

brain rules *for* B A B Y

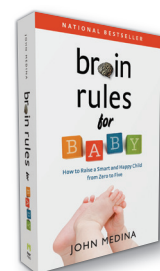


pregnancy

Healthy mom, healthy baby

Key points

- In the first half of pregnancy, babies want to be left alone.
- Don't waste your money on products claiming to improve a preborn baby's IQ, temperament, or personality. None of them have been proven to work.
- In the second half of pregnancy, babies begin to perceive and process a great deal of sensory information. They can smell the perfume you wear and the garlic on the pizza you just ate.
- The mother-to-be can boost baby brain development in four ways: gaining the proper weight, eating a balanced diet, exercising moderately, and reducing stress.



www.brainrules.net

brain rules *for* B A B Y

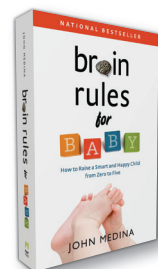


relationship

Start with empathy

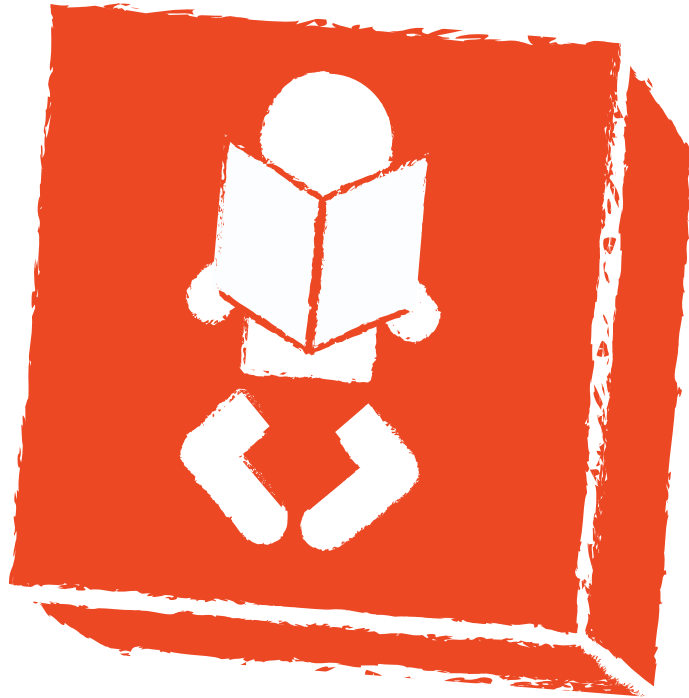
Key points

- More than 80 percent of couples experience a huge drop in marital quality during the transition to parenthood.
- Hostility between parents can harm a newborn's developing brain and nervous system.
- Empathy reduces the hostility.
- The four most common sources of marital turbulence are: sleep loss, social isolation, unequal distribution of household workload, and depression.



