



# **No Regrets Parenting: Turning Long Days and Short Years into Cherished Moments with Your Kids**

*Harley A. Rotbart*

[Download now](#)

[Read Online](#) 

# No Regrets Parenting: Turning Long Days and Short Years into Cherished Moments with Your Kids

Harley A. Rotbart

## No Regrets Parenting: Turning Long Days and Short Years into Cherished Moments with Your Kids

Harley A. Rotbart

*No Regrets Parenting* is a book for busy parents in our busy times. Many parents find the challenges of being all things to all people daunting. How to do it all? How to stay sane while trying to do it all? *No Regrets Parenting* teaches parents to experience the joy and depth of the parenting experience amidst the chaos and choreography of daily routines. Car pool, bath time, soccer practice, homework, dinner hour, and sleepovers all become more than just hurdles to overcome to get through the day. They are opportunities for intimate and meaningful time with young kids. It's not how much time you have with your kids, but how you spend that time that matters in the life and legacy of a young family. *No Regrets Parenting* helps parents find the time to do it all and feel good about their kids' childhood.

There is a simple, single truth for every parent. Your kids need you to be there. They need to see who you are and how you live your life. And, in return, they will help you to better see who you are and how you should be living your life. *No Regrets Parenting* is about time. Finding enough of it and making the most of it.

"My office is littered with parenting books... The books, as abundant as they are, aren't helping... But Dr. Rotbart's *No Regrets Parenting* is something special." --KJ Dell'Antonia, *New York Times*

"I'm making a point of holding hands with my kids more often, ever since I read Dr. Harley Rotbart's new book... Dr. Rotbart made me realize I shouldn't count the minutes, but the moments... Dr. Rotbart's book turned my head around." --Dana Points, Editor-in-Chief, *Parents* magazine

"Time passes all too fast, and when the kids do leave home, readers who followed Rotbart's blueprint will greet their children's departure with satisfaction of a job well done." --*Publisher's Weekly*

"Puts the control back in the parent's hands, by focusing on the time a parent does have with children, instead of focusing on the time that the parent doesn't have...feels like a knowledgeable friend sharing their own insight." --Cara Lemieux, *ABC News*

## No Regrets Parenting: Turning Long Days and Short Years into Cherished Moments with Your Kids Details

Date : Published February 21st 2012 by Andrews McMeel Publishing

ISBN : 9781449410940

Author : Harley A. Rotbart

Format : Paperback 232 pages

Genre : Parenting, Nonfiction, Childrens, Abandoned

 [Download No Regrets Parenting: Turning Long Days and Short Years ...pdf](#)

 [Read Online No Regrets Parenting: Turning Long Days and Short Yea ...pdf](#)

**Download and Read Free Online No Regrets Parenting: Turning Long Days and Short Years into Cherished Moments with Your Kids Harley A. Rotbart**

---

# From Reader Review **No Regrets Parenting: Turning Long Days and Short Years into Cherished Moments with Your Kids** for online ebook

## **Kelli says**

This book is primarily written for working parents. Although I'm a stay-at-home mom, I still got a lot of good ideas. He emphasizes the importance of really being with your kids mentally as well as physically so when they leave for college, you won't have regrets.

The first part of the book is principles and the second half is ideas of how to apply those principles.

A principle from the first half was knowing how to hit your kids' brain buttons. Most of the time you're trying to tell your kids something important, they don't seem to be listening. The author suggests having fun (e.g., teaching your kids how to cross the street while walking to the ice cream store), moseying (when kids don't feel like you're rushing, they're more apt to listen). He also talks about the difference between quality time and quantity time, double-dipping (doing something you really enjoy with your kids), sharing hobbies, what your kids need from you, importance of traditions, teaching kids your values with church, how to stay sane, etc.

Some ideas from the second half that I liked were: pajama walks right before bedtime; ice cream sundaes on Sunday; having a taco night (or whatever your kids like) and then reminding your kids that morning it's taco night so they look forward to it; inviting your kids to your office to get homework done; traveling "unplugged"; walking when you can instead of driving. He also talked about how to prep your kids for college, importance of volunteering in your kids' classes so you know better what's going on, importance of eating together, etc.

Mostly this book reminded me of how important this time with my kids is and that it really will go fast; I want to look back on their childhoods and feel like I was intimately involved.

---

## **Hilary says**

Reads more like a blog than a book. Each "chapter" is only 2-3 pages long. Half the first part is spent telling you about the great and wonderful techniques you'll learn in the second part, but that doesn't help me while I'm reading part 1. Unlike other parenting books, where they say "Don't do X" and follow it with "Do Y instead", this one just says "Don't do X" and implies you might learn more in the second half of the book. Which you don't. All the suggestions were blindingly obvious (do overflow work while young children are asleep in the evening or teenagers are asleep in the morning, involve them with household chores).

