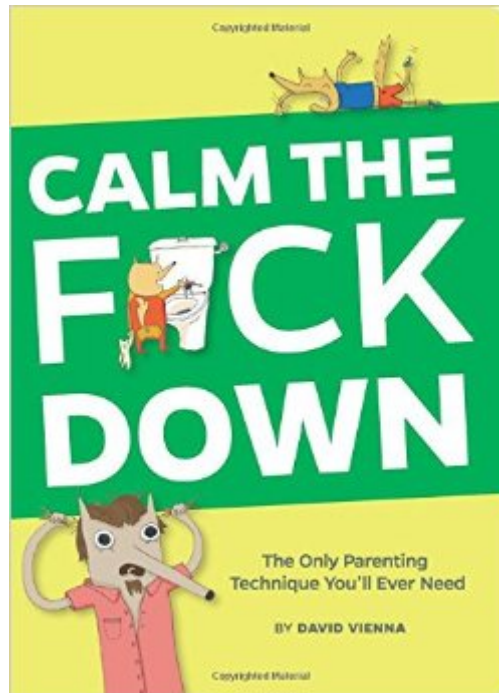


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# Calm The F\*ck Down: The Only Parenting Technique You'll Ever Need



## Synopsis

If you're a good parent, you probably drive yourself batshit with worry. This book is for you. Based on his viral blog post and addressing concerns from "my baby won't poop" to "my boy likes girl toys" to "everything costs too much," David Vienna's wise and funny parenting advice will amuse and inform and remind you that (almost) nothing is worth freaking out about. Includes advice from actual experts! Great new dad gift that'll keep him calm, cool, and collected Paperback; 5.5 x 7.75 inches; 112 pages

## Book Information

Paperback: 112 pages

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (57 customer reviews)

Best Sellers Rank: #11,168 in Books (See Top 100 in Books) #3 in [Books > Parenting & Relationships > Babysitting, Day Care & Child Care](#) #44 in [Books > Humor & Entertainment > Humor > Parenting & Families](#)

## Customer Reviews

I was a bit taken aback when I received the book *Calm the F\*ck Down* as part of my BabyGuyBox for September. The BabyGuy has never led me astray, so I tried to be open minded. I waited until all four of our children were in bed, poured myself a cup of decaf coffee and settled in to check this book out. It was absolutely hilarious as well as filled with real world, practical advice. I love giving expecting friends the book: *The Womanly Art of Breastfeeding*, but now I can give them a copy of *Calm the F\*ck Down* as well. Here's how I described *Calm the F\*ck Down* when I explained it to my husband: It's just like having coffee with you (dear husband) and with one of my Besties (who has 9 children). Here's a quick illustration: I say "Do you think it's a problem that baby hasn't pooped in 3 days? I'm starting to think something is wrong with me, my milk, her, or maybe its..." Hubby says "Seriously, just relax, I'm sure it's no big deal" (loosely translated: *Calm the F\*ck Down!!!!*) Bestie says "Oh, that happens, especially with breastfeed babies. They can go up to 7 days without pooping and it's no problem. Crystal, it just means she is getting everything she needs and there's

not much waste. Look at her, she's doing great" Do you see what happened there? I freaked the freak out. Hubby did the eye roll with words, and my Bestie talked me down off the ledge and reassured me I'm a rockstar parent! That's exactly what happens as you read *Calm the F\*ck Down: The Only Parenting Technique You'll Ever Need*. This book is filled with real world advice and reassurance, as well as a reminder that you should probably just breathe every once in awhile instead of going off the parental deep end.

I love lighthearted parenting books. I mean, seriously. Parents have enough to worry about on a daily basis, and it's important to maintain a sense of humor, especially when you have a stressful job. (Don't think parenting is stressful? I could argue with you all day, but let me just say this: it's the only job I know where you can never clock out. Not even when you're sleeping.) In this book, father of twins David Vienna expands on a philosophy popularized by a blog entry of his: the CTFD Method. Basically, regardless of the issue at hand, the solution is always the same: Calm the f\* down. It sounds silly, and it is a bit, but I'm pretty sure that we all need to be reminded to calm down occasionally, especially parents. The book is separated into sections based on age and category of problem. Each concern starts the same way: illustrating the worst possible thing that could happen if you have a certain problem with your kid. The "CTFD" section that follows each issue explains why you probably shouldn't be worrying as much as you are. I loved the first half of each page because I have a tendency to imagine the absolute worst in every situation, and some of the overblown parental worries sounded hilariously similar to the way I think. I mean, I know it's unrealistic, but I still can't help but run through every negative scenario in my brain. Proof that Vienna gets this (regarding a kid who shows no interest in walking): "If he shows no interest in learning to walk now, perhaps he'll never learn. That means you'll have to find one of those baby walker things in preschooler size, then kid size, then adult size. Or maybe you could just tie him to a skateboard and tow him around like a pet."

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