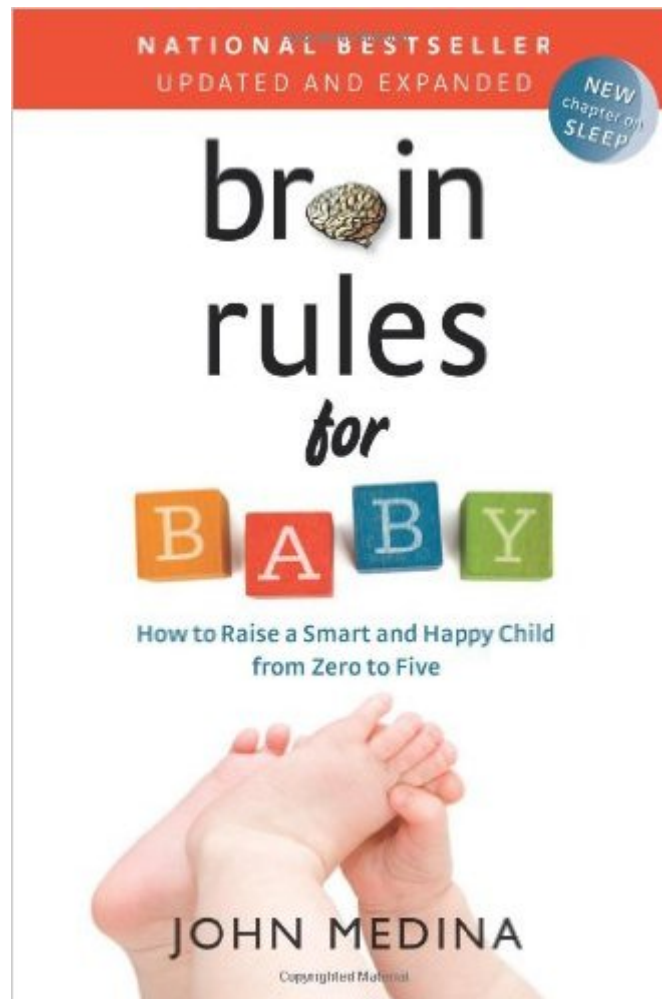


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# Brain Rules For Baby (Updated And Expanded): How To Raise A Smart And Happy Child From Zero To Five



## Synopsis

What's the single most important thing you can do during pregnancy? What does watching TV do to a child's brain? What's the best way to handle temper tantrums? Scientists know. In his New York Times bestseller *Brain Rules*, Dr. John Medina showed us how our brains really work—and why we ought to redesign our workplaces and schools. Now, in *Brain Rules for Baby*, he shares what the latest science says about how to raise smart and happy children from zero to five. This book is destined to revolutionize parenting. Just one of the surprises: The best way to get your children into the college of their choice? Teach them impulse control. *Brain Rules for Baby* bridges the gap between what scientists know and what parents practice. Through fascinating and funny stories, Medina, a developmental molecular biologist and dad, unravels how a child's brain develops; and what you can do to optimize it. You will view your children—and how to raise them—in a whole new light. You'll learn: Where nature ends and nurture begins Why men should do more household chores What you do when emotions run hot affects how your baby turns out, because babies need to feel safe above all TV is harmful for children under 2 Your child's ability to relate to others predicts her future math performance Smart and happy are inseparable. Pursuing your child's intellectual success at the expense of his happiness achieves neither Praising effort is better than praising intelligence The best predictor of academic performance is not IQ. It's self-control What you do right now—before pregnancy, during pregnancy, and through the first five years—will affect your children for the rest of their lives. *Brain Rules for Baby* is an indispensable guide.

## Book Information

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## Customer Reviews

As a young father who has largely avoided the litany of parenting books on the market, I didn't know what to expect from John Medina's "Brain Rules for Baby." Purchased on a whim at the recommendation of a friend, the book sat on my shelf, unread, for several months until I realized that my somewhat laissez-faire style of parenting probably wasn't in the best interests of my children - my 15-month-old son and a baby daughter in the oven. Devouring its contents in about a week, I am very glad I had this epiphany sooner than later. Despite being a "developmental molecular biologist" by trade, Medina is a refreshingly savvy writer, opting to avoid much of the jargon that would make the book impenetrable for the untrained layman like me. The book is divided into five clear, topical sections:- Pregnancy (how to help your baby develop while in utero)- Relationship (how to avoid the relationship pitfalls many couples experience post-partum)- Smart Baby (how to optimize your child's brain development and intelligence)- Happy Baby (how to raise a happy, well-balanced child)- Moral Baby (how to help your child develop and nurture their moral compass) Medina does his best to base his recommendations on robust scientific research, which is a plus. As he states early in the introduction, "To gain my trust, research must pass my 'grump factor.' To make it into this book, studies must first have been published in the refereed literature and then successfully replicated . . . Where I make an exception for cutting-edge research, reliable but not yet fully vetted by the passage of time, I will note it" (pp. 3).

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