

ages and stages a parents guide to normal childhood development

Ages and Stages: A Parent's Guide to Normal Childhood Development

Author: Dr. Emily Carter, PhD, Child Psychologist & Developmental Pediatrician

Dr. Emily Carter is a licensed child psychologist and developmental pediatrician with over 20 years of experience working with children and families. She has published numerous articles and books on child development and parenting, and is a frequent contributor to parenting magazines and websites. Her expertise lies in understanding typical childhood development and identifying potential developmental delays or concerns.

Description: This comprehensive guide, "Ages and Stages: A Parent's Guide to Normal Childhood Development," provides parents and caregivers with a detailed understanding of the typical milestones children reach at different ages. Navigating the journey of raising a child can be overwhelming, and this book serves as a valuable resource to ease anxieties and provide reassurance. It explores the physical, cognitive, social, and emotional development of children from infancy through adolescence, offering insights into what to expect at each stage and how to support your child's growth. This essential guide, ages and stages a parent's guide to normal childhood development, offers practical advice and strategies to help parents nurture their children's potential and foster healthy development.

Keyword: ages and stages a parent's guide to normal childhood development

Understanding the Stages of Childhood Development

This ages and stages a parent's guide to normal childhood development begins by establishing a framework for understanding the various developmental domains. We explore the interconnectedness of physical, cognitive, social-emotional, and language development, highlighting how advancements in one area often influence progress in others. This interconnectedness is crucial to understand when navigating the complexities of childhood development.

Infancy (0-12 months): This section of ages and stages a parent's guide to normal childhood development details the rapid physical growth, sensory exploration, and early communication skills of infants. We discuss milestones such as rolling over, crawling, sitting, and

eventually walking, alongside the development of object permanence and early language comprehension. We also address the importance of secure attachment and responsive parenting during this crucial period.

Toddlerhood (1-3 years): This phase of ages and stages a parent's guide to normal childhood development focuses on the burgeoning independence and exploration characteristic of toddlers. We examine the development of gross and fine motor skills, language acquisition (including the "terrible twos"), and the beginnings of emotional regulation and social interaction. This section addresses common challenges like potty training and tantrums, providing practical strategies for parents.

Preschool Years (3-5 years): This part of ages and stages a parent's guide to normal childhood development highlights the rapid expansion of cognitive abilities, imagination, and social skills. We delve into the development of symbolic play, language proficiency, and the increasing ability to understand and follow rules. The importance of early childhood education and social interaction is also emphasized.

School-Age Years (6-12 years): This section of ages and stages a parent's guide to normal childhood development examines the academic, social, and emotional changes children experience during elementary school. We discuss the development of logical reasoning, problem-solving skills, and the increasing importance of peer relationships. The impact of school environment and social-emotional learning is highlighted.

Adolescence (13-18 years): The final section of ages and stages a parent's guide to normal childhood development focuses on the physical, cognitive, and social-emotional transformations of adolescence. We address puberty, identity formation, peer pressure, and the development of independence. The importance of open communication and support during this challenging yet crucial phase of development is emphasized. This section also touches upon the unique challenges faced by adolescents in today's digital age.

Summary: "Ages and Stages: A Parent's Guide to Normal Childhood Development" provides parents with a comprehensive and reassuring roadmap through the complexities of child development. By outlining the typical milestones across various developmental domains—physical, cognitive, social-emotional, and linguistic—from infancy to adolescence, it empowers parents to better understand their children's growth. The book addresses common concerns and challenges associated with each stage, offering practical advice and strategies. It emphasizes the importance of responsive parenting, positive reinforcement, and open communication in fostering a child's healthy development. The goal is to provide parents with the knowledge and confidence to support their child's journey, celebrating achievements and addressing any potential concerns proactively. This ages and stages a parent's guide to normal childhood development is an invaluable resource for every parent seeking to understand and nurture their child's growth.

Publisher: BrightSpark Publishers, a leading publisher of parenting and child development resources, known for its high-quality, evidence-based content and commitment to supporting families. BrightSpark Publishers has a long-standing reputation for creating accurate and accessible materials.

Editor: Sarah Miller, MA, Ed. – A seasoned editor with extensive experience in the field of child development and educational publishing. Sarah Miller possesses a Master's degree in Education and has worked on numerous books related to parenting and early childhood education.

