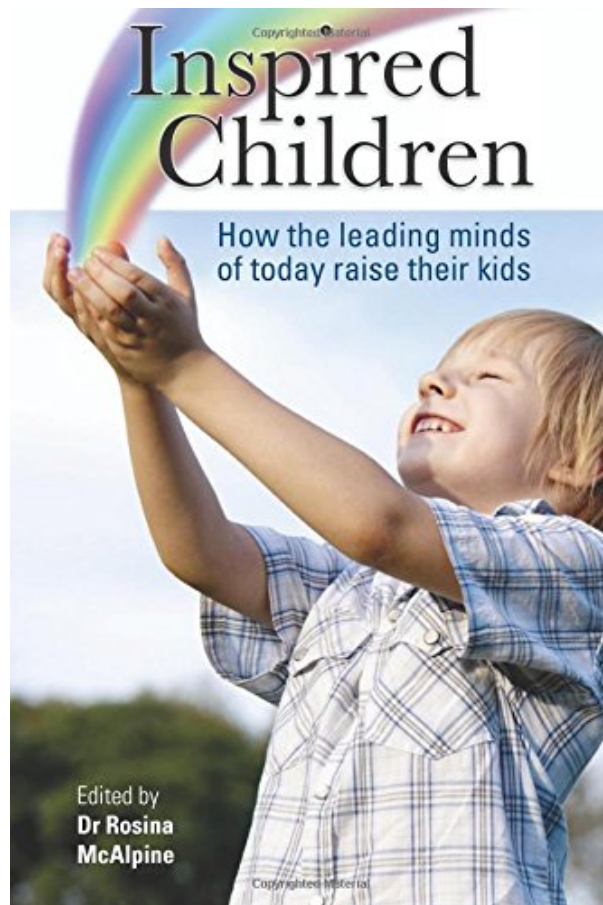
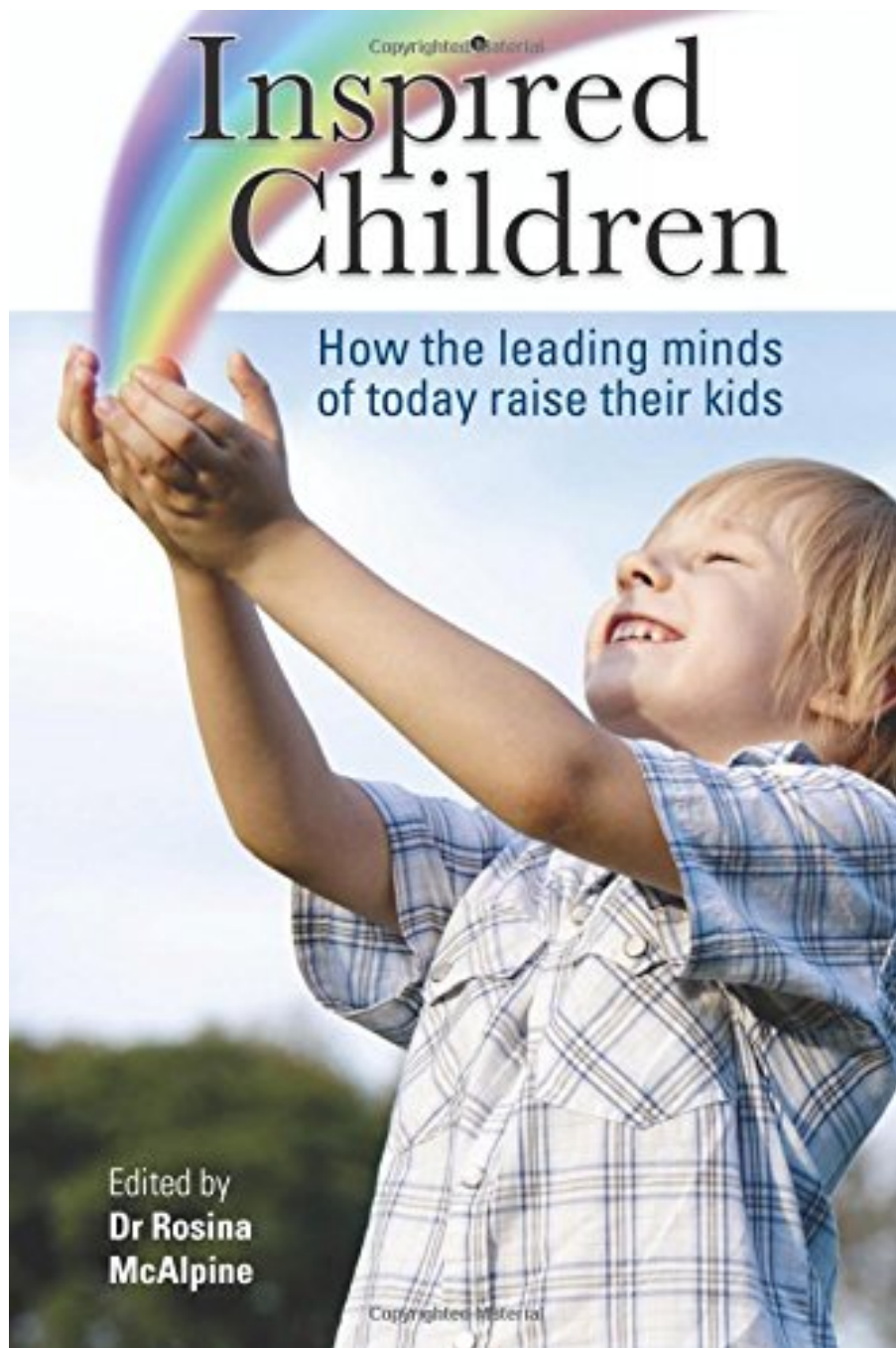


INSPIRED CHILDREN: HOW THE LEADING MINDS OF TODAY RAISE THEIR KIDS BY ROSINA MCALPINE



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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.

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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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As a parent coach I am always on the look out for great books to help parents. This one is excellent. Dr Rosina McAlpine is an associate professor, so has academic training and research to back her ideas. But more importantly she is a Mom, so this is a practical book with tips any parent can put into practice.

She has gathered leading researchers and has presented some inspiring advice for parents - many of these contributors, such as Bruce Lipton, would be considered some of our foremost thinkers. Each contributor writes from their area of expertise and offers sound advice and shares their experience as parents.

There are also some interviews with children themselves - always our harshest critics!

Covering topics such as pre-pregnancy, parental and child stress, emotional intelligence and giving children the skills they need for a happy fulfilling life, this easy to read book is a gem.

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