And I really, *really* don't agree with books which (correctly) point out that children may promise to do everything if you get a pet and rarely follow through, **and then say or suggest you take the pet back if they don't**. Pets are a lifetime commitment, not a toy you can return to the store, and ultimately parents *are* the ones taking the responsibility.

I think the only positive thing I took away is the nice suggestion of "pajama walks".

The flip side: although I agree with making the most of the limited time you have with your children, that doesn't mean they have to be attached to you. Give them 5 minutes alone at the bus stop, let them stay overnight at camp (it's really not the same as daycamp), and if you love your children, do not even *think*

about going to their college advising meetings unless the adviser suggests it!

---

### **Xin Zhao says**

I like this book. The chapters are short, the points are concise. As a foreigner, my childhood experience is somewhat different from the book. I would say this book is more catered towards middle class white children. However, as globalization becomes more of a reality, my friends in China are actually learning to raise their children the same way. While I think that we shouldn't lose what our culture has to offer, learning about "mainstream" culture shouldn't be rejected either. The overarching difference in Western culture is focus on independence. Of course like all things, there should be a balance. I haven't yet decided where that balance is for me, and the clock is ticking.

I hate to admit, I did sneak peak at others' reviews, just curious why other people give such low ratings to this book. The main criticism can be summarized as the book is too common sense, and for parents who are sensible enough to care about their children, they probably are already doing these things. I beg to differ. Research has shown that we are actually bad at "common sense," and we think we are good at it because we are biased by hindsight. I admire the author for putting every bit of sensible parenting tips together as a useful reminder for parents who care.

Lastly, on an emotional level. This book is a good reminder that parenting is the greatest joy in this world. Cherish every moment of it and don't ever treat it as a chore, because when your children grow up, you will miss it, but never have it again.

---

### **Vanessa says**

This is not THE definitive parenting book, but that was exactly what I liked about it. Normally I want some research data to back up the claims made in parenting books, but the author is a pediatrician who is simply offering some suggestions for ways to make the most of the limited time we have with our children. His ideas could be incorporated into anyone's family life, regardless of their personal parenting philosophy. Parenting books tend to come with a healthy dose of guilt, but this one actually made me feel like I might be doing something right, while still offering some specific ways to improve. It's not a heavy read, and it isn't meant to be. With busy parents in mind, each chapter/topic is only one or two pages...perfect for reading while you wait in the carpool line. I read a lot of negative reviews about this book on Goodreads, and frankly, I don't get it. So it's not life-changing, revelatory, or maybe you don't like 100% of his suggestions...that's ok. There are still a lot of good ideas here.

---

### **Rebecca Trent says**

A few interesting tidbits. Love the short chapters and the cut to the chase no beating around the bush format. My main displeasure in this book was that it consists of a lot of obvious things that didn't really need to be written down somewhere.

---

## **Amy says**

While reading this book, I kept thinking of the type of parent who would also read it. Every time I asked myself this question, the answer was parents who are already parenting the way he suggests. Very few readers will get an "aha" moment while reading this book. The book focuses on common sense ways to spend time with your children in a richer way. Although there were no major take-aways for me as a parent, I did like many of the suggested activities, particularly that focused on teenagers and college students, who are often overlooked in general parenting books. If you are looking for some new ideas for your family, check this book out at the library.

---

## **Kirsti Call says**

This book is a great reminder of how to build good relationships with your kids. It's easy to read, practical and helpful. My favorite quote:

"Be the kind of person you hope your kids will become. And then spend enough time with them that they learn how to become that person."

---

## **Mary says**

Re-affirms that we did some things right.

---

## **Sarah says**

Didn't love the tone at the beginning - a little stressful and guilt-inducing. But the suggestions in the second half of the book were good.

---

## **Natalye says**

Overall the information in this book is pretty good, though some tips (like returning pets to shelters if your kid doesn't care for them) are terrible. Also the suggestions for what to text to your kids are so off base I couldn't help but laugh (seriously, it sometimes felt like Rotbart was writing this book for grandparents). My main complaint is that it was super boring to read. The chapters were short, thankfully, but the writing was bland. I do take it as a good sign that most of these things I already sort of planned on doing, thanks in large part to the way I was raised, so good job raising me mom and dad. But I also think this book is full of a lot of common sense, at least for parents who really are concerned with developing a loving, trusting relationship with their kids.

