



# **Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way**

*Ph.D. Mayim Bialik Ph.D.*

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# Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way

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## **Beyond the Sling: A Real-Life Guide to Raising Confident, Loving Children the Attachment Parenting Way** Ph.D. Mayim Bialik Ph.D.

A real-world guide to Attachment Parenting from the *Big Bang Theory* actress, neuroscientist, and mother Mayim Bialik—a book hailed by Dr. William Sears as “delightful” and by Ricki Lake as “a fantastic guide to birth and parenting that is packed with invaluable wisdom.”

Mayim Bialik was the child star of the popular 1990s TV sitcom *Blossom*, but she definitely didn’t follow the typical child-star trajectory. Instead, Mayim got her PhD in neuroscience from UCLA, married her college sweetheart, and had two kids. Mayim then did what many new moms do—she read a lot of books, talked with other parents, and she soon started questioning a lot of the conventional wisdom she heard about the “right” way to raise a child. That’s when she turned to Attachment Parenting, a philosophy and lifestyle popularized by well-known physicians like Dr. William Sears and Dr. Jay Gordon.

To Mayim, Attachment Parenting’s natural, child-led approach not only felt right emotionally, it made sense intellectually and instinctually. She found that when she followed her intuition and relaxed into her role as a mother instead of following some rigid parenting script, both she and her children thrived. Taking into account her experience as a mother (and her scientific background), Mayim presents the major tenets of Attachment Parenting, including:

- Baby wearing: How to “wear” your baby in a sling or a wrap to foster a closer bond with your child—it’s possible even for mamas with bad backs (and with big babies)!
- Breastfeeding: Learn how to listen to your baby’s cues rather than sticking to a rigid schedule—and why people on airplanes love a nursing mother!
- Gentle discipline: How to get your child to behave without yelling, threats, or time-outs—it really is possible.
- Co-sleeping: How to avoid “sleep training” and get a great night’s sleep for the whole family.

Without the pretense and luxuries typical of so many Hollywood actors and parents, Mayim describes the beauty, simplicity, and purposefulness of Attachment Parenting, and how it’s become the guiding principle for her family. Much more than a simple how-to parenting guide, *Beyond the Sling* shows us that the core principles underlying Attachment Parenting are universal and can be appreciated no matter how you decide to raise your child.

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