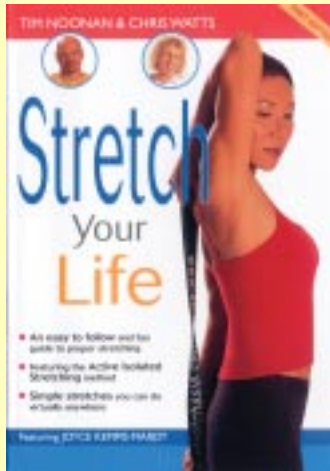


# Books for Mum and Dad 獻給父母的書



## Stretch Your Life

by Tim Noonan & Chris Watts

For every one who spends time hunched over a computer at work, carrying around kids and all the attendant baby gear, and any other activity that puts a strain on our backs and other muscles, this book is a welcome antidote. SCMP sport columnist Tim Noonan and Chris Watts, Active Isolated Stretching (AIS) practitioner and founder of Stretch, have put together this most simple and straightforward of how-to books on stretching to improve your posture and overall physical health. Both Noonan and Watts pass on their wisdom with ample humour across chapters addressing Standing, Stretching, Eating and more accompanied by clear instructions and photos.

Available from Stretch Limited Studio  
Tel: 2167 8686



## Working Mothers, Happy Kids

Written by Amita Dholakia, Illustrated by Mariko Jesse

This pocket-sized offering from local publisher Blacksmith Books outlines 21 short but insight-filled chapters to help mothers improve their relationships and quality time with their children. Whether you work in or outside of the home, such practical suggestions as how to Empower your Child, Keep a Balance, Laugh Together and Teach by Example are presented in succinct chapters that can be digested and put to use in the short time so many of us have these days. As the book says: "Liberation was meant to expand women's opportunities, not limit them." Let this handy, cheerfully illustrated book show you that if you can't "have it all", you can at least make the very best of what you've got.

Available from Bookazine and postage-free direct from [www.blacksmithbooks.com](http://www.blacksmithbooks.com)

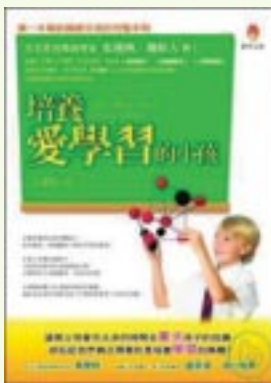


## The A to Z Directory for Parents and Kids

by Gail Ma & Paula Mak

This is the parents' where-to-find-it bible – "A useful annual directory of classes, activities, shops and services for babies, toddlers and young children in Hong Kong". Find a school, a doctor, a children's party planner, music classes, kid-friendly hairdressers, nanny services and anything else you can think of in this 400+ page guide. The book, which covers everything imaginable for newborns to 12 year olds, includes free trial classes and coupons worth more than \$1,000.

Available from Bumps to Babes



## 《培養愛學習的小孩》

作者：Stacy DeBroff

本書由全美著名的教育專家史黛西·迪柏夫（Stacy DeBroff）所著，內容結合她個人的實際經驗心得，以及來自數以百計的老師和家長的集體智慧，針對孩子在學校與家庭裡的相關議題，為父母們提供逾一千五百項建議，包括：創造鼓勵學習的環境；選擇學校的依據；孩子與學校老師之間的關係，更是書中重要一環，對所有想要讓孩子在學校中表現傑出的家長而言，本書是一本不可或缺的重量級手冊。

博客來網絡書店：<http://www.books.com.tw>