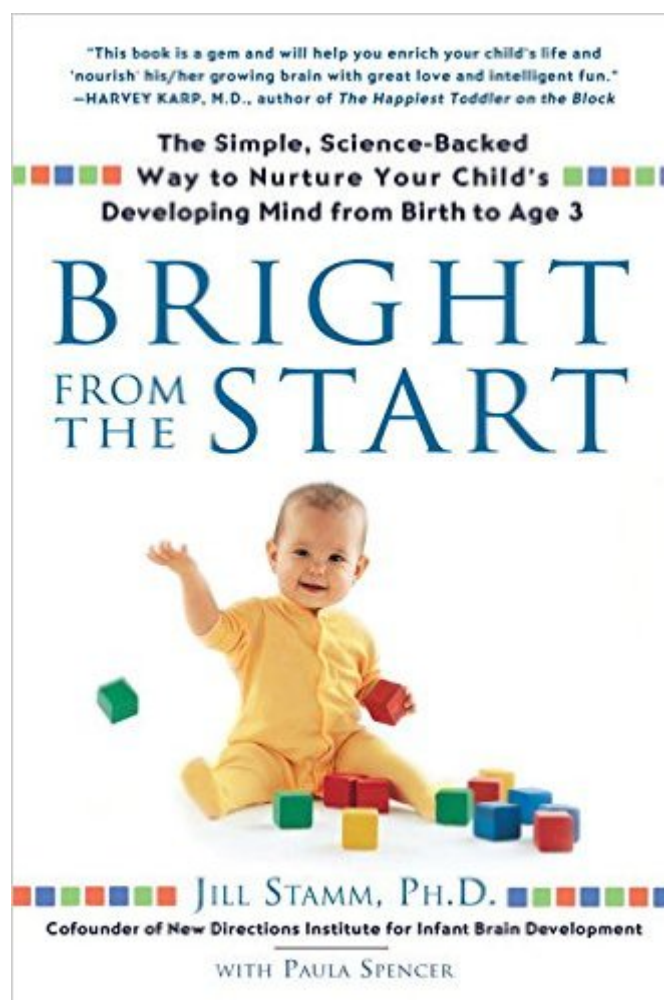


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Bright From The Start: The Simple, Science-Backed Way To Nurture Your Child's Developing Mind From Birth To Age 3



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 "entertainment" 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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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (122 customer reviews)

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Customer Reviews

Due to the high ratings on , I think I wanted to not like this book. Well, four stars proves I lost that battle. I usually don't understand anything that is "science backed" but somehow Stamm explains the science of the brain so clearly I didn't want to skim over any of it. I read the first 100 pages like they didn't really matter (in about 30 minutes). But once I returned to the book (the very next day) I decided to start at page 1 and actually read through the whole thing. I'm really glad I did. Though there isn't one big idea or take away that will drastically change my parenting, I appreciated the simple reassurance that things I've already been doing are backed by loads of research. I also think the book helps motivate and encourage readers to look for even more ways to improve their caregiving. This is done in a gentle, guilt free sort of way. Stamm's theory is simple to follow. A, B, C. Attention, Bonding, Communication. She emphasizes the idea that a caregiver is baby's first and

best toy. Face games, fill and spill, hide and find, sort and match, etc; activities are essential to learning and developing attention span and curiosity. All these are led by a parent, not gimmicky-flashing toys. But she also emphasizes the need for play time to be FUN and unstructured. Then there is downtime -- don't forget kids need to just take some time to watch the grass grow as birds chirp near by. I love (and fully agree with) her emphasis on communication. Time and time again IQ is connected directly to vocabulary. Kids who start school with 10,000 words excel much quicker than those who enter with 5,000. Simply talking to a child, before they can even talk back, has a far reaching impact. Stamm also uses the section on communication to focus on music and reading.

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