



Inspired children: How the leading minds of today raise their kids

By Rosina McAlpine

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Parents naturally love and care for their children, but parenting requires more than just love. Informed parenting requires knowledge and understanding of the changing physical, emotional, psychological and intellectual development of children as they grow into young adults. Wouldn't it be so much easier for parents if we could base our most important decisions on scientific evidence, rather than by trial and error or other people's opinions? Wouldn't an approach that combined love, experience and the latest research help parents to feel more confident and provide better outcomes for our children? "Inspired children" does just that by turning the science of child development into the art of parenting. Contributors to this book are some of the world leaders in areas of genetics, neuroscience, personal development and psychology. Each expert author discusses the latest research on child development from preconception right through to teen years in an easy-to-read form, and shares how they have used the findings to support their child's development. With lots of practical examples and heart-warming personal stories, the book is a valuable resource for early childhood educators, teachers, child psychologists, carers, grandparents, and anyone who works with children. A must read for every parent who wants to raise an inspired child. Content Foreword by Professor Andrew Martin Acknowledgments About the authors Introduction by Dr Rosina McAlpine 1. Preparing for parenthood by Bruce H. Lipton, PhD 2. Managing stress during pregnancy by Dr Monique Robinson 3. Raising healthy and happy babies by Janette Roberts 4. Preparing children for life by Dr Rosina McAlpine 5. Supporting emotional intelligence in children by Dr Joe Dispenza 6. Parenting psychologically healthy children by Michael Hall, PhD 7. Helping children to manage stress by Maggie Dent 8. Helping children develop a positive relationship with life by Dr Rosina McAlpine based on an interview with Dr Joe Dispenza 9. Inspiring children to achieve goals by Sandy Forster 10. Learning partnerships with children by Dr Yvonne Sum Index

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Editorial Review

About the Author

Dr Rosina McAlpine is an internationally recognised educator and researcher with four teaching awards and five best paper awards. She's developed practical and innovative approaches to parenting, including the Inspired Children program empowering parents to help their children develop key life skills like good self-esteem, communication skills, and resilience.

Users Review

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As people who live in the actual modest era should be up-date about what going on or info even knowledge to make these keep up with the era that is certainly always change and move forward. Some of you maybe can update themselves by reading books. It is a good choice for you but the problems coming to anyone is you don't know what kind you should start with. This Inspired children: How the leading minds of today raise their kids is our recommendation so you keep up with the world. Why, as this book serves what you want and need in this era.

Cornell Smith:

A lot of people always spent all their free time to vacation as well as go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day long to reading a guide. The book Inspired children: How the leading minds of today raise their kids it doesn't matter what good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. In case you did not have enough space to create this book you can buy the actual e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to fund but this book features high quality.

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