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Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way

By Mayim Bialik Ph.D.



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Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way By Mayim Bialik Ph.D.

A real-world guide to Attachment Parenting from the *Big Bang Theory* actress, neuroscientist, and mother Mayim Bialik—a book hailed by Dr. William Sears as “delightful” and by Ricki Lake as “a fantastic guide to birth and parenting that is packed with invaluable wisdom.”

Mayim Bialik was the child star of the popular 1990s TV sitcom *Blossom*, but she definitely didn’t follow the typical child-star trajectory. Instead, Mayim got her PhD in neuroscience from UCLA, married her college sweetheart, and had two kids. Mayim then did what many new moms do—she read a lot of books, talked with other parents, and she soon started questioning a lot of the conventional wisdom she heard about the “right” way to raise a child. That’s when she turned to Attachment Parenting, a philosophy and lifestyle popularized by well-known physicians like Dr. William Sears and Dr. Jay Gordon.

To Mayim, Attachment Parenting’s natural, child-led approach not only felt right emotionally, it made sense intellectually and instinctually. She found that when she followed her intuition and relaxed into her role as a mother instead of following some rigid parenting script, both she and her children thrived. Taking into account her experience as a mother (and her scientific background), Mayim presents the major tenets of Attachment Parenting, including:

-Baby wearing: How to “wear” your baby in a sling or a wrap to foster a closer bond with your child—it’s possible even for mamas with bad backs (and with big babies)!

-Breastfeeding: Learn how to listen to your baby’s cues rather than sticking to a rigid schedule—and why people on airplanes love a nursing mother!

-Gentle discipline: How to get your child to behave without yelling, threats, or time-outs—it really is possible.

-Co-sleeping: How to avoid “sleep training” and get a great night’s sleep for the whole family.

Without the pretense and luxuries typical of so many Hollywood actors and parents, Mayim describes the beauty, simplicity, and purposefulness of

Attachment Parenting, and how it's become the guiding principle for her family. Much more than a simple how-to parenting guide, *Beyond the Sling* shows us that the core principles underlying Attachment Parenting are universal and can be appreciated no matter how you decide to raise your child.

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Editorial Review

Review

“Attachment parenting proponents will welcome Bialik’s openhearted message and advice to follow one’s instincts, and even readers who are skeptical will enjoy Bialik’s warm and nonjudgmental voice.” -- Publishers Weekly

“Alternative ideas on childbirth and childrearing for today's modern parent.” --Kirkus Reviews

“Beyond the Sling is a delightful look into the parenting journey Mayim is making with her husband. Her family-first stories are an inspiring reminder of how we navigated these waters ourselves. We have learned that when parents choose to parent with attachment in mind, they make a lot of other good, holistic decisions regarding the health and well being of the family. She invites her readers to understand attachment parenting, see how it is working for her family, and choose what can work for their own.” --William Sears, MD, and Martha Sears, RN, Authors of *The Baby Book* and *The Attachment Parenting Book*

“Drawing on her education as a neuroscientist, her instinct as a mother, and a community of support, Mayim has passionately embraced attachment parenting principles for raising her children. In *Beyond the Sling*, she shows how the secure attachment relationship that she has developed with her children has given her the confidence to define her own natural parenting style.” --Barbara Nicholson and Lysa Parker, co-founders of Attachment Parenting International and co-authors of *Attached at the Heart*

About the Author

Mayim Bialik, Ph.D., is perhaps best known for her lead role as Blossom Russo in the 1990s television sitcom *Blossom*, and she currently appears on the top-rated comedy *The Big Bang Theory*. Bialik earned a B.S. from UCLA in 2000 in neuroscience and Hebrew and Jewish studies, and a Ph.D. in neuroscience from UCLA in 2007. She designed a neuroscience curriculum for homeschoolers in Southern California, where she also teaches middle and high school students. Married to her college sweetheart with two young sons, Bialik is also a Certified Lactation Education Counselor. Visit her at MayimBialik.net.

Users Review

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Patrick Adkins:

The book *Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way* can give more knowledge and information about everything you want. So just why must we leave a very important thing like a book *Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way*? A few of you have a different opinion about book. But one aim in which book can give many facts for us. It is absolutely right. Right now, try to closer with the book. Knowledge or data that you take for that, you may give for each other; it is possible to share all of these. Book *Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way* has simple shape but you know: it has great and large function for you. You can appearance the enormous world by start and read a guide. So it is very wonderful.

Chris Hernandez:

The knowledge that you get from *Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way* is a more deep you searching the information that hide within the words the more you get thinking about reading it. It does not mean that this book is hard to be aware of but *Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way* giving you excitement feeling of reading. The writer conveys their point in specific way that can be understood by means of anyone who read it because the author of this book is well-known enough. This book also makes your personal vocabulary increase well. That makes it easy to understand then can go to you, both in printed or e-book style are available. We advise you for having this *Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way* instantly.

Gary Morrell:

Playing with family in the park, coming to see the water world or hanging out with good friends is thing that usually you will have done when you have spare time, subsequently why you don't try point that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love *Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way*, you are able to enjoy both. It is fine combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't obtain it, oh come on its referred to as reading friends.

Alexander Goodman:

This *Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way* is brand new way for you who has intense curiosity to look for some information because it relief your hunger of knowledge. Getting deeper you into it getting knowledge more you know or else you who still having tiny amount of digest in reading this *Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way* can be the light food for you personally because the information inside this kind of book is easy to get by simply anyone. These books produce itself in the form which is reachable by anyone, yeah I mean in the e-book web form. People who think that in guide form make them feel drowsy even dizzy this publication is the answer. So there isn't any in reading a e-book especially this one. You can find actually looking for. It should be here for a person. So , don't miss the item! Just read this e-book style for your better life and also knowledge.

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