www.brainrules.net

brain rules *for* B A B Y

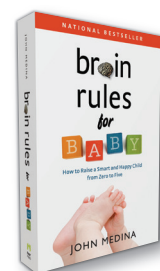


smart baby: seeds

Feeling safe enables learning

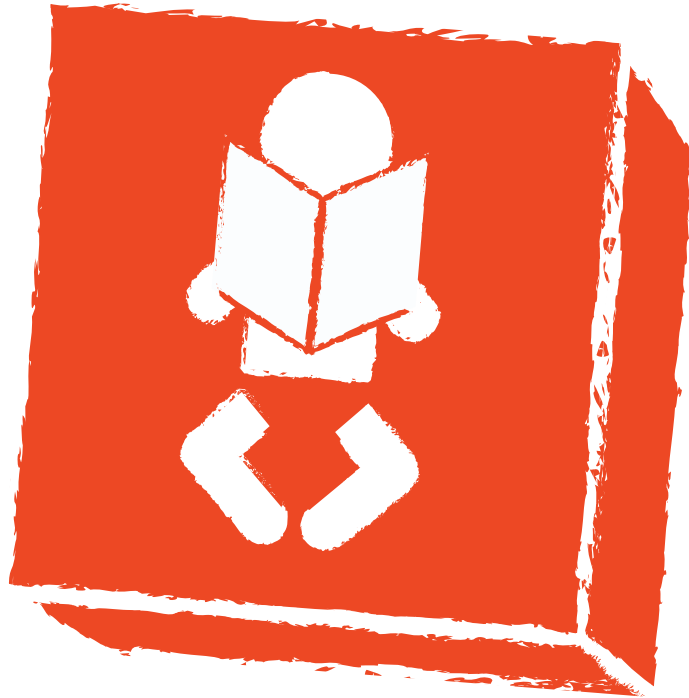
Key points

- There are aspects of your child's intelligence about which you can do nothing; the genetic contribution is about 50 percent.
- IQ is related to several important childhood outcomes, but it is only one measure of intellectual ability.
- Intelligence has many ingredients, including a desire to explore, self-control, creativity, and communication skills.



www.brainrules.net

brain rules *for* B A B Y

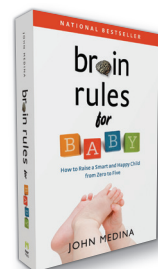


smart baby: soil

Face time, not screen time

Key points

- Here's what helps learning: breast-feeding, talking to your children, guided play, and praising effort rather than intelligence.
- The brain is more interested in surviving than in getting good grades in school.
- Pressuring children to learn a subject before their brains are ready is only harmful.
- Activities likely to hurt early learning include overexposure to television, learned helplessness, and being sedentary.



www.brainrules.net

brain rules *for* B A B Y

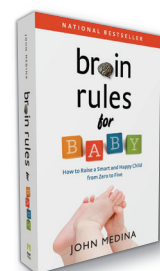


happy baby: seeds

Make new friends but keep the old

Key points

- The single best predictor of happiness? Having friends.
- Children who learn to regulate their emotions have deeper friendships than those who don't.
- No single area of the brain processes all emotions. Widely distributed neural networks play critical roles.
- Emotions are incredibly important to the brain. They act like Post-it notes, helping the brain identify, filter, and prioritize.
- There may be a genetic component to how happy your child can become.



www.brainrules.net

brain rules *for* B A B Y

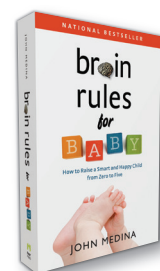


happy baby: soil

Labeling emotions calms big feelings

Key points

- Your infant needs you to watch, listen, and respond.
- How parents deal with their toddlers' intense emotions is a huge factor in how happy they will be as adults.
- Children are happiest if their parents are demanding and warm.
- Emotions should be acknowledged and named but not judged.



www.brainrules.net

brain rules *for* B A B Y

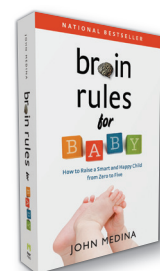


moral baby

Firm discipline with a warm heart

Key points

- Your child has an innate sense of right and wrong.
- In the brain, regions that process emotions and regions that guide decision-making work together to mediate moral awareness.
- Moral behavior develops over time and requires a particular kind of guidance.
- How parents handle rules is key: realistic, clear expectations; consistent, swift consequences for rule violation; and praise for good behavior.
- Children are most likely to internalize moral behavior if parents explain why a rule and its consequences exist.



www.brainrules.net

brain rules *for* B A B Y

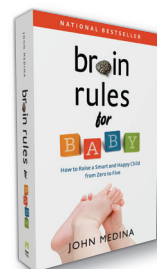


sleepy baby

Test before you invest

Key points

- The central fact of newborn sleep is that it is nothing like adult sleep. Newborns only have two speeds: “active sleep” and “quiet sleep.” They ride the Tower of Terror.
- There is no one-size-fits-all answer for sleep issues.
- Do you think baby’s wants and the needs are the same thing during the first year of life? Or not? It’s up to you. Science does not know which one you should choose.
- Once baby is 6 months old, choose a plan for better sleep, evaluate your efforts, and then get ready to change your plan.



www.brainrules.net