



# Ask Supernanny: What Every Parent Wants to Know

*Jo Frost*

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## Ask Supernanny: What Every Parent Wants to Know Jo Frost

Jo Frost, aka "Supernanny," is back to respond to all the new questions from parents who rely on her methods and advice. In ABC's prime time hit series and in her first book, Jo works magic on problem children. The Supernanny method gives parents the tools to tackle any problem, be it mealtime, bathtime, bedtime, bedwetting, homework, sibling rivalry, aggressive behavior, or a child who just won't do what he or she is told. This follow up to the original *Supernanny* will be in a Q&A format, and will include Jo's A to Z for positive reminders of good parenting, tips and practical solutions for family dynamics, mealtimes, bedtimes, home and away, and much more.

## Ask Supernanny: What Every Parent Wants to Know Details

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## **From Reader Review Ask Supernanny: What Every Parent Wants to Know for online ebook**

### **Elasha says**

I read two books by Jo Frost and give them both a 3-3.5 star rating. Easy to read formats with helpful hints. What I take away from the Supernanny is this: discipline your children with firmness and calmness; to solve a discipline problem, make a plan and follow through; give your kids the structure they crave; and if you have more than two or three of them, good luck! :)

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### **Chris Batchelor says**

I've been a big fan of the TV show Supernanny, so there should be no problem with seeing that I bought this paperback book a bunch of years ago. Figuring I'd eventually get to it, I tried picking it up at various times in 2007 (when I purchased it), 2012, and the most recent over the last few days in 2016. However, I keep wanting to put the book back down. The question and answer format that this book relies heavily on, is what's detracting me from reading this to the point that I'd like to shelve it and/or discard it in some way. For the facts though, things do seem to flow with the information provided in the show, however, this book gets pretty wordy and what once was covered in an earlier book by the same author in 1-2 pages, is covered in 3-4 pages.

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### **Sarah says**

It used to be when I found myself losing it in the discipline department I would watch a Supernanny episode and find myself reinvigorated. Often the show would have a sequence where a parent would spend an hour or more constantly putting their child in their "naughty spot". I thought If they could do that without losing it then I can do it for 10 minutes. Anyway I always thought that a Supernanny parenting book would be helpful to read. I did like the book, as she says herself what she teaches is nothing new, she has just packaged and presented it differently. One thing that I am applying now is making different fun charts for encouraging good behavior. Right now we have two charts, one is a general good behavior and helpfulness chart and the other is a clean room chart and so far they are working.

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### **Cori says**

This book wasn't quite what I had in mind but it has great references for tips and charts online that I found invaluable. Overall I'm glad I read it but it wasn't really anything new or life changing.

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### **Shelly says**

I really liked this book. I pretty much read it cover to cover, which I usually don't do with this type of book. I admit I did skip a couple of small sections that didn't apply to me at all (like the one on nursing). I think she has a lot of great parenting advice. Now if only I could put it into practice, and whip my kids into shape.

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### **Nicole says**

I borrowed the SuperNanny books from a friend to help with my willful toddler. They were great! I highly recommend them. I have started using the Naughty Spot she talks about and various other parenting strategies to help with troublesome areas. It seems to help, but I have only been using them for a week or so and don't expect immediate results for a while. But my daughter is showing an improvement on some days.

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### **J.C. says**

This book had some good suggestions but often left me wanting to ask more specific questions that applied to my son. Sort of like the "What to Expect" books in that it has a parent's question followed by Jo's answer, but it also has some general instructions in her techniques. Maybe my son is just more curious/stubborn/active than other kids but most things don't really work for him & those that do just take forever...

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### **???? says**

one of the greatest book i've ever read to help parents raise thier kids :)

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### **Leigh Shaver says**

Just like the TV show, Jo answers questions, and describes her "techniques" for parents. Helpful ideas for lots of different parenting situations. Easy to read and very positive, hopeful! Also, nice to read about households much more crazy than mine!

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### **~Bellegirl91~ says**

So I took child development and child care classes 3 years of my high school years and have worked with kids for years. Now at 26, never married or had kids, I feel like a mom with a 5 year on call babysitting/nanny job with different families in my area (all kids cousins) and this book is AMAZING! I've worked at a day care for a little over s year after high school (long story why I quit even though I loved it but it was paycheck issues let's just leave it there) and also watched the supernanny reruns on TV and loved Jo Frost.

