



# How Not to F\*\*\* Them Up

*Oliver James*

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**How Not to F\*\*\* Them Up** Oliver James

**A leading child psychologist argues that children under three do not need training—it's getting one's head straight as a parent that is important**

As a mother, are you comfortable in your skin? Want to know how best to be a working or stay-at-home mother? Babies have very simple needs, yet many parents are overwhelmed with elaborate advice on how to meet them. Drawing on extensive interviews and the latest clinical research, this book identifies three basic types of mother: the Hugger, the Organiser, and the Fleximum. Outlining the benefits and pitfalls of each, this book shows you how to recognize 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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