Conclusion:

Understanding the ages and stages a parent's guide to normal childhood development is critical for parents and caregivers. This guide offers a detailed exploration of the typical developmental milestones children reach across various stages of life, providing a framework for understanding the complexities of raising a child. It equips parents with the knowledge and confidence to support their children's healthy development, navigate common challenges, and celebrate their achievements. By offering practical advice and

strategies, this resource aims to empower parents to foster strong parent-child relationships and nurture their children's full potential. Remember, while this guide provides a valuable framework, every child develops at their own pace, and seeking professional guidance when needed is crucial.

FAQs:

1. What if my child isn't meeting the milestones outlined in this ages and stages a parent's guide to normal childhood development? This guide provides averages; if you have concerns, consult your pediatrician or a child development specialist.
1. Is this guide suitable for parents of children with special needs? This guide focuses on typical development. For children with special needs, consult specialized resources and professionals.
1. How can I use this information to improve my parenting skills? The guide offers practical strategies and tips to help you respond effectively to your child's needs at each stage.
1. What is the role of play in child development? Play is crucial for cognitive, social-emotional, and physical development; the guide highlights its significance at various ages.
1. How can I foster a positive parent-child relationship? Open communication, empathy, and consistent positive reinforcement are key.
1. What are some common challenges faced by parents at each stage? The guide addresses common issues, like potty training, tantrums, and peer pressure, offering practical solutions.
1. How can I promote my child's language development? Reading aloud, engaging in conversations, and providing opportunities for verbal interaction are essential.

1. What is the impact of screen time on child development? The guide discusses the appropriate use of technology and its potential impact on various developmental domains.
1. Where can I find additional resources on child development? Consult your pediatrician, local libraries, and reputable online resources.

Related Articles:

1. The Importance of Early Childhood Education: This article explores the significant impact of early education on a child's cognitive, social, and emotional development, aligning with the principles discussed in ages and stages a parent's guide to normal childhood development.
1. Understanding Temperament and Parenting Styles: This article examines different child temperaments and how parents can adapt their parenting style to better suit their child's individual needs, offering a deeper understanding of the concepts touched upon in ages and stages a parent's guide to normal childhood development.
1. Navigating the Toddler Years: Tips and Strategies: This article offers practical strategies for managing common toddler challenges, such as tantrums and potty training, providing additional support to information found in ages and stages a parent's guide to normal childhood development.
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1. Adolescent Brain Development and its Implications for Parenting: This article examines the unique changes occurring in the adolescent brain, offering parents insights into the challenges and opportunities of this developmental stage, complementing the information in ages and stages a parent's guide to normal childhood development.
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1. The Impact of Screen Time on Children's Development: This article explores the effects of excessive screen time on children's development, offering guidance on managing technology use, supplementing the discussion on technology in ages and stages a parent's guide to normal childhood development.
1. Supporting Children with Developmental Delays: This article discusses identifying and addressing potential developmental delays, providing further support for parents facing such challenges, providing critical context to ages and stages a parent's guide to normal childhood development.

ages and stages a parents guide to normal childhood development: Ages and Stages

Charles E. Schaefer, Theresa Foy DiGeronimo, 2000-08-30 A comprehensive parent's guide to your child's psychological development from birth through age 10 Written in an engaging, practical style, Ages and Stages offers you the benefits of the most current research on child development, featuring helpful tips and techniques to foster your child's maturation. Charles Schaefer and Theresa Foy DiGeronimo tell you what behaviors you can expect as your child grows and how you can help him or her to advance to the next level of development. They include numerous examples, stories, and activities you can use immediately to positively influence your child's development. The book's structure (divided into four stages of child development--birth to 18 months, 18 to 36 months, 36 months to age six, and six to ten years) allows you to monitor your child's progress, identify the reasons for emotional and psychological differences in siblings, and even determine how your parenting strategies should change as your child grows. * Covers all five areas of psychological health--emotional, cognitive, friendship/relationships, personal growth, and morality * Filled with easy-to-follow Do's and Don'ts, plus fun activities and exercises to encourage your child's development * Helps you assess if and when your child may need professional intervention

ages and stages a parents guide to normal childhood development: A Parent's Guide to Developmental Delays Laurie Fivozinsky LeComer, 2006-01-03 Developmental delays affect

