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**Disclaimer**

PARENTS FORUM is not a substitute for medical, psychiatric or psychological advice, for professional parenting education or for other counseling.

Readers are urged to consult their health care advisors or other appropriate professionals about specific concerns or problems.

**Dedication**

To parents around the world and all those who care for children and support parents.
My gratitude list starts with my parents, Dick and Louise Odiorne, no longer living, whom I thank for their energy and inspiration. Also I am happy to have known all four of my grandparents, Kitty Grandmother and Grandfather George Harris, Grandfather Ralph and Grandmother Helen Odiorne. I cherish a childhood shared with my sister Corinne and my brother Ken. My friendships with them, with Corinne’s husband Daniel and their girls, Helen and Rose, with Ken’s wife Chris and their three children, Geoffrey, Maggie and Tommy, are also treasures to me. Of the several other-mothers and other-fathers and the many neighbors and coworkers who helped me along the way, Beverly and Read Viemeister, Florence O’Hare and Herman Feshbach, deserve special mention. I learned a great deal from each of them... how to be, as well as what to do, in life.

Joe, my ex-husband, gave me the chance to be a mother, and I am grateful to him every day for Rich, Luke and Michael. Joe also suggested to Merid, one of his students from Ethiopia, that he ask me for a room in my house. That short-term, exchange student arrangement began in the late 80’s when Merid was attending high school with Rich and Luke. Over the years Merid has become a wonderful brother for our three. People ask if I adopted Merid. I didn’t, but he adopted us. I appreciate Joe’s family and Merid’s family too for their many kindnesses. Thanks especially to the four of you boys, for your patience and love in raising me as a parent.

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In the five and half years since we first printed this book a lot has changed in the publishing world and we decided to publish it online. We hope that you - readers, partners and friends - approve. Your comments are welcome. We have kept the content, with minor changes and updates, and the look of the first edition which benefited from Martha Mulligan Hooper’s editing, Marie Sheridan’s and Martina Marek’s illustrations, Fletcher Moore’s typesetting and choice of Bookman Old Style typeface. Zachary Shaw prepared the registration form for online access to the book. Top-quality design and file preparation by Jana Bull for the first edition and this second edition helped make them both happen. Thanks to you all.

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