“Dr. Carmen Vazquez has written a valuable guide to parenting in the 21st century. She weaves her vast knowledge, clinical experience, and personal history into a very easy-to-read and yet important book for Latino families.”

-- Harold S. Koplewicz, M.D.,
Founder and Director, New York University Child Study Center

**PARENTING WITH PRIDE LATINO STYLE**

*How to Help Your Child Cherish Your Latino Values and Succeed in Today’s World*

**Carmen Inoa Vazquez, Ph.D.**

The largest minority in North America, 38 million strong and steadily growing, Latinos are influencing every aspect of “mainstream” culture—from snack food trends to political campaigns. Yet, many first- and second-generation Latinos fear that life in the U.S.A. is creating spoiled, disrespectful children who will grow up with no sense of their heritage or its core values. To preserve the traditions and ethics of their ancestors, should today’s Latino parents continue to assert their absolute, unquestionable authority, the way their parents did, even at the risk of alienating their bicultural kids?

A distinguished psychologist, Carmen Inoa Vazquez, Ph.D., has built her career on helping Latino families resolve the conflicts of daily living in North America. A first-generation Latina, who emigrated from the Dominican Republican at age sixteen, she has also successfully raised two bicultural sons. She shares her unique, sensitive, balanced approach to bicultural childrearing in **PARENTING WITH PRIDE LATINO STYLE: How to Help Your Child Cherish Your Latino Values and Succeed in Today’s World** (Rayo, An Imprint of HarperCollins Publishers; September 2004; $23.95).

“We can strike a balance between cultures,” Dr. Vazquez assures Latino parents, “helping our children thrive in North America without becoming totally assimilated and discarding their Latino heritage. But we can only do this if we are not unconsciously dominated by the past.” “First and foremost,” she stresses, “it is essential for Latino parents in the United States—and for their relatives and children—to understand and accept the fact that the rules have changed.”

How can today’s Latino parents instill an appreciation for revered standards of behavior without forcing them on their children and provoking rebellion? What does it take to raise well-adjusted, culturally flexible kids? To lead the way, Dr. Vazquez presents a realistic system, grounded in one of the most treasured of all Latino values: *orgullo*. Although simply translated as pride, this profound term does not connote arrogance. Instead, *orgullo* conveys self-respect
and personal dignity—achieved and maintained by paying homage to beliefs and codes of conduct validated over centuries.

Inspired by *orgullo*, **PARENTING WITH PRIDE LATINO STYLE** gives parents a guiding framework and seven golden rules for a new way of childrearing:

1. **O**: Organize your feelings.
2. **R**: Respect your child’s feelings.
4. **U**: Update your media awareness often.
5. **L**: Love your child for who she or he is.
6. **L**: Listen to your child.
7. **O**: Open the communication channels—and keep them open.

Building on the foundation of *orgullo*, Dr. Vazquez explores its primary cultural practices: *respeto*, with advice on looking at issues from a child’s perspective; *familismo*, with strategies for keeping the peace with an *abuela* who believes in “the old way” of discipline; *simpatia*, with tips on fostering friendships with kids; and *obediencia*, with guidelines for setting appropriate and clear limits. Throughout, self-awareness quizzes, crisis-management exercises, and illustrative case studies covering common problems with toddlers, middlers, teens, and relatives give Latino parents the critical insights and concrete techniques to relax their approach, without compromising their Latino values—or letting their kids walk all over them.

Comprehensive, sensitive, and practical, **PARENTING WITH PRIDE LATINO STYLE** is a welcome guide for the millions of Latinos struggling to create a bridge between their grandparents’ ways and what’s best now for their children in America.

**ABOUT THE AUTHOR**

*Carmen Inoa Vazquez, Ph.D.*, psychologist and first-generation Latina, is the founder of the Bilingual Treatment Program Clinic at Manhattan’s Bellevue Hospital, as well as the founder and director of the Institute for Multicultural Behavioral Health. She is also Clinical Professor in Psychiatry at the New York University School of Medicine and has served as professor at the City University of New York. The proud mother of two bilingual / bicultural young men, she lives in New York City with her husband.

**PARENTING WITH PRIDE LATINO STYLE**

*How to Help Your Child Cherish Your Latino Values and Succeed in Today’s World*

By Carmen Inoa Vazquez, Ph.D.

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Sorry Germany lovers, the Caylor-Browns will not be returning to Germany. If you would like to recall our first unpleasant experience with Germany or read for the first time what happened to us in Munich in 2012, please read: Don't Eat at Woerner's. In 2012, I honestly thought it was the warm weather and hundreds of extra tourists that made the Germans edgy: There are other turbulent currents under the sea of.