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It is challenging for one to decipher what traits make a good parent or a bad one. In "The Danish Way of Parenting," the reader is provided with many approaches that can benefit anyone taking a nurturing role who may be struggling or seeking guidance in this discussion area. This text focuses on the upbringing of both Jessica Alexander and Iben Sandahl and how they have worked together in their marriage. They are creating methods from their Danish roots to give them the most success as parents.

The contrast between cultures is a frequent topic in this writing. Therefore, to analyze this literature, it is crucial to examine the contrasting cultures. Alexander was raised in traditional American culture, where Sandahl was introduced to Danish culture. After marrying, they worked as a team to create aspects of their cultural values. In their writing, they say that a considerable amount of the parenting tactics lean toward the Danish culture. This concept is what makes the text so interesting. The reader sees a strong contrast between the two cultures and how they grew up, comparing their childhoods. "As an American, she almost felt it was her right to have a happy ending. But time and time again, the Danish films would touch on sensitive, real, and painful issues that didn't wrap it up with a nice bow" (p. 32). The reader is exposed to the American ideal of the 'land of opportunity.' However, the Danish readings show a different perspective of possibility. It
Blanchard lays out a world of sensitivity, strong relationships, and a compassionate world. A different value compared to efficiency and success. As Alexander is taught through the experience of Alexander's approach to parenting, she explains how it revolves around physical or verbal punishment and fear—a traditional behaviour of parents in a North American household. American culture, over time, has created multiple problems for families. The lack of understanding and connection within one another slowly disconnects the relationships. "A recent study has shown that empathy has dropped almost fifty percent in young people in the U.S. since the nineteen eighty's and nineteen nineties… meanwhile, the level of narcissism has increased twofold" (p. 76). As shown in the quote, the typical parenting style used by American parents does not have good outcomes. While they might use these styles to motivate or inspire their children, it has an adverse effect.

Following this concept of disconnect, the amount of understanding, a central point in the writing, provides a different approach to the relationship dynamics between children and parents. Alexander and Sandahl demonstrate this concept by using it with their children. This tactic is unique since both parents were born and raised into different belief systems; they could collectively agree on how they wanted to raise their children. The Danish lifestyle is on the opposite end of the parenting spectrum compared to the American. It is refreshing to see Alexander accept that there might be a more efficient way of parenting that involves more flexibility and vice versa. Being understanding also affects their personal life, as understanding starts with the individual. The two Danish brothers had just as many differences and issues as the two American sisters, but Jessica's husband always approached them with understanding" (p. 75). Sandahl knew that by being understanding and fully listening to his brother, there would be a positive outcome that benefitted everyone. This also applies to the way that they parent. From what Sandahl has
Blanchard

provided the reader, they can gather the idea that Danish parenting can be extremely understanding. One thing that is brought up in multiple ways in the text is to think before you react. Children are also learning and replicating the behaviour they see from their parents.

Alexander and Sandahl do a fantastic job summarizing each chapter with a group of lists. This keeps the text simple and easy to follow and understand. Creating these lists at the end of the chapter ingrains both authors' points and ensures their ideas hit home with the reader. The text covers many topics, so it may be easy for the viewer to forget or miss any of the issues covered in each chapter. Examples of this idea are when the authors make statements like "tips for empathy" (p. 94) and then list several ways the viewer can tie and retain the information into their personal life. Ensuring they are engaging with the audience confirms their points of parenting. They want this to be an interactive book where readers can try to practice the concepts. Often, parents want better for themselves and their children; they understand topics, but applying them is where they feel a roadblock. By giving readers active tips that they can try to use, they are not only changing readers' perspectives but also allowing them to fix the roadblock of carrying the concept into their actions. The numbered lists will also improve the reader's retention, making it very straightforward for them to use these techniques listed in their day-to-day life, rather than constantly having to reopen the text and refresh their memory.

Examples help fill in the missing pieces for their audience. Since this reading can be made for many readers, it's essential to nail their points home. Throughout the book, they make statements and immediately make those statements very straightforward by adding an example that assists the comment made. By doing so, the reader can make their interpretation of what the authors have stated. There is a clear-cut way that the text is intended to be read and interpreted.
This is done using situational examples, or they have even given examples of conversations that may occur and how to manage them. One of these is explicitly mentioned early in the book—the discussion of the toy Lego. Alexander and Sandahl explain that this toy originated in Denmark, which complements their remark that free play and creativity are detrimental to children. It is viewed as a "building block," literally and figuratively. The authors claim it is the perfect toy for reinforcing the youth's imagination and independence. The Lego concept heavily supports their statement that kids of all ages need to be able to play freely. It is even pictured on the cover of the text, making it a crucial part. "Lego can work for all ages. When the child is ready to take the next step toward a more challenging construction, there are Legos made for doing so" (p. 23).

"The Way of Danish Parenting" is a complex text covering many subjects. It ranges from general information to small details one may overlook when parenting. The passage goes to great lengths to ensure the viewer understands what is being said, followed by an explanation to eliminate potential confusion. Positively, readers can feel the passion through their writing. Whether you are a parent or not, while reading this literature, you can feel the importance of the message the authors are conveying. It is intended to enlighten anyone who may be curious about the topic of parenting. And it does just that. This book is designed not only for any figure in the parenting world but is beneficial for everyone. "The Way of Danish Parenting" speaks heavily about nurturing relationships and growing together for stronger relationships. Given its child-specific examples, it would lean more towards parents. However, all relationships can benefit from the information Alexander and Sandahl provided. An academic audience that would gain from this book is sociology, social work degrees, and psychology. Almost any degree that consists of working with family and children. This would be another resource that would aid the students and
Blanchard

contribute to adding real-life examples and situations that they will likely be in their careers. The only suggestion that could be made towards the content is to add variety to how the text is displayed. As stated before, it is concise and valuable, with lists and step-by-step guides on parental skills. However, some viewers may find the chapters repetitive and need more interest or variety. Other than that, there would be no significant or apparent issues or areas of criticism that I suggest from the text.

In conclusion, "The Danish Way of Parenting" was a very straightforward book. As someone who doesn't read much recreationally, the knowledge that I have gained from this text I will carry with me to use in my personal life. The information is very beneficial in platonic or romantic relationships or parental relations. It sets up strong connections with one another, and everyone can benefit from this content.