

October 1, 2021

Dear Gan families,

They say parenthood doesn't come with a manual.

But lucky for all of us, Claire Lerner just wrote the next best thing: *Why is my Child in Charge: A Roadmap to End Power Struggles, Increase Cooperation, and Find Joy in Parenting Young Children*.

I thoroughly enjoyed reading Claire's book ahead of her event at the Gan this coming Tuesday night ([register here](#) or [watch live here!](#)), where I have the privilege of moderating her talk. She tackles the parts of parenting that I personally find hardest, and you might too: not only does she have chapters titled "Tantrums" and "Sleep" but she even has subsections titled "When your child loses it in public," "Screen-time battles," and, "Your child wakes up super cranky in the morning." (I feel like she might have secret access to archival tapes from our baby monitor...) Her chapters also cover potty, mealtime, physical aggression, and cooperation.

Claire's writing is easy and smooth, and her advice is clear and discernible. Her book is low on jargon and high on practicality. Claire translates decades of experience into bite-sized nuggets that fit directly into your household life:

"Teach your child the difference between a choice and a direction. Giving children choices is very important, but not everything is a choice. When you are giving your child a direction, you are not asking for his agreement or buy-in. For example, getting in the car seat is a direction, not a choice."

And: "Helping your child learn to cope with not getting everything he wants is loving, not harmful. This means not falling into the trap of trying to convince your child to agree to your limits. Be clear that it is your job to set limits that keep her healthy and safe so you will still be enforcing them and it's okay if she is mad or frustrated about it."

Even as a lifelong early childhood educator and researcher, I often find myself caught unprepared for parenting moments at home. I'll reflect later, kicking myself for saying or doing something I know was not helpful. After a tumultuous year of anxiety and uncertainty, Claire's book was exactly what I needed: a simple and clear overview of real-life strategies to use at home in those hard moments. I am so excited to share Claire's book and insight with all of you next week!

Noah's Notes

Make sure to [register here](#) or [watch live here](#). We will be taking questions from the in-person and remote audience; Claire will be signing books sold at the in-person event.

Shabbat shalom,
Noah