



The Science of Parenting

By Margot Sunderland

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For parents who wonder whether controlled crying is best or if constant cuddling is better, here is a clear explanation of the science of parenting styles and their effects on children's brain development. Ground-breaking research in the late twentieth century delved into the neuroscience behind child rearing, and this book is the first to explain those theories to parents of toddlers in a clear, engaging form. AUTHOR BIO: Margot Sunderland is Director of Education and Training for the Centre for Child Mental Health in London. A child psychotherapist with 20 years of experience of working with children and families, she directs graduate-level programs in child psychotherapy and emotional literacy for children and is author of more than 20 books on child mental health.

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The Science of Parenting By Margot Sunderland Bibliography

- Sales Rank: #441822 in Books
- Brand: Sutherland, Margot/ Panksepp, Jaak (FRW)
- Published on: 2008-09-01
- Released on: 2008-09-01
- Original language: English
- Number of items: 1
- Dimensions: 9.24" h x .82" w x 7.26" l, 1.65 pounds
- Binding: Paperback
- 288 pages

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Editorial Review

From Publishers Weekly

Promoting a research-backed view of the parents-in-charge approach to child rearing, Sunderland's guide is a smart, complete book that never overwhelms. Laid out like a school textbook, with clear organization, copious color photographs and plenty of boldfaced "Key Points," Sunderland's text is upbeat, accessible and encouraging. Advice is both common-sense and well-considered: "each time you help your child think and feel about what he is experiencing, and each time you find the right words for his intense feelings, you are probably helping the development of more sophisticated communication networks in your child's corpus callosum." Sunderland focuses on explaining how the child's underdeveloped brain motivates so-called behavior problems, including "tears and rage" caused when baby's "higher brain is not developed enough to moderate these powerful lower brain systems naturally." One of the most interesting elements of the book is its insight into how a given parenting style affects a child in the long-run, such as the idea that "being left to cry means a child learns that he is abandoned just at the time when he needs help" and can make him vulnerable to depression and anxiety disorders. Easy-to-use and entirely thorough-covering not just baby care, but mom and dad care too-this is an excellent resource for parents, caregivers and other policy makers.

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From [Booklist](#)

The market is awash in opinionated child-rearing guides, and it's hard to argue with opinion. Sunderland takes a smarter approach. Relying on scientific studies, she simply tells us what happens to a child's brain and body when, for example, we either hug the child or let him or her cry it out. Little decisions can have remarkably lasting effects on both the individual and society. Unlike many parenting guides, this isn't repackaged conventional wisdom. And although the title suggests a cold, clinical approach, the opposite is true. In well-organized, easy-to-read chapters with plenty of photos and sidebars, Sunderland argues for a hands-on, nurturing approach and points out that many modern parenting choices--separate beds for babies, for example--fly in the face of 200,000 years of *Homo sapiens* evolution. Of course, all science is subject to interpretation, but one look at the brain scan of an affection-deprived child will make parents hug their kids tighter. The only downside? Parents who are disabused of erroneous parenting lore no longer have the comfort of believing that there are no right answers. *Keir Graff*

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Review

"A smart, complete book that never overwhelms." — **Publishers Weekly**

"Unlike many parenting guides, this isn't repackaged conventional wisdom." — **Booklist**

Users Review

From reader reviews:

Beverly Brown:

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Benita Eldridge:

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Charles Thomas:

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Christopher Henricks:

In this time globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The actual book that recommended to you personally is The Science of Parenting this book consist a lot of the information on the condition of this world now. This book was represented how can the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The particular writer made some analysis when he makes this book. That's why this book suited all of you.

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