnall@shaw.ca)

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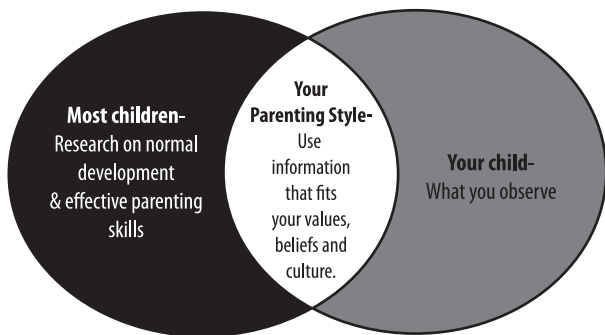
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**You are the best person  
in the world for your child.**

**Trust yourself.**

**You know what is right for you,  
your children and your family.**





## Judy Arnall

**Parenting Speaker, Trainer and Bestselling Author**  
Judy is an international award-winning Toastmaster and CAPS professional speaker and Canadian parenting expert. She has given advice for television interviews on CBC, CTV, and Global as well as publications such as Chatelaine, Today's Parent, Canadian Living, Parents magazine and newspapers such as the Globe and Mail, Sun Media and Postmedia News. She teaches parenting at The University of Calgary, Continuing Education, Chinook Learning, and Alberta Health Services. Judy is the author of the bestseller, **Discipline Without Distress: 135 Tools for Raising Caring, Responsible Children Without Time-out, Spanking, Punishment or Bribery**. As a parent of five children, Judy has a broad understanding of the issues facing parents and the digital generation, and has just released an educational DVD titled **Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love**.

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