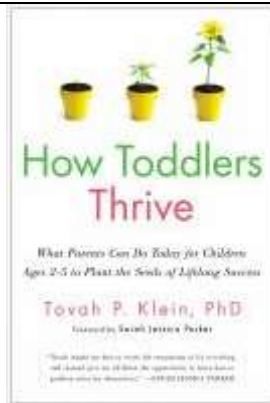


Optimising Your Infant and Toddler's Brain and Holistic Development

Recommended Library Books (* denotes Speaker's Recommendation)

Book summaries are taken from the NLB catalogue and the respective publishing companies. Please check for the book availabilities via our online catalogue at <http://www.nlb.gov.sg>

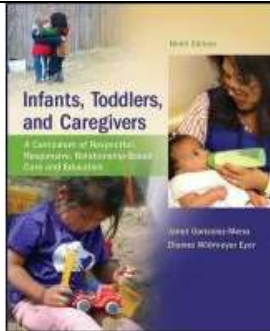
	<p>125 brain games for babies By: Jackie Silberg; with contributions from Keith Pentz Publisher: Lewisville, NC : Gryphon House, 2012 Call No.: 649.122 SIL-[FAM]</p> <p>Updated to reflect the latest research about how children learn; the revised edition of "125 Brain Games for Babies" is a fun-filled collection of ways to develop the brain capacity of infants. Included are everyday opportunities to nurture brain development in the critical period from birth through twelve months. Each game and sensory experience presented includes an annotation on the latest brain research and how the activity promotes brain power in babies.</p>
	<p>Born reading: bringing up bookworms in a digital age--from picture books to ebooks and everything in between By: Jason Boog Publisher: New York: Touchstone Books, 2014 Call No.: 372.425 BOO</p> <p>A program for parents and professionals on how to raise kids who love to read, featuring interviews with childhood development experts, advice from librarians, tips from authors and children's book publishers, and reading recommendations for kids from birth up to age five.</p>
	<p>Brain training for babies By: Fergus Lowe and Brigid Lowe Publisher: New York: McGraw-Hill, 2011 Call No.: 649.122 LOW-[FAM]</p> <p>Kick-start your baby's progress in life with this source of games, exercises and ideas. It combines cutting-edge research with hundreds of "brain training" activities for you to try out with your baby, boosting everything from their language to their emotional strength.</p>
	<p>Caring for your baby and young child By: American Academy of Pediatrics Publisher: New York: Bantam books, 2014 Call No.: 618.9201 CAR-[HEA]</p> <p>From the American Academy of Pediatrics, the most up-to-date, expert advice for mothers, fathers, and care providers. All parents want to provide the very best care for their children. This essential resource from the most respected organization on child health is the one guide pediatricians routinely recommend and parents can safely trust, covering everything from preparing for childbirth to toilet training to nurturing your child's self-esteem.</p>



How toddlers thrive : what parents can do today for children ages 2-5 to plant the seeds of a lifelong success*

By: Tovah P. Klein
 Publisher: New York : Simon & Schuster, 2014
 Call No.: 305.232 KLE

How Toddlers Thrive explains why the toddler years are different from any other period during childhood, what is happening in children's brains and bodies at this age that makes their behavior so turbulent, and why your reaction to their behavior-the way you speak to, speak about, and act toward your toddler- holds the key to a successful tomorrow and a happier today. This provocative new book will inspire you to be a better parent and give you the tools to help you nurture your child's full potential. Stop fighting with your child and start enjoying every minute of your time with them...while planting the seeds of happiness and success that will last a lifetime.

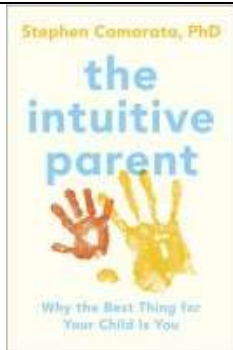


Infants, Toddlers, and Caregivers: A Curriculum of Respectful, Responsive, Relationship-Based Care and Education*

By: Janet Gonzalez-Mena and Dianne Widmeyer Eyer
 Publisher: New York : McGraw-Hill, c2012
 Call No.: 362.712 GON

Available only at Lee Kong Chian Reference Library and Woodlands Regional Library

An ideal introduction to care and education in the first three years of life, featuring a respectful, cohesive approach inspired by Magda Gerber and Dr. Emmi Pikler, pioneers in what Gerber called "Educaring." The text emphasizes the value of play and exploration, as well as giving careful attention to those caregiving times, when relationships grow and an abundance of learning occurs.

