



Brain Training for Babies: A Teach Yourself Guide

Fergus Lowe, Brigid Lowe

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More than 60 million books sold in the Teach Yourself series!

The secret behind boosting your baby's brain power and encouraging his or her development

Brain Training for Babies uses cutting-edge research, delivered by an author team which includes a leading child psychologist and a mother of two, to give you unparalleled insight into the miracle of your baby's mind and what really works to enhance it (and what doesn't).

There are hundreds of "brain training" games for you to try out with your baby, boosting everything from his or her language to physical development.

Includes:

- Plenty of practical exercises to keep both you and your child interested and engaged
- One, five and ten-minute introductions to key principles to get you started
- Lots of instant help with common problems and quick tips for success, based on the authors' many years of experience
- Tests in the book and online to keep track of your progress
- Quick refreshers to help you remember the key facts

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