

Foreword

At times guesswork can be fun. For example,

- in which sport do neither the spectators nor the participants know the score of the leader until the contest ends?
- which fruit has its seeds on the outside?
- what are the only three words in standard English that begin with the letters “dw” (all three are commonly used)?
- which famous North American landmark is constantly moving *backward*?

Taking a guess when solving a brainteaser or riddle doesn’t cost us anything except pride or perhaps mild frustration when the answer becomes obvious (as in boxing; strawberries; dwell, dwarf, and dwindle; and Niagara Falls, the rim of which erodes roughly two-and-a-half feet each year from the millions of gallons of water that rush over it every minute).

Guesswork when it comes to raising children isn’t fun, however. It carries far greater consequences and frustrations for parents and children alike. Yet for far too many parents, their parenting plan consists of hoping “this” new parenting fad works or wondering why “that” one doesn’t.

What I love about Dr. Larimore’s book is that he doesn’t leave us with brainteasers or hope-filled guesses when it comes to the task of raising highly healthy and happy children. He gives clear, wise, accurate advice on ten tangible, everyday actions and attitudes every parent can put into practice to make a difference in a child’s life.

Dr. Larimore takes the guesswork out of being a parent by blending insightful scholarship with practical applications any parent can follow. While case studies and current research abound, you’ll find shoe-leather applications on protecting your child’s health, nurturing close-knit relationships, keeping a parenting journal, and raising caring, confident children who can connect well with others.

There are two other things my wife and I found to be particularly helpful in Dr. Larimore’s work. First, this is a guilt-free zone when it comes to understanding what makes happy, healthy children. We parents are not browbeaten with scare tactics or shamed for what we haven’t done but are wisely and

positively shown where to start today to become better parents. And with all his medical training and hands-on work with thousands of parents and children, Dr. Larimore knows that health for a child requires a real, growing spiritual life as well. He unashamedly urges parents to nurture a love for God into the fabric of their home and has done so with his own children.

So if you're a parent—or have a loved one or close friend who is—get this book. It will not only take the frustrating guesswork out of positive parenting, but in Doc's words, it will help you raise “highly healthy” kids in every way.

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