



The Intuitive Parent: Why the Best Thing for Your Child is You

Stephen Camarata

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You already have everything you need to raise a healthy, happy, intelligent child

Parenting today is practically a competitive sport, and marketers are all too happy to cash in. Scare tactics and scientific-sounding jargon make it seem like parents are in constant danger of hard-wiring their children's brains for failure.

In fact, this state of parental anxiety is totally unnecessary—and possibly bad for our children. Babies are born with an appetite to learn. Children are naturally curious about the world and eager to explore it. They don't need flashcards, educational videos, or the latest iPad app to help speed their development. Attempts to get children speaking and reading before they're developmentally ready may even harm them in the long run.

In *The Intuitive Parent*, Vanderbilt University child development specialist Dr. Stephen Camarata debunks the claims many of these “brain development” programs make. Using accessible, down-to-earth language he explains how parents can intuitively support their child's brain development by simply paying attention. Babies and children develop at their own pace; what's more, they are hardwired to signal to caregivers when they're ready for the next step. Restrictive tools like flashcards may derail your child's ability to learn holistically—and will definitely sap the joy from one of the most important jobs in the world: being a parent.

The key is to recognize the “ready to learn” cues your child is giving you and respond in a way that comes naturally. Routine activities, such as playing peekaboo, reading books to a toddler, talking, singing, feeding, and otherwise meeting the everyday needs of a child, are the true magic that ultimately wires a child's brain and helps children become an intelligent, confident, curious, and talented adults.

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.

From the Hardcover edition.

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Bradford Padgett:

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