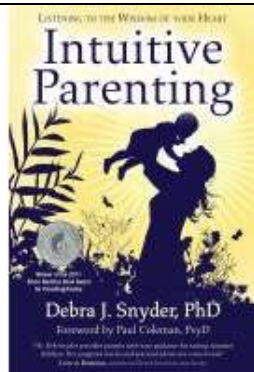


The intuitive parent : why the best thing for your child is you*

By: Stephen Camarata
 Publisher: New York, New York : Current, 2015
 Call No.: 649.1 CAM-[FAM]

Argues for a return to instinct-driven parenting, debunks parenting myths, and empowers parents to put down the flashcards and follow their instincts.

Grounded in the latest science by a nationally recognized child development expert, The Intuitive Parent arms parents and caregivers with the confidence and knowledge they need to quit worrying and enjoy the time they have with their child--no fancy gadgets or pricey videos necessary.



Intuitive parenting : listening to the wisdom of your heart

By: Debra J. Snyder
 Publisher: New York: Atria Paperback; Hillsboro, Or. : Beyond Words, 2010
 Call No.: 649.151 SNY-[FAM]

Dr. Debra Snyder, an intuitive therapist and holistic practitioner shares her groundbreaking guide to energy communication and healing, showing readers how to enhance their communication with children via subtle energy systems. Unlike other books on spiritual parenting that focus solely on changing the child, Intuitive Parenting works just as much on the parent's growth and entire family dynamic. With exercises, journaling prompts, and interwoven client stories, the book will resonate with parents, caretakers, teachers, therapists, and holistic health practitioners how to foster communication at the heart level.



Let's play and learn together: fill your baby's day with creative activities that are fun and enhance development

By: Roni Cohen Leiderman and Wendy S. Masi
 Publisher: Beverly, MA : Fair Winds Press, 2012
 Call No.: 649.5 LEI-[FAM]

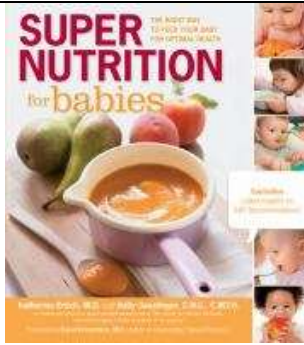
Playing with your baby is more than fun and games: it's the key to building a strong relationship with your infant and providing important early stimulation that promotes learning and development. Let's Play and Learn Together provides 100 games, activities, and exercises that parents can do with their baby to foster cognitive, motor, and language skills as well as creativity and relational skills. Let's Play and Learn Together shows parents how they can use daily caregiving routines such as feeding, diapering, dressing, bathing, and bedtime as opportunities for play, positive emotional attachment, and learning. You'll also find play ideas for each age and stage and for different developmental levels.



Playful parenting : an exciting new approach to raising children that will help you : nurture close connections, solve behavior problems, encourage confidence*

By: Lawrence J. Cohen
Publisher: New York : Ballantine Books, 2002
Call No.: 649.5 COH-[FAM]

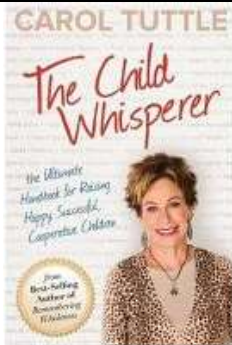
From eliciting a giggle during baby's first game of peekaboo to cracking jokes with a teenager while hanging out at the mall, Playful Parenting is a complete guide to using play to raise confident children. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, this book will make you laugh even as it makes you wise in the ways of being an effective, enthusiastic parent.



Super nutrition for babies : the right way to feed your baby for optimal health

By: Katherine Erlich and Kelly Genzlinger
Publisher: Beverly, Mass.: Fair Winds Press, c2012
Call No.: 641.56222 GEN-[COO]

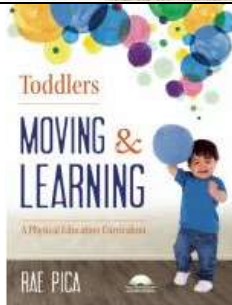
Based on a program used at one of the largest holistic practices in the country, this book provides information on all aspects of nutrition and feeding, including introducing meat in a child's diet, healthier alternatives to dairy and soy, starting solid foods, establishing a regular eating schedule, dealing with picky eating, and the best foods for every age and stage so your baby gets the best nutrition to minimize illness and optimize sleep, digestion, and brain development



