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S e n t i e n t P u b l i c a t i o n s , L L C

## Story Ideas for Journalists

### *Parenting for Peace*

*Raising the Next Generation of Peacemakers*

Marcy Axness, PhD

ISBN: 978-1-59181-176-3 • March 2012 • \$18.95 • paperback

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#### ***Featured Excerpt: "Mind-Melding Moms"***

**(Pages 196-202, plus footnote #45 on page 423, and p. 235)**

The latest science in human development indicates that mothers (and other caregivers) literally download a template for brain development to babies through face to face engagement. Replacing face time with screen time (or too large a rotation of caregivers) impairs a baby's psychosocial development. Available in Word, Text, PDF or HTML.

#### ***Power Paragraph: "I Like My Teenager!" (Page 365)***

"I'm reminded of something I once heard," begins this paragraph on the shocking results of parenting for peace: a teenager you enjoy!

#### ***"Stress During Pregnancy" (Pages 92-96)***

The disastrous effects of chronic maternal stress on fetal development.

#### ***Power Paragraph: "The Power of Pregnancy" (Pg. 99)***

The paragraph beginning "It has been conclusively shown," illustrates the potent window of opportunity you have during pregnancy that will never come again, and the importance of experiencing JOY during this time for the optimal development of every fetal organ.

#### ***"7 Ways to Rewire a Negative Mind" (Pages 27-29)***

Neuroscience reveals that your attitude can affect your biology: at the cellular level, we are all pregnant with our future selves, and thus shaping our own futures. Here are seven ways to transform a negative mindset and wire positive pathways in the brain.

**"Controversy: "Preparing for Conception" (Pages 41-43)**

Your mental and physical wellbeing at the moment of conception will have a significant impact on your pregnancy and your baby. Here are some tips for fostering your baby's optimal development from the very beginning by mindfully preparing for conception.

**"Disturbing Birth" (Pages 139-146)**

A controversial and scathing indictment of medical interventions into the natural birthing process, including electronic fetal monitoring (EFM), pitocin, epidurals, and C-sections.

**"The Latest Attachment Research" (Pages 176-184)**

The latest research on oxytocin, the hormone of social intelligence, and how it transforms the lives of newborns and new moms, followed by the dark side of these discoveries: the frightening, lifelong impact of separating babies from mothers in the hours and days after birth. See also the footnote on page 298.

**"Telling Adoptees the Truth" (Pages 195-196)**

Child psychiatrist Myriam Szejer describes fascinating benefits of telling adopted newborns their birth stories. Leading-edge research!

**"Why Johnny Shouldn't Read" (Page 242-247)**

Pushing preschoolers to become readers can hinder their development. This excerpt has leading-edge research on why it's best for you to read to your little ones -- and not push them to read themselves.

**"Time-Out Needs a Time-Out" (Pages 275-283)**

The section on Spanking, Shaming, and Isolating shows how these forms of punishment -- including "Time-Out" -- can stunt children's social development. The following section on "Fostering Growth While Keeping Peaceful Boundaries" offers alternatives to harsh discipline.

**"The Origins of Addiction" (Pages 372-373)**

"Trying to get enough of what you really don't want," begins this five-paragraph excerpt on the origins of addiction. The individual comes to rely on external soothing to replace an internal capacity for self-regulation that was not wired up in infancy and early childhood.

**"Great Tips for Parenting Adolescents" (Pages 364-377)**

Like a rich dessert at the end of the book, this section on parenting the adolescent is loaded with insights about teenage development and guidance around the most notorious challenges in parenting for peace.