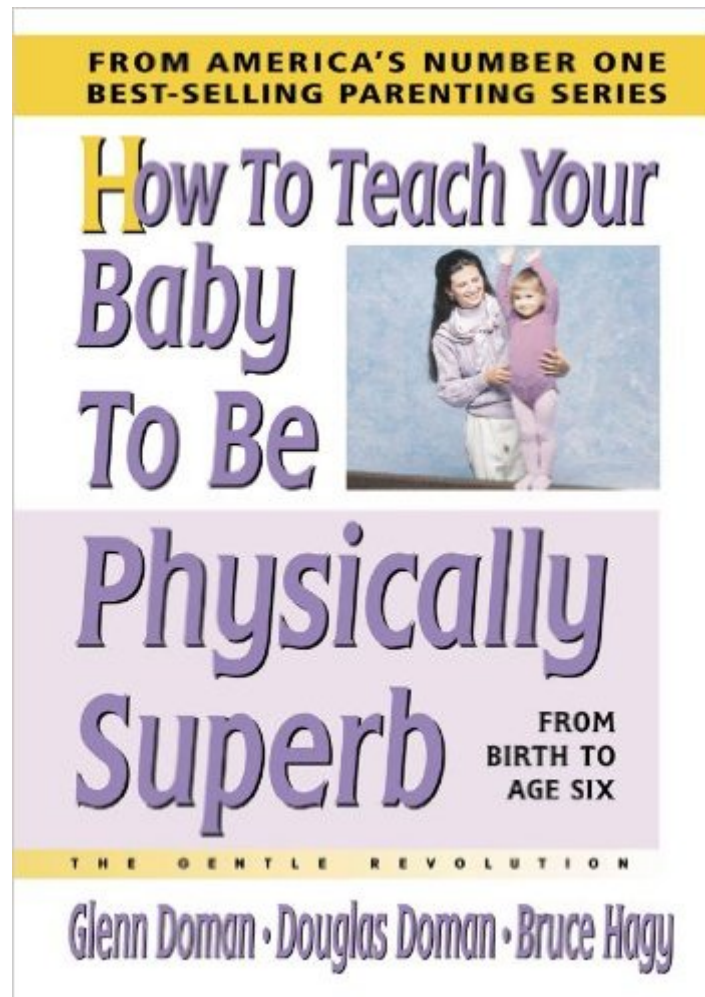


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# How To Teach Your Baby To Be Physically Superb (The Gentle Revolution Series)



## Synopsis

The early development of mobility in newborns is a vital part of their future ability to learn and grow to full potential. *How To Teach Your Baby To Be Physically Superb* was designed to help you maximize your child's physical capabilities. The authors clearly explain each stage of mobility and show how to create an environment that will enable your baby to more easily achieve that stage. Full-color charts, photographs, illustrations, and detailed easy-to-follow instructions guide you in creating an effective home program.

## Book Information

Series: The Gentle Revolution Series

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #562,868 in Books (See Top 100 in Books) #71 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #119 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #509 in [Books > Education & Teaching > Schools & Teaching > Parent Participation](#)

## Customer Reviews

This book is quite a breath of fresh air - addresses an area that has been ignored. Pity that it's on limited availability at this time. This is a guide to how parents can encourage and maximise the opportunities for babies to develop physically (from birth to pre-school). The underlying premise here is that not only is a baby a latent genius intellectually, but also physically. The book shows how babies have to progress one step at a time, from crawling, to creeping, to balancing, to brachiating (ie swinging), to standing, to walking, to running. Various exercises are suggested for each stage to help development along. The key is that the development of each motor skill corresponds to the development of a specific part of the brain that manage such activity (medulla, pons, cortex, etc). Each activity is a prerequisite and foundation for the succeeding one. Mr Doman asserts that physical development will stimulate and maximise mental development. If you're looking for

scientific research and citations for his assertions, you won't find much, as he says that most of the conclusions and practices were developed in-house at his Institutes. The exercises (and instructions for making various equipment) are well described, with many photographs of joyful children doing them. Like his other books, Mr Doman's joy with his work and with children clearly shines through, and reading his book is an uplifting experience. More controversially, he is an advocate of the baby spending more time on its tummy in order to develop the ability to crawl & creep. An increased risk of SIDS? He is also very negative on strollers and playpens that restrict mobility (and by implication, physical and mental development of the baby).

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