---

## **Ciara says**

the good thing about this book was that each "chapter" was only a page or two long. this is a good fit for parents, who often only have a few minutes to steal away for pleasure reading before their kid decides to crawl underneath the coffee table & try to sit up for the TEN MILLIONTH TIME that hour, hence bumping their head & crying.

a lot of the ideas in this book are specific to families with older children, so i won't comment on their efficacy. but there were some okay tips for parents like me, who have babies. there were some things we were already doing, without realizing that we were doing anything special, & some other things that made me think, "i would like to try that." of course, now i can't think of a single example, & i have returned the book to the library. i guess i am doomed to a life of regretful parenting.

okay, the bad. as other reviewers have said, the first third or so of the book is just basically a long advertisement for the rest of the book. it's like, "are you busy? frazzled? sometimes overwhelmed? with our special patent-protected No Regrets Parenting system, you too can create treasured childhood memories for your son or daughter!" "no regrets parenting" is seriously capitalized like that throughout the book. maybe even bolded at times. like, dude, i am already reading your book. you can chill out on the branding a little.

i also got super-confused as the book progressed because he starts dropping more & more smileys & emoticons into the text. it's like he started the book thinking it would be the script to an infomercial. then he decided it would be a book & he got kind of serious about it. & then he was like, "fuck it," & wrote the rest via text message.

& some of the tips assume that the parent hoping to free him/herself of regrets is 150 years old, minimum. like maybe it's a book for turtle parents, who have long life spans? there are all these tips for keeping in touch with your older child via text message & it's like, "when your kid writes 'K', that means 'okay'." come on, dude. i'm over the age of 30, but i was born at some point after world war two. give me some credit. i just kept thinking about him showing his manuscript to his kids & them being like, "wow, great job, dad!" & then making fun of him to their friends while huffing glue or taking adderall recreationally or whatever the kids are doing these days.

---

## **Abby Lyn says**

Wanna make a parent cry? Tell him or her this factoid from "No Regrets Parenting": There are only 940 Saturdays between a child's birth and her leaving for college...if your child is five years old, 260 Saturdays are already gone. Gone! It really puts into perspective that old parenting saying that the days are long, but the years are short. Rotbart, a pediatrician, has compiled a series of short essays (explicitly geared toward short spurts of bathroom reading) with advice on how to maximize that limited time you have with your children, from getting the most out of carpool rides to surprise nighttime walks around the neighborhood in PJs. The idea is to move beyond the standard "quality time" (often scheduled "big" activities like trips to the zoo) to everyday encounters, so that your child gets to know the real you, as you maximize and make more meaningful your time with them. Some of his advice is just common sense, but he does also have some creative suggestions here. 3.5 stars.

---

## **Jaden says**

I agree with the general concepts in this book wholeheartedly, and I appreciated many of his ideas and his thinking on how to spend quality time with your children in new and different ways. I think there is lots of good advice to be found here.

However, the tone of the book, particularly toward the beginning, came off a bit presumptuous and judgmental to me. I felt like the author made some not so subtle assumptions about the makeup of families (talking a lot about Dad and Mom together but not at all about single Mom or Dad or how THEY might juggle these aspirations... let alone Mom and Mom or Dad and Dad) and that stuck out. Additionally, I started to feel towards the end like the book was a bit repetitive- almost as if the author was running out of content but wanted to extend the novel.

Overall, this was a good read, but not as good as I had hoped or expected.

---

### **Colleen says**

It was OK. I think I'm doing all right.

---

### **Becki says**

I came across this book in a round-about way. Dr. Rotbart's more recent book was mentioned in a magazine (probably Parents). That one wasn't available at my library, but this one was. It sounded interesting, so I requested it.

I have 11 and 14-year-old step-daughters who have been part of my life since they were three and five. Additionally, I now have my own 17 month old son and another on her way. The fact that the days are long but the years are short is something I am intimately familiar with. Along with the feeling that there still aren't enough hours in those long days and that I am missing critical moments and interactions with my kiddos. I am smack in the middle of Dr. Rotbart's target audience.

I will start with the opinion that I could have done without all of Part 1. It was fairly common sense and kind of boring. But Part 2 of the book absolutely made up for that.

I love practical. I love books that aren't just theory but give the reader a "to do" list of sorts. That is Part 2 of this book. It is broken into categories of life (sleep, school, work, home, entertainment) and how to include your kids more into the every day (or to insert yourself more into their every day). There were suggestions I could implement the day I read it. Some to put on the calendar in the coming week or so. And some to keep in mind for the future.

The chapters are short. In fact, Dr. Rotbart suggests you keep the book in the bathroom to read a chapter during your daily trips there (See...practical!). So it is easy for a busy parent to get through the reading. It is also ideal to keep on your shelf as a reference.

Good parenting book to help us all make the most of the short time we have with our kiddos under our roofs. (Only 940 Saturdays from birth to the departure from college!)



