

Librarian's Shelf by Brad Hruska

"Parenting Help @ Your Library"

One of the most life changing events individuals can face is becoming a parent. I can personally testify to this truth because my bride, Mary and I have been blessed with three amazing little ones (Brennan 9, Alena 6, and Bekka 3). These pint-sized people have shown us love, given us great joy, and have added meaning to our lives. They have also taught us the true meaning of patience, selflessness, and humility.

I will never forget the day Mary and I brought our first born home from the hospital. Mary had abstained from caffeine during her pregnancy with Brennan. Being the doting husband and first-time father I was at the time, I had Mary's favorite caffeinated soda, Dr. Pepper, and a box of her favorite chocolates waiting for her when she and Brennan came home from the hospital!

After Mary had laid Brennan down for his first nap in our home, she and I watched television and enjoyed the treats. Mary had chosen to nurse our son naturally, so the caffeine that was meant to give her an extra boost also gave our son an extra kick!

That night Brennan did not sleep a wink, Mary was tearfully and hormonally beside herself, and I was beginning to regret the fact that I had taken vacation for this!

Needless to say that was one lesson both Mary and I learned the hard way, and we never had a repeat of it with our two daughters who would join our family years later.

I have learned from this experience and countless others like it that parenting is not an easy row to hoe; however, I have found that seeking council in such matters as discipline and how to talk with your children about sex can be very beneficial. Speaking with trusted people who have gone through what your family is currently dealing with has saved Mary and I the painfully lesson of reinventing the Parenting Wheel.

I have also found and have assisted other parents in finding practical advice in various texts that tackle tough parenting issues like potty training. Books like "The 5 Love Languages of Children" by Gary Chapman, "Parenting the Strong-Willed Child" by Dr. Rex Forehand, "Family First" by Dr. Phil McGraw, "The Happiest Baby Guide to Great Sleep" by Dr. Harvey Karp, "Ask Supernanny" by Jo Frost, "The No-Cry Discipline Solution" by Elizabeth Pantley will provide parents with sound information and techniques that can help make the parenting journey a little less turbulent.

So if you find yourself traveling down the road of parenthood and you are not sure what direction to take next with your children, make a bee-line to the Columbus Public Library! We have a number of wonderful parenting resources that can help with the road blocks you may face. If you have any questions about the books mentioned in this article or would like other recommendations for situations you find yourself involved in, please contact me at (402) 564-7116 opt. 4.