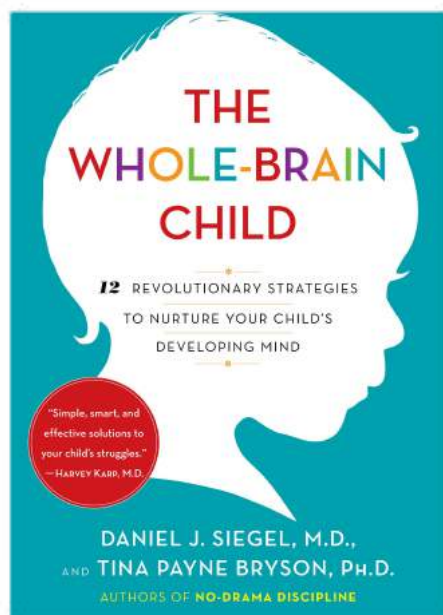


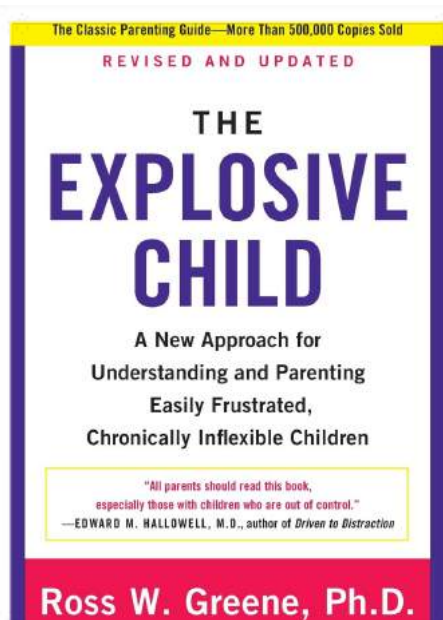


Books About Child Development

Includes valuable information for understanding child development and promoting a healthy childhood



In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist, 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.



A groundbreaking approach to understanding and parenting children who frequently exhibit severe fits of temper and other intractable behaviours, from a distinguished clinician and pioneer in this field, now updated to include the most recent research.

Throughout this compassionate book, Dr. Greene demonstrates why traditional treatments don't work for these kids and offers a new conceptual framework for understanding their behaviour, along with new language to describe it. He explains the latest neuroscience findings about the importance of flexibility, and, most important, he shows parents specific, practical ways they can recognize the signs of an impending explosion, defuse tension, and reduce frustration levels for the entire family.

The Orchid and the Dandelion

Why Some Children
Struggle and How
All Can Thrive

W. Thomas Boyce, M.D.

In Tom Boyce's extraordinary new book, he explores the "dandelion" child (hardy, resilient, healthy), able to survive and flourish under most circumstances, and the "orchid" child (sensitive, susceptible, fragile), who, given the right support, can thrive as much as, if not more than, other children.

Orchid children, Boyce makes clear, are not failed dandelions; they are a different category of child, with special sensitivities and strengths, and need to be nurtured and taught in special ways. And in *The Orchid and the Dandelion*, Boyce shows us how to understand these children for their unique sensibilities, their considerable challenges, their remarkable gifts.

foreword by GORDON NEUFELD, PhD
DEBORAH MACNAMARA, PhD

REST PLAY GROW

Making Sense of Preschoolers
(Or Anyone Who Acts Like One)

Based on the relational developmental approach of Gordon Neufeld



Based on the work of one of the world's foremost child development experts, *Rest, Play, Grow* offers a road map to making sense of young children, and is what every toddler, preschooler, and kindergartner wishes we understood about them.

Based on science and the relational developmental approach of renowned psychologist and bestselling author Gordon Neufeld, *Rest, Play, Grow* reveals how critical adults are in shaping the conditions to ensure young children flourish. This is the story of how young children develop, from their intense need for attachment and the vital importance of play to discipline that preserves growth.

