



## The "Perfect" Parent: 5 Tools for Using Your Inner Perfection to Connect with Your Kids

*Spring 2015 Non-Fiction*

**Ages:** All Ages

**Author:** Roma Khetarpal

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**Review:**

Long-time counselor and educator Roma Khetarpal writes in her book's introduction that "the perfect parent for your child is you." It takes pressure off the daunting phrase in her title right away, which is her point.

She approaches parenting like a nutritionist might approach a health or weight-loss goal. She emphasizes that habits change a little at a time, small improvements can be made every day no matter how impossible the big picture seems, and there will always be slips but don't sweat it.

As the title suggests, the book focuses on five basic tools, all essentially about communication -- how we speak to, listen to, see and react to our kids. Several of her case studies were things I have experienced or am currently challenged by, so I was able to put some of the tools into action right away. They're applicable at every stage of parenting, and none felt intimidating or vague. This is a clear, concise and easy-to-read set of instructions.

The end of each chapter includes a parenting affirmation and helpful summary of takeaways. Even better, she rounds them all up again in a final chapter called the Toolbox. Khetarpal, in this enjoyable read, makes a solid case that it's never too late to be a healthier parent.

*Teresa DiFalco ©2015 Parents' Choice*

Teresa DiFalco is a writer, editor and mother in Vancouver, Washington. Her work has appeared in the New York Times and the Oregonian, and she writes a movie column for Vancouver Family Magazine. She's a strong speller, a menace at badminton, and makes a passable souffle.

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