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AM I A NORMAL PARENT?: Expert Advice, Parenting Tips, and the Reassurance
You've Been Looking For

By Sara Dimerman, Dip.C.S., C. Psych. Assoc.
Foreword by Nanny Deb Carroll of Fox TV's Nanny 911

An Authoritative guide to defining a normal parent in the 21st Century

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New York, NY – Am I a Normal Parent?, from **Hatherleigh Press**, is a comprehensive self-help guide for assisting parents in evaluating how they fit into the definition of a normal parent in the 21st Century. As the title suggests, this new guidebook is for every parent who has ever asked: Am I a normal parent?

Am I a Normal Parent? reassures parents that they are not alone in their worries about being over protective, judged by others and lying to their children. The book also addresses feeling guilty about losing patience, being angry and not spending enough time with one's children. Parents will also learn about how culture, upbringing and external influences affect the way that they parent. They will read about all this and so much more, including why most parents want to be considered "normal."

Am I a Normal Parent? answers questions such as:

- Is it normal to leave my three year old alone in the car for a couple of minutes?
- Is it normal to feel that of all the households in the neighborhood, ours could win the 'mornings from hell' award?
- Is it normal to like one of my children more than the others?

- Is it normal to feel like running away from home for a night?
- Is it normal to sometimes regret having children?

Author, Sara Dimerman, interviewed over 200 parents from around the world, mostly in the United States and Canada, to define what is most typical of parents. Their responses to 50 questions were tabulated and are shared with readers in *Am I a Normal Parent?* Dimerman provides the questionnaire at the beginning of the book as a tool with which parents can begin to assess themselves. Answers will provide help to determining where parents stand in comparison to others.

Along with interviewing parents, Sara interviewed many experts and authors in the field of parent education and psychology, such as Adele Faber, best selling author of many books including *How to Talk so Kids will Listen and Listen so Kids will Talk* and Lynn Lott, best selling author of *Positive Discipline*.

Am I a Normal Parent? will open parents' eyes to ways in which they may have conformed to norms that aren't all that they're cracked up to be. Parents may then choose to consider alternatives. *Am I a Normal Parent?* offers parents ways in which to define norms that are best for their families.

About the author:

Sara Dimerman, Dip.C.S., C. Psych. Assoc., was born in South Africa and immigrated to Canada in her teens. After graduating with a Bachelor of Arts in Radio and Television from Ryerson University in Toronto, Sara pursued post graduate studies in Assessment and Counseling at University of Toronto's Institute of Child Study. Sara is registered with the College of Psychologists of Ontario and provides counseling to children, teens, couples and families out of the Parent Education Resource Centre, which she established almost twenty years ago in Thornhill, Ontario. Sara has written hundreds of articles for magazines and newspapers on family related issues and is an expert to the media on parenting/child related concerns. Sara is regularly quoted in magazines, newspapers and interviewed on radio and television.

Sara is the child and family therapy expert at www.canadianparents.com. Her own website, www.helpmesara.com, provides resource information and articles for families to view. Sara lives just North of Toronto, Canada, with her husband, two daughters, aged 8 and sixteen, two Siamese cats and fish.

About Hatherleigh Press:

Hatherleigh provides a wealth of dedicated professionals in health, fitness, diet, parenting, and other essential categories in healthy living. Hatherleigh is dedicated to sustainability and is sensitive to the environmental impact in the business practices of publishing. To that end, Hatherleigh will not send review copies or galleys without expressed permission. Hatherleigh media materials are available digitally, including catalogs. Printed versions of these items are available, but upon request.

Hatherleigh is dedicated to the philosophy that “giving is living” and contribute a portion (sometimes all) of a book’s net proceeds to charitable organizations and tree planting.

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