

# Guide To Understanding Children

(NAPSA)—Answering 101 of the most pressing questions facing today's caregivers and parents, *Understanding Children* (TOP, Civitas \$25) has been called a guidebook for the 21st century. It explores a wide array of topics including:

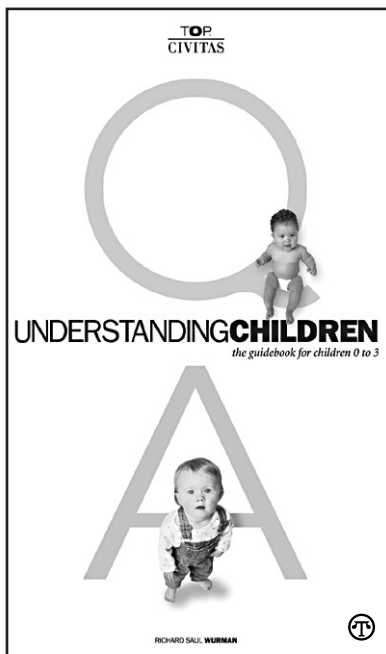
- How to help a child develop good sleep habits.
- The role nature vs. nurture plays in brain development.
- How play affects social development.
- What makes a child shy.
- What type of childcare to consider.
- How mothers and fathers differ.

The book was developed by Civitas, a not-for-profit communication group that provides educational tools for millions of parents and caregivers; the publishing company TOP, a network of leading experts who specialize in making complex information easily understandable; and Johnson & Johnson.

"In spite of an abundance of information, parents and caregivers are still overwhelmed and confused," says Suzanne Muchin, CEO of Civitas.

*Understanding Children* chapters start with the "big" question and then list the various answers supported by theories, explanations, and visually appealing charts, diagrams, illustrations and photographs. There are also suggestions about what caregivers can actually do, as well as relevant books, Web sites, and other helpful contacts.

TOP's Richard Saul Wurman adds, "Our focus is getting marvelous information into the hands



**A new parenting guide clarifies information, advises on action, and helps empower parents and caregivers to make the most informed decisions.**

of parents and caregivers who are joyous but also terrified about raising their children."

"Good parenting is not a science, nor is it a one-size-fits-all formula. We need to support parents and other caregivers with the knowledge, advice and understanding that support their most basic instincts to love, touch, hold and talk to their babies," explains Ralph S. Larsen, Chairman and CEO, Johnson & Johnson.

The book is available at local bookstores and online at Amazon.com, BarnesandNoble.com, and BabyCenter.com.