The child whisperer: the ultimate handbook for raising happy, successful, cooperative children

By: Carol Tuttle
Publisher: [Draper, UT] : Live Your Truth Press, c2012
Call No.: 649.1 TUT-[FAM]

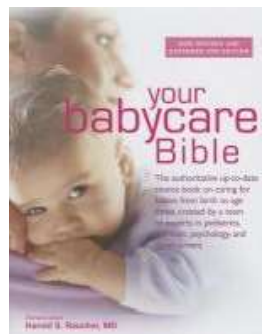
The Child Whisperer teaches how to read unsaid clues that children naturally give every day, and shows how parenting, teaching, coaching, and mentoring children can be an even more intuitive, cooperative experience than ever.



Toddlers moving & learning

By: Rae Pica
Publisher: St. Paul, MN : Redleaf Press, [2014]
Call No.: 612.654 PIC
Available only at Llibrary, located at Lifelong Learning Institute

Movement activities can help toddlers channel their energy in creative and beneficial ways as they learn healthy habits. This physical education curriculum includes a variety of lesson plans and activities that support toddlers' movement in developmentally appropriate ways

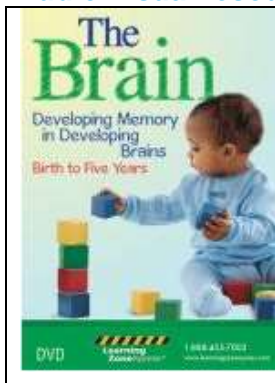


Your babycare bible

By: Harold S. Raucher (General Editor)
Publisher: London: Hamlyn, 2015.
Call No.: 649.122 YOU-[FAM]

Today, pediatric care is the concern of many different specialists, including neonatal physicians, pediatricians, nutritionists, breastfeeding technicians, child behaviorists and psychotherapists. Your Babycare Bible makes all their expertise and more available in a single volume. Among other special features, it provides a month-by-month guide to how a baby develops, special fold-out basic baby care and first-aid procedure pages, in-depth and up-to-date information on recognizing and treating common childhood complaints and coping with emergencies, advice on the activities, toys and attitudes that will develop your baby's abilities and the latest recommendations for feeding, immunizing, traveling with and safeguarding your child.

Audio Visual resource



The brain: developing memory in developing brains, birth to five years (DVD)

By: Learning ZoneXpress; director, Wes Halula; producers, Wes Halula, Jenica Halula

Publisher: [Owatonna, Minnesota] : Learning ZoneXpress, [2010] ©2010

Call No.: 612.82 BRA-[HEA] (The DVD is available in the 3 Regional Libraries)

The human brain is fascinating - every movement we make, conscious or unconscious, stems from our brains. The most critical time for brain development is from birth to age five. What can parents and caregivers of children do to help give those developing brains the best chance for success? Discover how the basic workings of the brain influence our memory and how we learn and what can be done to encourage healthy brain development in children.

e-resources (These articles are accessible via the databases on <http://eresources.nlb.gov.sg>)

An Infant's Brain Maps Language From Birth, Study Says.

By: Melissa Locker

Source: Time.com. 11/19/2014, pN.PAG. 1p. (Retrieved from Business Source Complete)

The infant's brain retains language that it hears at birth and recognizes it years later, even if the child no longer speaks that language.

'Screen-Free' Play Best for Toddlers' Brains

By: American Academy of Pediatrics, Oct 2011

Source: U.S. News & World Report (Retrieved from ProQuest Central)

Unstructured play is much better than television or videos for encouraging brain development in infants and toddlers, a new American Academy of Pediatrics (AAP) policy statement says. Free play helps children under age 2 learn to think creatively, problem solve, and develop reasoning and motor skills at an early age. It also teaches them how to entertain themselves, the pediatric experts pointed out in an AAP news release.

Other Reference Resources

Book summaries are taken from the respective publishing companies.



Positive Parenting in Action: The How-To Guide for Putting Positive Parenting Principles into Action in Early Childhood*

By: Laura Ling

Publisher: CreateSpace Independent Publishing Platform, 2013

Parenthood is a beautiful journey. We don't have to become adversaries with our children; doing so is very unnatural to our humanity. We are all wired for connection, for closeness, and for love. Positive parenting frees us to move from the traditional parenting roles which create friction and rebellion and allows us instead to move into a more natural role which creates cooperation and peace. The inevitable conflicts that arise in a relationship no longer define the relationship, but serve as stepping stones to greater understanding and connection.

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Compiled by: Zubaidah Mohsen

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