



How Not to F*** Them Up

Oliver James

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As a mother, are you comfortable in your skin?

Want to know how best to be a stay-at-home or working mum?

Babies have very simple needs, yet many parents are overwhelmed with elaborate advice on how to meet them. In *How Not to F*** Them Up*, leading child psychologist Oliver James argues that your under-threes do not need training; it's getting your head straight as a parent that's important.

Drawing on extensive interviews and the latest clinical research, James identifies three basic types of mum: the Hugger, the Organiser and the Fleximum. Outlining the benefits and pitfalls of each, *How Not to F*** Them Up* shows you how to recognise which style suits you best and outlines simple strategies to reconcile personal ambitions with the needs of your family.

Empowering and provocative, Oliver James will help you make the best choices for bringing up a happy, confident child.

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