

## The Science Of Parenting Margot Sunderland

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It uses brain science to show that attentive, gentle parenting is absolutely essential to a child's development and mental health, both presently and in the future. Some people will find parts of this book hard to hear and feel guilty knowing that they have parented their children in a way that may have been damaging to them in the past and it ...

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The author presents research from the fields of neurobiology and neuropsychology which speaks to the importance of a child's secure attachment to her caregivers and to the way in which parenting behaviors can change brain chemistry for the better or worse. The book is also visually beautiful, with lots of color photographs and helpful sidebars.

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Backed by the most up-to-date scientific research, The Science of Parenting, 2nd Edition provides evidence-based parenting advice about how you should care for your child, with practical strategies from birth to 12 years of age. Child psychotherapist Dr. Margot Sunderland has more than 30 years' experience that she brings to this internationally-acclaimed guide, and she provides numerous case studies to relate the science to real life.

## **The Science of Parenting by Sunderland, Margot (ebook)**

The Science of Parenting: Practical guidance on sleep, crying, play and building emotional wellbeing for life by Margot Sunderland It's time to re-write the rule book on raising a child. Based on over 700 scientific studies into children's development, BMA award-winning author and child psychotherapist Dr. Margot Sunderland explains how to develop your child's potential to the

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(2020). The science of parenting. Second edition. International Journal of Play: Vol. 9, The Neuroscience of Play: Honoring the Life's Work of Jaak Panksepp, pp. 170-171.

**The science of parenting. Second edition: by Margot ...**  
Description of The Science of Parenting by Margot Sunderland PDF The Science of Parenting 2 nd Edition is an amazing book for new parents. This book is a valuable tool for therapists, teachers, parents, and others looking to develop alternative ways of communicating with children and young people. Margot Sunderland is the author of this book.

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The Science of Parenting by Margot Sunderland aims to show parents how current scientific research can help their child-rearing efforts. As Sunderland writes, It's both awesome and sobering to know that as parents we have such a direct effect on the actual wiring and long-term chemical balance in our children's brains.

### **Book Review - The Science of Parenting by Margot ...**

The Science of Parenting Paperback - Sept. 1 2008 by Margot Sunderland (Author) 4.4 out of 5 stars 113 ratings. See all formats and editions Hide other formats and editions. Amazon Price New from Used from Hardcover "Please retry" CDN\$ 46.82 . CDN\$ 46.82: CDN\$ 8.45: Paperback "Please retry" CDN\$ 17.33 .

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The Science of Parenting by Margot Sunderland, 9781465429780, available at Book Depository with free delivery worldwide.

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### **The Science of Parenting: Practical guidance on sleep ...**

Her internationally acclaimed book, The Science of Parenting won First Prize in the British Medical Association Medical Book awards 2007 Popular Medicine section. The book, endorsed by the affective neuroscientist Professor Jaak Panksepp , is the result of ten years research on the long-term effects of adult-child interaction on the developing brain.

### **Margot Sunderland - Wikipedia**

Editions for The Science of Parenting: 0756618800 (Hardcover published in 2006), 075663993X (Paperback published in 2008), 1465429786 (Paperback published...)



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“As babies, humans are led primarily by their instincts for survival which can be referred to as the “reptilian brain” (The Science of Parenting by Margot Sunderland, 2006, p. 18). Essentially, children are born very sensitive to their needs and need someone to help take care of the needs.

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