



Parenting Tips: Exercise and Learning: How to Help Your Baby's Brain Development

Sophie Hartigan

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How you can help your baby and child's brain development through exercise and movement. An inspirational guide for parents detailing how everyday activity can keep their babies, toddlers and children healthy, build motor skills and muscle tone and, importantly, aid brain development. The author is co-founder of the well known Jumping Beans pre school exercise classes with Olympian, phys ed teacher and sports psychologist, Jerome Hartigan. The book is written in a warm, accessible style that sets it apart from the 'hot housing approach' of so many developmental books. Its detailed explanation of how each activity works on an area of the brain is unique and important.

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