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Permission to Parent: How to Raise Your Child with Love and Limits

Robin Berman MD

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After being bombarded by parenting fad after parenting fad, moms and dads finally have a friendly, commonsense guide to raising thriving children.

Today, many parents have rejected the dictatorships they resented from their own childhoods. But they overcorrected by turning into child-pleasers. Showering praise and letting kids rule the roost has actually eroded the very self-esteem parents are trying to create.

Using her clinical experience, psychiatrist Robin Berman shows parents how they can take charge while building a loving family with deep connections. How children learn love and respect at home becomes the template for how they show love and respect in life. It’s a huge task, but Dr. Berman is your ally every step of the way.

Every parent’s struggles are reflected (many of them comically), but so are heartwarming triumphs. Parents, teachers and children themselves recount turning points at which they figured out what great parenting looked like and the magic it unlocked.

This engaging book—a perfect mix of medical research and inspirational anecdotes—just might be the key to being the parent you want to be and the parent your children need.

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