

ANSWERS TO QUESTIONS PARENTS ASK

“Parenting is both a privilege and a challenge. It is arguably the most important job in the world.” How do we prepare for such a job? How do we learn to parent? *Answers to Questions Parents Ask* is designed to teach parenting skills. The thirteen chapters in this book cover the most crucial areas on which parents need to focus in child rearing. These include the parent-child relationship, self-esteem, discipline, nutrition, sexuality, intellectual development and emotional and spiritual growth. A central message of the book is that parents need to communicate more love and less criticism while guiding their children as a secure emotional environment is what children need most.

The parenting skills taught in this book are intended for anyone involved in child rearing: first time parents or more experienced parents, single parents or co-parents, grandparents, aunts, uncles, or friends.

We try our best to raise our children but often use inappropriate and even harmful methods without realising it. This book gives us the tools to do a better job.

Human behavior is a combination of instincts and skills. Laughing and yawning and smiling and crying are instincts. Reading, on the other hand, is a skill. No one is born with the ability to read a book. It has to be taught. . . The great mistake that many people make with parenting is to think of it as an instinct. *Answers to Questions Parents Ask*, by Faith Linton and Barry Davidson, very clearly makes the case for parenting as a skill. Read it closely and carefully.

—Malcolm Gladwell, author *The Tipping Point*, *Blink* and *Outliers*.

Dr. Faith Linton is a Bible teacher, conference speaker and author. She serves on the Board of the Bible Society of the West Indies and is a founding member of Family Life Ministries. A retired high school teacher, Faith holds a BA in Modern Languages and Certificate in Education from London University and an honorary Doctor of Divinity from the Caribbean Graduate School of Theology. She is the author of *Through Trial and Error*, a family life handbook, *The Gene Denham Story* and *What the Preacher Forgot to Tell Me: Identity and Gospel in Jamaica*.

Dr. Barry Davidson is a founding Director and CEO of Family Life Ministries in Jamaica. He sits on the Board of the Back to the Bible Broadcast and is consultant to the Executive Team of the Jamaica Psychological Society. Barry holds a Doctorate in Family Psychology, majoring in Marriage and Family Therapy, from the Fuller Graduate School of Psychology. He authored the well-known pre-marital counselling manual *Before They Say I Do* and co-authored *Healthy Families: A Caribbean Perspective* with Mrs. Maureen Watson.



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