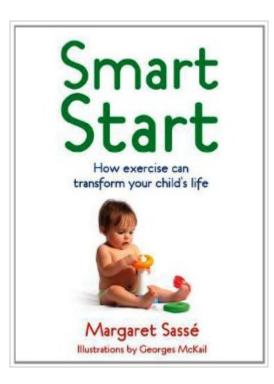
The book was found

Smart Start: How Exercise Can Transform Your Child's Life





Synopsis

Children need exercise, not just to stimulate their bodies but to stimulate their brains as well. The first five years of a child's life are now seen as crucial to later health, well-being and success. Exercise and good diet are especially important in ensuring that the pre-schooler has a healthy start in life, develops a good brain and avoids the problems of obesity. Margaret Sasse has had decades of practical experience in the area of child development, and in training parents and teachers on the importance of healthy food and exercise. Smart Start is a practical guide for parents on how to give their children the best start in life, with down-to-earth advice on diet and exercise to encourage optimum physical and intellectual development. The book is carefully organised to provide a step-by-step programme for each year. Simply written, and attractively presented with dozens of lively illustrations and practical exercises, it will soon become an indispensable tool in raising your child.

Book Information

Paperback: 160 pages Publisher: Exisle Publishing (April 22, 2009) Language: English ISBN-10: 1921497181 ISBN-13: 978-1921497186 Product Dimensions: 6.8 x 0.5 x 9.2 inches Shipping Weight: 12 ounces Average Customer Review: 5.0 out of 5 stars Â See all reviews (2 customer reviews) Best Sellers Rank: #1,880,678 in Books (See Top 100 in Books) #171 in Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #19054 in Books > Parenting & Relationships > Parenting

Customer Reviews

as an occupational therapists, parents always ask me about development. This is a great book great price and easy to read with great diagrams/pictures to follow along.

Being a new mom and an Early Childhood Educator, this book is wonderful for both at home and work.

Download to continue reading...

Smart Start: How Exercise Can Transform Your Child's Life Apple's Homekit Smart Home Automation System Handbook: Discover How to Build Your Own Smart Home Using Apple's New HomeKit System (Smart Home Automation Essential Guides Book 7) Restoring Your Digestive Health:: How The Guts And Glory Program Can Transform Your Life Why Can't My Child Behave?: Why Can't She Cope? Why Can't He Learn? The Feingold Diet updated for today's busy families Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1) The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) Motivate Your Child: How to Release Your Child's Inner Drive and Help Them Succeed in Life: A Parents Guide to Raising Kids, Inspire them, Student Success ... Engaged) (Life Psychology Series Book 1) Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Introduction to Yoga and Pilates - Improve Your Flexibility, Increase Mobility and Relieve Tension: Learn How To Transform Your Life (Maximize Your Human Potential) Child Discipline Made Easy: Effective Strategies Proven to Change Your Child's Behavior While Maintaining A Healthy Relationship (Child discipline, toddler discipline, parenting) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep Solution) Heart to Start: The Eight-Week Exercise Prescription to Live Longer, Beat Heart Disease, and Run Your Best Race Why Can't My Child Stop Eating?: A Guide to Helping Your Child Overcome Emotional Overeating The Exercise Mentor for Colon Cancer: Exercises for Daily Living (The Exercise Mentor for Cancer Survivors) Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Belly Fat Gone!: Surgical options for removal of lower belly fat & stretched skin when diets & exercise fail (When Diets and Exercise Fail Book 1) How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport)

<u>Dmca</u>