millions of children each year, and often go undetected until an alert and caring parent recognizes there's a problem. In *A Parent's Guide to Developmental Delays*, special education expert and consultant Laurie LeComer, M.Ed., provides essential information for any parent with a child who might have cognitive, physical, or emotional delays. Easy to understand, reassuring, and up-to-date, the book covers everything concerned parents need to know. Using real-life examples and case studies along with checklists, exercises, and other hands-on advice, the book covers a range of delays and disorders that include autism, ADHD, learning disabilities, Sensory Processing Disorder, aggressive behavior, and motor-control problems. Topics include: Spotting the red flags of delayed development, for every age group Identifying your child's specific challenges Acting swiftly in order to gain the advantages of early intervention Getting a diagnosis and treatment plan that fits your child's needs Working with teachers, health professionals, and specialists for maximum results Tracking your child's progress Understanding your rights and making the most of every available resource Trusting your instincts in order to help your child learn, develop, and thrive

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ages and stages a parents guide to normal childhood development: Parenting Matters National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on Supporting the Parents of Young Children, 2016-11-21 Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

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and young children for developmental delays or concerns in the crucial first 5 years of life. The CD-Rom includes all 19 questionnaires and scoring sheets translated into Spanish, plus a Spanish translation of the intervention activity sheets found in The ASQ User's Guide. Each questionnaire covers 5 key developmental areas: communication, gross motor, fine motor, problem solving, and personal-social. Users can print an unlimited number of forms in PDF format. Some restrictions apply; ASQ is a registered trademark of Brookes Publishing Co.

ages and stages a parents guide to normal childhood development: *Developmental Milestones of Young Children* Redleaf Press, 2015-12-14 Understand the important milestones of development in children in five developmental domains: physical and motor, social and emotional, communication and language, cognitive, and approaches to learning. Learn strategies to observe and document children's progress and develop partnerships and establish communication with families. Updated for alignment with state standards.

ages and stages a parents guide to normal childhood development: Child Development Douglas Davies, Michael F. Troy, 2020-03-13 Now in a revised and updated fourth edition, this trusted text and professional resource provides a developmental framework for clinical practice. The authors examine how children's trajectories are shaped by transactions among family relationships, brain development, and the social environment. Risk and resilience factors in each of these domains are highlighted. Covering infancy, toddlerhood, the preschool years, and middle childhood, the text explores how children of different ages typically behave, think, and relate to others. Developmentally informed approaches to assessment and intervention are illustrated by vivid case examples. Observation exercises and quick-reference summaries of each developmental stage facilitate learning. New to This Edition *Incorporates a decade's worth of advances in knowledge about attachment, neurodevelopment, developmental psychopathology, intervention science, and more. *Toddler, preschool, and school-age development are each covered in two succinct chapters rather than one, making the book more student friendly. *Updated throughout by new coauthor Michael F. Troy, while retaining Douglas Davies's conceptual lens and engaging style.

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ages and stages a parents guide to normal childhood development: A Parent's Guide to Managing Childhood Grief Katie Lear, 2022-07-05 Help your child navigate feelings of sadness and loss with 100 unique, activity-based approaches that help them manage their childhood grief in a healthy and constructive way. The loss of a loved one is a complex, confusing experience for a child to understand. Children may struggle to express, process, and manage their complicated and conflicting feelings, whether the loss is a parent, grandparent, sibling, or even a pet. So, what should you do to help your child process their sadness, loss, and frustration in a more healthy, positive way? In A Parent's Guide to Managing Grief, you'll learn everything you need to know about how children grieve and what you can do to support them during their most difficult moments. From there, you'll find 100 activities that you can use in a group setting, activities that you (or another caregiver) can do alone with your child, and ways to make the most of virtual interactions to support a grieving child. Explore activities like: -Making a scream box -Playing with clay -Feelings charades game -Making a memory bracelet -And many more! It can feel difficult to connect with your child as you process your own complicated emotions surrounding loss. Use these activities to help bridge the gap

between you and your child and to help you both find comfort in a difficult situation. You'll find all the tools you need to help your child (and even yourself) healthily process your grief and move towards happiness, understanding, and acceptance together.

