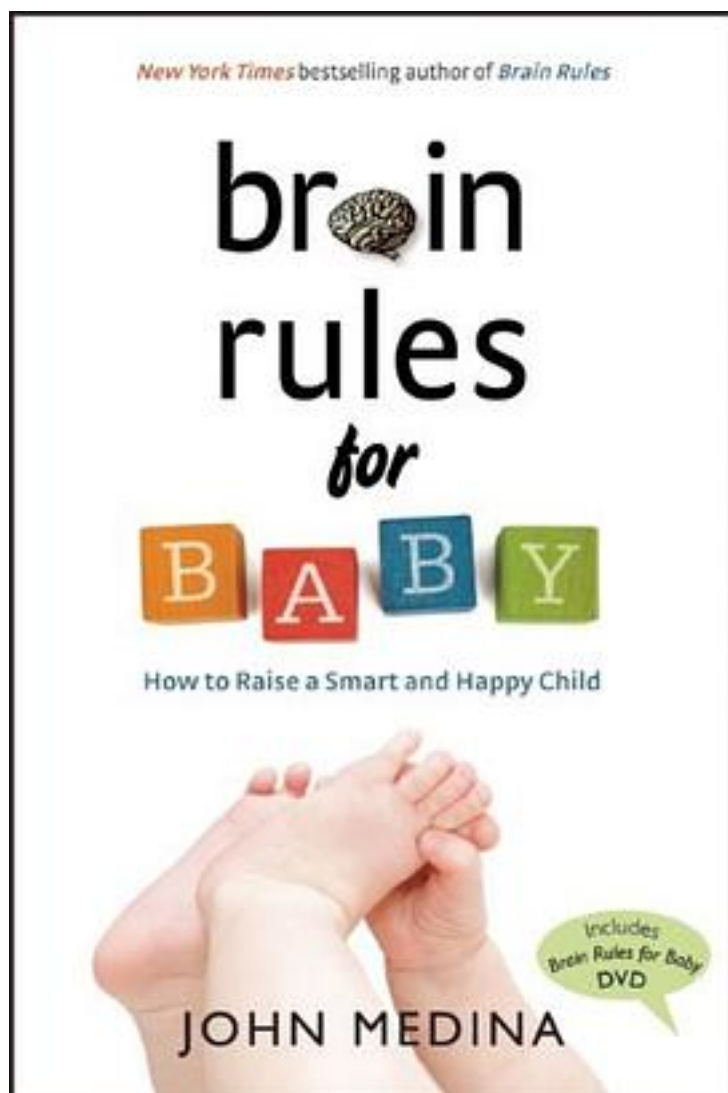


Brain Rules for Baby



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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 5. 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 child turns out

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.

作者介绍:

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