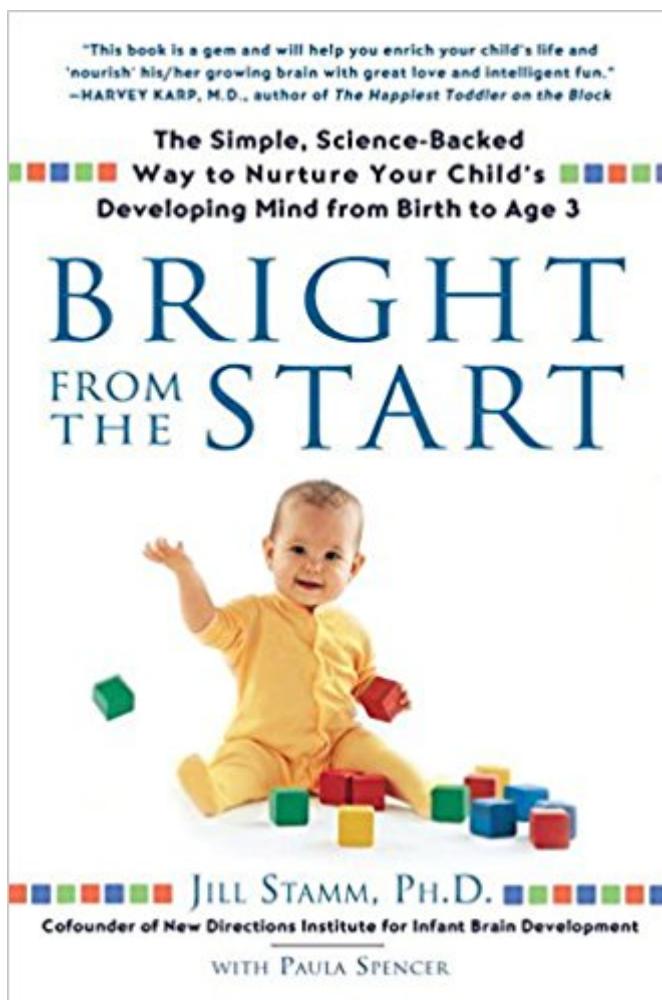


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# Bright From The Start: The Simple, Science-Backed Way To Nurture Your Child's Developing Mind From Birth To Age 3



## Synopsis

A cutting-edge handbook for parents from a pioneer in infant brain development Should you really read to your baby? Can teaching a baby sign language boost IQ? Should you pipe classical music into the nursery? Dr. Stamm translates the latest neuroscience findings into clear explanations and practical suggestions, demonstrating the importance of the simple ways you interact with your child every day. It isn't the right "edu-tainment" that nurtures an infant's brain. It is as simple as Attention, Bonding, and Communication, and it's within every parent's ability to provide. Practical games and tips for each developmental age group will show you not only what the latest findings are but, more importantly, tell you what to do with them.

## Book Information

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## Customer Reviews

This book is a gem and will help you enrich your child's life and nourish his/her growing brain with great love and intelligent fun. Harvey Karp, M.D., author of "The Happiest Toddler on the Block" What we are learning today from brain research is amazing, and this book makes that research into a parent friendly tool. Michael Gurian, author of "Nurture the Nature" and "The Wonder of Boys" If all newborns could come with an instruction book, this would be it. Kenneth S. Kosik, M.D., co-director of the Neuroscience Research Institute? This book is a gem and will help you enrich your child's life and ?nourish? his/her growing brain with great love and intelligent fun.? Harvey Karp, M.D., author of "The Happiest Toddler on the Block" ? What we are learning today from brain research is amazing, and this book makes that research into a parent friendly tool.?

?Michael Gurian, author of "Nurture the Nature" and "The Wonder of Boys" ?If all newborns could come with an instruction book, this would be it.? ?Keneth S. Kosik, M.D., co-director of the Neuroscience Research Institute

Dr. Jill Stamm is the co-founder of New Directions Institute for Infant Brain Development and is an associate clinical professor at Arizona State University in Psychology in Education. She is a nationally-known presenter on the subject of early brain development and has spoken before thousands of parents, caregivers, teachers, and policymakers. She knows firsthand how resilient a newborn brain is: her first daughter was born almost four months premature and doctors insisted she would never walk or talk. Stamm dedicated herself to improving her daughter's life, and 32 years later her daughter is living proof that nearly every baby's brain has the potential to adapt and flourish given the right attention. Paula Spencer is the co-author of Dr. Harvey Karp's bestseller *The Happiest Toddler on the Block*, author of *Momdification!*, and a contributing editor to *Parenting*, *Woman's Day*, and *Babytalk*. --This text refers to the Hardcover edition.

Bright from the Start is a solid overview on early childhood education. I would not hesitate to recommend reading this book. I have a 20 month old daughter and am using some of the techniques the authors recommend. My one quibble is the information would be more beneficial if it was outlined based on age. There are age-related suggestions within each chapter, however this resulted in me creating a bunch of bookmarks I will need to sort through in order to get the most out of the book. Even with that being the case, there is lots of really great information here that is backed up by research.

Highest recommendation! A must-have book for every new parent and caregiver! Everyone dreams of their newborn reaching his/her fullest potential, and this book supplies practical examples to make that a reality. For example, it tells how to raise your child's IQ by as much as 30 points - without specialized toys -just with consistent, personal interactions - and for working parents, tips on how to find quality care. Additionally, its cutting edge topics based on the most current neuroscience data, in language we can all understand(!), as well as the author's real-life experiences as a mom makes this book the next Dr. Spock or T. Barry Brazelton of this generation. ALL new parents need this book as a resource in their home! Fascinating reading!

This book is the best book I have read on how to develop my LO's mind. It is easy to read. I found the best part of the book to be the charts for each age group which tells you, the parent, how you can help your child reach their milestones. She goes into detail on the following three steps:  
A - attention  
B - bonding with your child  
C - Communicating with your child including TVI particularly liked the chapter on TV watching - to TV or not to TV and what she recommends AND more importantly what is realistic in today's world. This chapter alone is enough to purchase the book. My child has Down syndrome and there were things in here that I could do to work with my child to make her "smarter". This is an amazing book for any parent and I HIGHLY recommend it!!! You'll want to underline, highlight and refer to it often!

This is a good book and the advices are based on evidence from research conducted at top American Universities. However the writing is too repetitive. The author repeats the same advices over and over again. I think this book could have been written a lot more shorter.

This book is a wonderful resource for parents looking for a way to positively influence their child's brain development. The author makes the concepts easy to understand and provides great examples of activities to help engage a child's brain. I have recommended this book to many others.

Didn't think the book would have such a eye opening experience. I'm that type of mom that feels guilty for having to cook and clean while her kid played by herself. In this book it opens your eyes to not feeling guilty of letting your kid be bored. How they learn more when they're on their down time retaining all the information they've learned. That some people have a schedule and for some that doesn't work and it's all okay. How we mold our kids in the first years by not just teaching them, but by love and compassion too.

OHMIGOODNESS, parents, keep the video/smart screens away from babies and small children! This research is amazing. Using screens to babysit your babies and toddlers is directly affecting their brain development and iq. Brilliant work. I give these books to every new parent! THANK YOU JILL STAMM!

This is a great book! It is very informative and easy to read. I highly recommend.

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