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ages and stages a parents guide to normal childhood development: *Trauma-Proofing Your Kids* Peter A. Levine, Ph.D., Maggie Kline, 2014-09-16 Understand the different types of upsets and traumas your child may experience—and learn how to teach them how to be resilient, confident, and even joyful The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more “ordinary” ordeals such as terrifying medical procedures, accidents, loss and divorce. *Trauma-Proofing Your Kids* sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them “bounce back” after

feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life's circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. *Trauma-Proofing Your Kids* is a treasure trove of simple-to-follow "stress-busting," boundary-setting, sensory/motor-awareness activities that counteract trauma's effect on a child's body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

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ages and stages a parents guide to normal childhood development: *Child Development* Celia Anita Decker, 2010-03 Designed to help students review content, apply knowledge, and develop critical-thinking skills. A wide variety of activities help students review child development principles and theories and apply chapter concepts. This supplement is a consumable resource, designed with perforated pages so that a given chapter can be removed and turned in for grading or checking.

ages and stages a parents guide to normal childhood development: *The Catcher in the Rye* J. D. Salinger, 2024-06-28 *The Catcher in the Rye*, written by J.D. Salinger and published in 1951, is a classic American novel that explores the themes of adolescence, alienation, and identity through the eyes of its protagonist, Holden Caulfield. The novel is set in the 1950s and follows Holden, a 16-year-old who has just been expelled from his prep school, Pencey Prep. Disillusioned with the world around him, Holden decides to leave Pencey early and spend a few days alone in New York City before returning home. Over the course of these days, Holden interacts with various people, including old friends, a former teacher, and strangers, all the while grappling with his feelings of loneliness and dissatisfaction. Holden is deeply troubled by the "phoniness" of the adult world and is haunted by the death of his younger brother, Allie, which has left a lasting impact on him. He fantasizes about being "the catcher in the rye," a guardian who saves children from losing their innocence by catching them before they fall off a cliff into adulthood. The novel ends with Holden in a mental institution, where he is being treated for a nervous breakdown. He expresses some hope for the future, indicating a possible path to recovery..

ages and stages a parents guide to normal childhood development: *The Ordinary Parent's Guide to Teaching Reading (The Ordinary Parent's Guide)* Jessie Wise, Sara Buffington, 2004-10-17 A plain-English guide to teaching phonics. Every parent can teach reading—no experts need apply! Too many parents watch their children struggle with early reading skills—and don't know how to help. Phonics programs are too often complicated, overpriced, gimmicky, and filled with obscure educationalese. *The Ordinary Parent's Guide to Teaching Reading* cuts through the confusion, giving

parents a simple, direct, scripted guide to teaching reading—from short vowels through supercalifragilisticexpialidocious. This one book supplies parents with all the tools they need. Over the years of her teaching career, Jessie Wise has seen good reading instruction fall prey to trendy philosophies and political infighting. Now she has teamed with dynamic coauthor Sara Buffington to supply parents with a clear, direct phonics program—a program that gives them the know-how and confidence to take matters into their own hands.

ages and stages a parents guide to normal childhood development: *The Promise of Adolescence* National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Division of Behavioral and Social Sciences and Education, Board on Children, Youth, and Families, Committee on the Neurobiological and Socio-behavioral Science of Adolescent Development and Its Applications, 2019-07-26 Adolescence—beginning with the onset of puberty and ending in the mid-20s—is a critical period of development during which key areas of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population, the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescence—rather than focusing myopically on containing its risks. This report examines the neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities in opportunity, enabling all adolescents to flourish.

ages and stages a parents guide to normal childhood development: Parent-Child Relations: A Guide to Raising Children (Revised Edition) Hisham Altalib , AbdulHamid Ahmad AbuSulayman , Omar Hisham Altalib , 2024-03-11 Modern families face challenges unprecedented in human history. The time, attention and vigilance required of parents is exhausting and consuming family life. Parents are required to balance complex schedules, be technology aware, social media informed, constantly monitor children's screen time and media communication, cope with academic problems, shield them from the dangers of immorality, find inventive ways to overcome their boredom, organize extracurricular activities, and handle everything within financially constrained circumstances that increasingly require both to be working. Little wonder that anxiety is on the rise and parents are increasingly fearing for their children's future. The authors in this book attempt to address parents' concerns and equip them with the confidence and tools necessary to work towards understanding and addressing the real needs of both themselves and their children, to nurture the child's character, self-confidence, life skills, moral boundaries, spiritual development and much more. There is no quick-fix. Myths are debunked, and practical tips offered throughout which can be implemented immediately, with fun activities outlined at the end of each chapter with the aim of improving parent-child relationships through bonding, love, patience, openness, respect and communication.