How to Give All Children the Right Start

The MOST IMPORTANT YEAR

Pre-Kindergarten and
the Future of Our Children

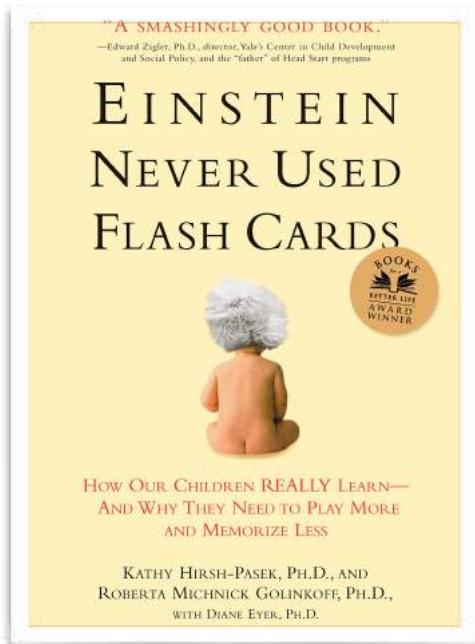
SUZANNE BOUFFARD



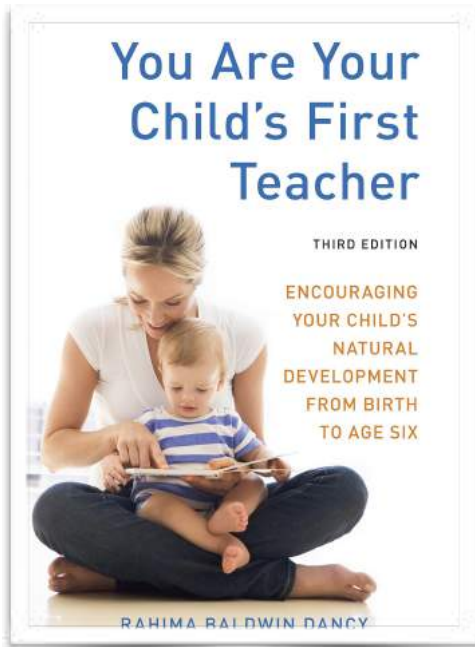
At the heart of this groundbreaking book are two urgent questions: What do our young children need in the earliest years of school, and how do we ensure that they all get it?

Cutting-edge research has proven that early childhood education is crucial for all children to gain the academic and emotional skills they need to succeed later in life. Children who attend quality pre-K programs have a host of positive outcomes including better language, literacy, problem-solving and math skills down the line, and they have a leg up on what appears to be the most essential skill to develop at age four: strong self-control.

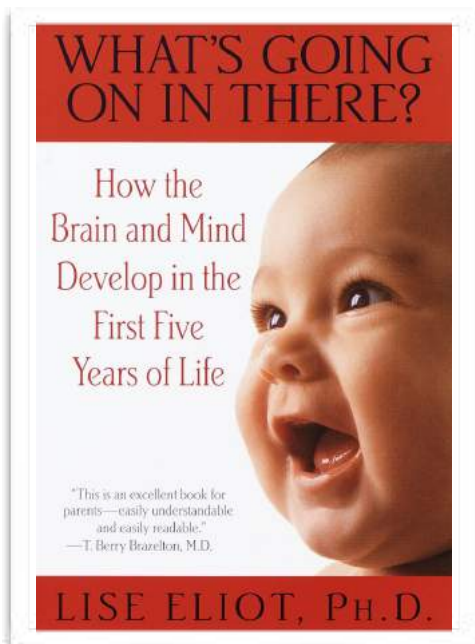
Journalist Suzanne Bouffard takes us inside some of the country's best pre-K classrooms to reveal the sometimes surprising ingredients that make them work.



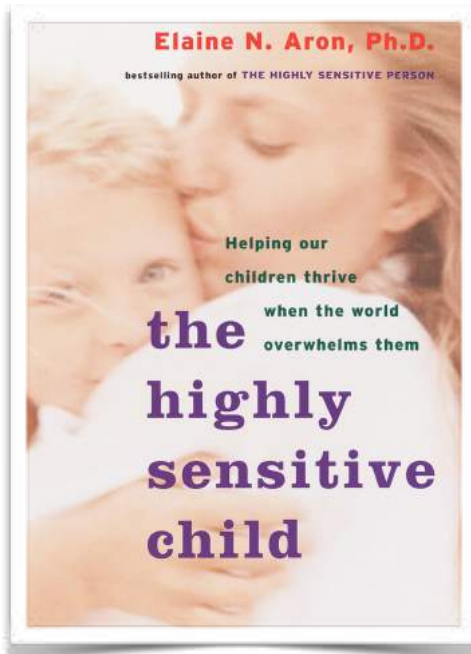
Highly credentialed child psychologists, Kathy Hirsh-Pasek, Ph.D., and Roberta Michnick Golinkoff, Ph.D., with Diane Eyer, Ph.D., offer a compelling indictment of the growing trend toward accelerated learning. It's a message that stressed-out parents are craving to hear: Letting tots learn through play is not only okay—it's better than drilling academics! Drawing on overwhelming scientific evidence from their own studies and the collective research results of child development experts, the authors explain the process of learning from a child's point of view. They then offer parents 40 age-appropriate games for creative play. These simple, fun--yet powerful exercises work as well or better than expensive high-tech gadgets to teach a child what his ever-active, playful mind is craving to learn.



