

# The Science of Parenting



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## Synopsis

It's time to re-write the rule book on raising a child. Based on over 700 scientific studies into children's development, BMA award-winning author and child psychotherapist Dr. Margot Sunderland explains how to develop your child's potential to the full. Find out the truth about popular childcare tactics, how touch, laughter and play build emotional wellbeing for life, and the strategies for effectively dealing with temper tantrums and tears. This is the first practical parenting book to give you the facts, not the fiction on the best way to bring up your child, essential for any parent.

作者介绍:

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## 标签

## 评论

从脑科学的角度谈论了各种育儿方法。其中不少内容在其他热销书中都有讲述，如Physical-Social Play可以在《游戏力》中找到相关内容，Unconditional Love在众多书中都有提及；SEEKING system在《正面管教》可以有更深入的了解；Top-down brain pathway&communication between two sides of brain和《全脑教养法》相呼应；而discipline with anger的手法也能在《the happiest toddler on the block》中找到。正所谓疏通同归，而其中每一部分讲解过程添加的brain story让我更深刻地了解了每一个行为背后的原因，很值得一读。

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## 书评

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