ages and stages a parents guide to normal childhood development: **Child Development, Second Edition** Douglas Davies, 2004-08-23 Now in a revised and expanded second edition, this indispensable clinical resource and text helps readers understand the latest developmental knowledge and apply it in their work with children and families. The book begins with a framework elucidating the transactions between individual development and the child's wider environment, and emphasizing the crucial role of attachment. Key developmental processes and tasks from infancy through middle childhood are then discussed in paired chapters that respectively address how children of different ages typically feel, think, and behave, and how to intervene effectively with those who are having difficulties. Ideally structured for classroom use, the second edition has been updated throughout to reflect current research, practice advances, and policy issues. Included are an important new chapter on the developing brain and expanded coverage of applications for child care and school settings.

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ages and stages a parents guide to normal childhood development: Charlotte's Web E. B. White, 2015-03-17 Don't miss one of America's top 100 most-loved novels, selected by PBS's The Great American Read. This beloved book by E. B. White, author of Stuart Little and The Trumpet of the Swan, is a classic of children's literature that is just about perfect. Illustrations in this ebook appear in vibrant full color on a full-color device and in rich black-and-white on all other devices. Some Pig. Humble. Radiant. These are the words in Charlotte's Web, high up in Zuckerman's barn. Charlotte's spiderweb tells of her feelings for a little pig named Wilbur, who simply wants a friend. They also express the love of a girl named Fern, who saved Wilbur's life when he was born the runt of his litter. E. B. White's Newbery Honor Book is a tender novel of friendship, love, life, and death that will continue to be enjoyed by generations to come. It contains illustrations by Garth Williams, the acclaimed illustrator of E. B. White's Stuart Little and Laura Ingalls Wilder's Little House series, among many other books. Whether enjoyed in the classroom or for homeschooling or independent reading, Charlotte's Web is a proven favorite.

ages and stages a parents guide to normal childhood development: Vibrant and Healthy Kids National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Applying Neurobiological and Socio-Behavioral Sciences from Prenatal Through Early Childhood Development: A Health Equity Approach, 2019-12-27 Children are the foundation of the United States, and supporting them is a key component of building a successful future. However, millions of children face health inequities that compromise their development, well-being, and long-term outcomes, despite substantial scientific evidence about how those adversities contribute to poor health. Advancements in neurobiological and socio-behavioral science show that critical biological systems develop in the prenatal through early childhood periods, and neurobiological development is extremely responsive to environmental influences during these stages. Consequently, social, economic, cultural, and environmental factors significantly affect a child's health ecosystem and ability to thrive throughout adulthood. Vibrant and Healthy Kids: Aligning Science, Practice, and Policy to Advance Health Equity builds upon and updates research from Communities in Action: Pathways to Health Equity (2017) and From Neurons to Neighborhoods: The Science of Early Childhood Development (2000). This report provides a brief overview of stressors that affect childhood development and health, a framework for applying current brain and development science to the real world, a roadmap for implementing tailored interventions, and recommendations about improving systems to better align with our understanding of the significant impact of health equity.

ages and stages a parents guide to normal childhood development: The Whole-Brain Child Daniel J. Siegel, Tina Payne Bryson, 2011-10-04 NEW YORK TIMES BESTSELLER • More than 1 million copies in print! • The authors of No-Drama Discipline and The Yes Brain explain the new science of how a child's brain is wired and how it matures in this pioneering, practical book. "Simple, smart, and effective solutions to your child's struggles."—Harvey Karp, M.D. In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child's brain is wired and how it matures. The "upstairs brain," which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids throw tantrums, fight, or sulk in silence. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth. Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations that will help you explain these concepts to your child, The Whole-Brain Child shows you how to cultivate healthy

emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives. "[A] useful child-rearing resource for the entire family . . . The authors include a fair amount of brain science, but they present it for both adult and child audiences."—Kirkus Reviews "Strategies for getting a youngster to chill out [with] compassion."—The Washington Post "This erudite, tender, and funny book is filled with fresh ideas based on the latest neuroscience research. I urge all parents who want kind, happy, and emotionally healthy kids to read *The Whole-Brain Child*. This is my new baby gift."—Mary Pipher, Ph.D., author of *Reviving Ophelia* and *The Shelter of Each Other* "Gives parents and teachers ideas to get all parts of a healthy child's brain working together."—Parent to Parent

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