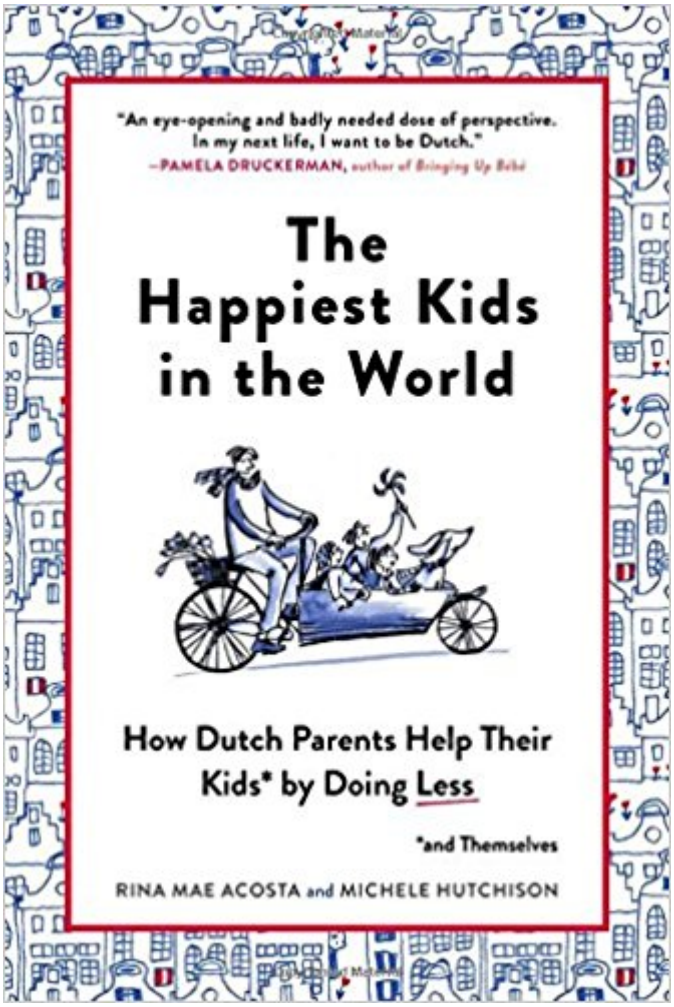
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# The Happiest Kids In The World: How Dutch Parents Help Their Kids (and Themselves) By Doing Less




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## Synopsis

Discover how Dutch parents raise The Happiest Kids in the World! Calling all stressed-out parents: Relax! Imagine a place where young children play unsupervised, donÃ¢â ¬â„¢t do homework, have few scheduled Ã¢â ¬Å“activitiesÃ¢â ¬Â• . . . and rank #1 worldwide in happiness and education. ItÃ¢â ¬â„¢s not a fantasyÃ¢â ¬â •itÃ¢â ¬â„¢s the Netherlands! Rina Mae Acosta and Michele HutchisonÃ¢â ¬â •an American and a Brit, both married to Dutchmen and raising their kids in the NetherlandsÃ¢â ¬â •report back on what makes Dutch kids so happy and well adjusted. Is it that dads take workdays off to help out? Chocolate sprinkles for breakfast? Bicycling everywhere? Whatever the secret, entire Dutch families reap the benefits, from babies (who sleep 15 hours a day) to parents (who enjoy a work-life balance most Americans only dream of). As Acosta and Hutchison borrow ever-more wisdom from their Dutch neighbors, this much becomes clear: Sometimes the best thing we can do as parents is . . . less!

## Book Information

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## Customer Reviews

Ã¢â ¬Å“Stressing less and relaxing more as the recipe for happy children? It might be time we all Ã¢â ¬Ëœgo Dutch.Ã¢â ¬â„¢Ã¢â ¬Â•Ã¢â ¬â •Today.com Ã¢â ¬Å“The key to raising happy kids? . . . Do as the Dutch do.Ã¢â ¬Â•Ã¢â ¬â •Washington Post Ã¢â ¬Å“Are you already frantically looking up immigration information, and figuring out how soon you can get a plane ticket to The Netherlands to look at houses? Me too. . . . The spirit of Dutch living is something we can certainly all look to for inspiration.Ã¢â ¬Â•Ã¢â ¬â •Babble Ã¢â ¬Å“A must-read for all parents looking to