Today's society often pressures us into overstimulating young children with flashcards, workbooks, videos, and electronic gadgets in a well-meaning attempt to give them a head start. But children are not little adults—they learn and grow in radically different ways at different ages, and what we do to help could actually hurt instead. Some of the most important learning years happen before your child reaches school. In *You Are Your Child's First Teacher*, respected Waldorf educator Rahima Baldwin Dancy explains the different stages of learning that children go through from birth to age six, giving you the wisdom and understanding to enrich your child's natural development in the right way at the right time.

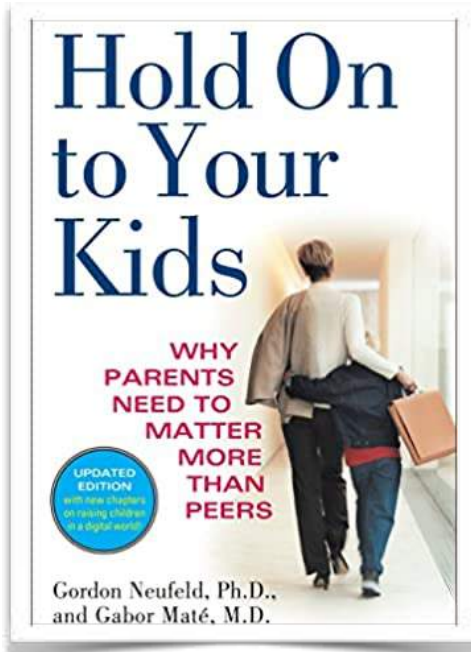


As a research neuroscientist, Lise Eliot has made the study of the human brain her life's work. But it wasn't until she was pregnant with her first child that she became intrigued with the study of brain development. She wanted to know precisely how the baby's brain is formed, and when and how each sense, skill, and cognitive ability is developed. She was interested in finding out how her role as a nurturer can affect this complex process. How much of her baby's development is genetically ordained—and how much is determined by environment? Is there anything parents can do to make their babies' brains work better—to help them become smarter, happier people? *What's Going On in There?* is a lively and thought-provoking book that charts the brain's development.



15-20 per cent of children are highly sensitive - and they are often labelled shy, introverted, fussy or faddy. The real story is very different though and this practical book helps parents know what to do, when to back off, and how to ensure their child is given the right sort of treatment at school.

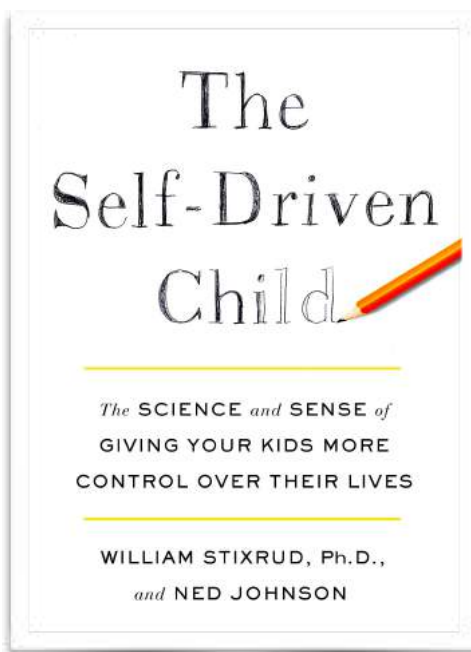
It provides parents with insights and information so they can understand high sensitivity, and help their highly sensitive child thrive in the world. It is important for these children to be understood so they can be helped to avoid the common traps of shyness and withdrawal that many highly sensitive children fall into as they develop.



Gordon Neufeld, Ph.D., joins forces with bestselling author Gabor Maté, M.D., to tackle one of the most disturbing trends of our time: Children today looking to their peers for direction—their values, identity, and codes of behavior.

This “peer orientation” undermines family cohesion, interferes with healthy development, and fosters a hostile and sexualized youth culture.

Hold On to Your Kids explains the causes of this crucial breakdown of parental influence—and demonstrates ways to “reattach” to sons and daughters, establish the proper hierarchy in the home, make kids feel safe and understood, and earn back your children’s loyalty and love.



A few years ago, William Stixrud and Ned Johnson started noticing the same problem from different angles: Even high-performing kids were coming to them acutely stressed and lacking motivation. Many complained they had no control over their lives. Some stumbled in high school or hit college and unraveled. Bill is a clinical neuropsychologist who helps kids gripped by anxiety or struggling to learn. Together they discovered that the best antidote to stress is to give kids more of a sense of control over their lives. But this doesn't mean giving up your authority as a parent. In this groundbreaking book they reveal how you can actively help your child to sculpt a brain that is resilient, and ready to take on new challenges.

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