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Breakthrough Guide Assists Parents in Raising Triumphant, Resilient Children during Trying Times

Leading pediatrician and child development specialist edit roadmap of practical advice for parents of young children from well-known experts and authors

March 20 may well be a turning point for those struggling with parenting challenges in the preschool-age set. This is the date *The Triumphant Child: A Practical Guide for Raising Two, Three and Four Year Olds* is being launched in Asheville, North Carolina, at the non-profit organization Children First by Dr. Olson Huff M.D. and child development specialist Nicole Rawson-Huff.

Their vision began in 1997 when they developed a set of radio messages called “The One Minute Parent.” This popular program provided practical tips on raising children and information on child health and development and was successfully syndicated throughout North Carolina.

In September 2008, the pair launched a new parenting website called Sixty Second Parent (www.sixtysecondparent.com), which brought together experts in the field of child health and development in online forums. Its success led to the development of their first book in a series called *The Triumphant Child*, which brings together some of the most knowledgeable resources on pediatric health, practical parenting, and child development from around the world.

This book essentially provides a roadmap for raising two, three and four year olds. With knowledge and advice from well-known experts and authors, practical tips and hints that can be accessed quickly, and stories and case studies from other parents, it offers real world practical advice for overcoming daily challenges such as routines, aggressive behavior, discipline, setting boundaries, sibling rivalry, eating difficulties, fears and anxieties, and general child health and development issues, as well as tips for celebrating the joys and successes of parenting.



The Triumphant Child

Edited by Olson Huff, MD FAAP and Nicole Rawson-Huff

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Sara Ellington, co-author of *The Must-Have Mom Manual* and *The Mommy Chronicles*, says “Parents will feel fortunate to have *The Triumphant Child* at their fingertips every day as they tackle the challenges and celebrate the successes of raising children. I wish this book had been around when my children were two, three and four years old!”

The Triumphant Child: A Practical Guide to Raising Two, Three and Four Year Olds is available at www.thetriumphantchild.com. Proceeds from the book will be donated to Children First.

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The Triumphant Child: A Practical Guide to Raising Two, Three and Four Year Olds, Olson Huff M.D. and Nicole Rawson-Huff, Eds.; Soft cover; Nonfiction; \$17.95 U.S.; \$26.95 AUS.; ISBN: 978-0-9822841-1-7