adopt a more relaxed parenting style and create a less stressful environment for their children.Ã¢â ¬Â•Ã¢â ¬â •Library Journal Ã¢â ¬Å“American parents exhausted by the pressures and expectations of parenting will appreciate this refreshing look at how another culture handles the same issues.Ã¢â ¬Â•Ã¢â ¬â •Publishers Weekly Ã¢â ¬Å“Clear and concise . . . this is one of the most convincing parenting books to come across my desk in the last year.Ã¢â ¬Â•Ã¢â ¬â •Sunday Times Ã¢â ¬Å“An eye-opening and badly-needed dose of perspective. In my next life, I want to be Dutch.Ã¢â ¬Â• Ã¢â ¬â •Pamela Druckerman, author of Bringing Up BÃƒÂ©bÃƒÂ© (French Children DonÃ¢â ¬â„¢t Throw Food) Ã¢â ¬Å“IÃ¢â ¬â„¢m done having babies, but this book made me (almost) want to have one more, just so I can raise it the Dutch way!Ã¢â ¬Â•Ã¢â ¬â •Jen Mann, New York TimesÃ¢â ¬â œbestselling author of People I Want to Punch in the Throat Ã¢â ¬Å“A fascinating bookÃ¢â ¬â •oneÃ Â I wish I had read sooner! In fact, the more I read the more I became temptedÃ Â to moveÃ Â our entire family to the Netherlands . . .Ã¢â ¬Â• Ã¢â ¬â •Sarah Turner, author of The Unmumsy Mum Ã¢â ¬Å“What a joy to discover that the eternal secret to happy kids just might stem from routine, family time, independence, reasonable expectationsÃ¢â ¬â •and chocolate sprinkles.Ã¢â ¬Â•Ã¢â ¬â •New York Post

Rina Mae Acosta is a writer from California currently living in the Netherlands with her Dutch husband and two young sons. She founded the successful parenting blog Finding Dutchland.Michele Hutchison worked in publishing in Britain before moving to Amsterdam in 2004. She is now a prominent translator of Dutch literature and lives in a traditional Dutch house with her husband and two children.

A+

Really love this book. I read it a couple of times.

Interesting read.

As an American who has lived in the Netherlands, this book rings so true to my experiences. I often hear through friends and family in the US the incredible pressure to be the "perfect" parent, in big and subtle ways. At one point, my brother, in a moment of desperation, threw a parenting book out the window as it had completely stressed my sister-in-law into thinking she was "ruining" my nephew for life.That is the refreshing thing about The Happiest Kids in the World. The message is

simple: relax. It’s going to be okay. The book has such a friendly, warm tone and I found myself laughing along as I could relate to the culture shock of wait, they let kids do what? And they survive and thrive!? Amazing! The authors’ personal anecdotes are all followed up by research and interviews with Dutch professionals and it feels very balanced, a bit like the Dutch parenting the book advocates.A common complaint for books like this is "Well, that won’t work in the US." Yes, part of Dutch parenting happens due to the government--the way they prioritize maternity care and families in policies, the way schools are structured and how health services are available to all. But that only came about because it reflected the culture, the actual families living out their values. My experience in the Netherlands with children was that they weren’t weird or exceptional specimens. They were normal kids who were allowed a really low-key beautiful childhood. They felt safe and loved. That’s something that all of us, parents or not, can hope for and strive to create in our communities.If you want some entertaining, non-judgemental advice of how to get off the treadmill of perfectionist parenting or if you’re just interested in getting a glimpse into Dutch culture, this is a fantastic start.

Fabulous book. Stupendous service, thank you!

Helpful perspectives on parenting.

As an American, High School English teacher I’m thrilled to read ways in which to encourage my students that success and satisfaction aren’t always monetary, or status related. This book was refreshing to me in so many ways- as a teacher, as a Mother and now, as a friend- who will be purchasing a few more copies to share.

I thoroughly enjoyed this very well written book! Rina Mae Acosta and Michele Hutchison paint an amazingly accurate picture of the Dutch society and how children are raised in the Netherlands. I can attest to that, being a Dutchie myself, born and raised in The Netherlands, but living in the US since 2005. Besides that I also raised my two children partly in the Netherlands and partly in the US. I really enjoyed seeing the Dutch society, and child rearing the Dutch way, described as seen through the eyes of an American and a British young mother, and seeing it compared with the ways thing are done in their home countries. Very interesting (including the mild criticism of the Dutch and their quirks, well deserved ))! I bought this book not only for myself but also for my daughter, who is expecting, and is contemplating moving back to the Netherlands within a few years to raise her child

there. I guess this book would make that decision a no brainer. Who wouldn't want to be the parent of one of the happiest kids in the world!

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