So skimming this book here and there and someone who knows kids and works with them, I totally understand and agree with Jo on all she says. There's even been things I've never even thought about or how

to come across something and some technique ideas she has are AMAZING.

For example, one she suggested I used while babysitting yesterday and it worked. Well, except that these 4 kids are super whiny and dramatic and test you BIG time. Of course I love them but they tend to be manipulative and fake cry ALL THE TIME. So one would be mad if she got bumped or something while doing one of these activity techniques Jo suggested and it did work perfectly with the other 3 but there's that one kid haha.

Other than that, this book is one where you can just pick up randomly if you needed help with certain things like bedtime, mealtime, new babies/additions, reward charts, etc. so I LOVE some ideas and suggestions she's come up with and I seriously recommend all families should at least have this book in their home. I'm not a fan of parenting books tbh after working and studying kids cause no offense, most don't know what they're talking about and Jo here makes things so simple and easy. Don't believe me? Go find full episodes of supernanny, any one, and watch 2-3 and she literally save HUNDREDS of families and this book I'll definitely be keeping.

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### **Colette says**

I think this book has some very good ideas. I like Frost's style... no nonsense, but still loving and fun. I think I might buy this one to refer back to as my children get older and go through different stages. She covers all ages, from infancy to teenagers. It's not super in-depth for all ages, but I think it's more of a style guide than a "here's exactly what to do in every situation and stage" book.

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### **Dana Veron says**

We originally read this book to help us with some bedtime issues with our nearly 4 year old. Jo's techniques work well, and are explained in terms all parents can understand. Not only that, she answers many of the "what if" questions that often arise when trying a new technique out. I enjoyed her dialogue in the book so much that I read it cover-to-cover. I'll be keeping this one on my shelf for reference!

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### **Elise says**

This is actually a pretty great book with lots of practical advice. Some of the techniques/methods are probably things you already do; however, she breaks them down step by step which really makes them seem not only manageable, but easy to remember in the "heat of the moment" ;). A lot of it is just plain common sense, but it just helps to reinforce things you already know sometimes!

Advice I want to remember:

-Only give ONE warning to a child misbehaving. More than one warning will teach them that you don't really mean it.

-Be a "Speaking Clock" to a child who has issues with coming and going

- The "Naughty Chair" technique
- Use a timer during Time Out and let the child see it (not hold it).
- Establishing ground rules for mealtimes
- Your toddler/preschooler won't eat dinner? Stop giving snacks! Only 1 - 2 cups of juice per day (this is common sense you probably already know, but I have a hard time enforcing it, so it was good to hear it again). Violet would live on juice if she could.
- Picky eater? Let them help prepare the food, explaining how you need different foods from each food group

The ideas for different Reward Charts are creative but simple. I like the one where she used a picture of a castle and a cut-out princess for the child (obviously this is a girly one). The child gets to move the princess towards the castle when she behaves well, away from the castle when she misbehaves. Reaching the castle means she gets a treat.

I skimmed over the baby and newborn sections--but there really weren't that many. I think this is meant more for toddlers, little kids, and big kids.

I didn't agree with absolutely everything (e.g. leaving a child in the crib till the age of 3), but for the most part, Jo Frost gives great advice. A "no-nonsense" approach to parenting :).

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### **Kayla says**

After I got this book I went onto Hulu and watched a bunch of Supernanny episodes and I have to say: I like Jo. I like her methods, I like her ideas and I like her advice. Watching the episodes made this book easier to read. you can read it on your own, but you understand so much more if you've seen the techniques work.

As much as I love her advice when it comes to children, parents, teenagers and toddlers, it only earned three stars because this book proved that Jo has no idea when it comes to babies. She says things in this book that are just plain wrong. It's not her opinion vs my opinion, it's her stating incorrect facts. For instance, she says that breastfeeding babies under 6 months of age should be given cooled boiled water to keep them hydrated. That was the popular theory 20 years ago, but today, ALL doctors say that's just crazy. Since this book was published last year, I have to say I'm really annoyed.

So, skip all advice about babies and just read the parts about everything else. I really liked the techniques in this book and will be using them on my LO.

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### **Theresa says**

This was a pretty great book. It deals with ages 1-15, so there's not a lot of emphasis on toddlers, which was sort of what I was looking for. But, it provides information for this stage, as well as others down the road. So, overall it's not bad. A lot of what it says makes sense.

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