



## Superbaby: 12 Ways to Give Your Child a Head Start in the First 3 Years

*Jenn Berman*

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The first three years of life are the most important for nurturing a child's full potential: that's when they start forming attachments, developing a sense of self, and learning to trust. During this time, there are critical windows of opportunity that parents can take advantage of—if they know how. In a dozen succinct yet information-packed chapters, award-winning columnist and professional therapist Dr. Jenn Berman gives parents the knowledge they need. Her enlightening sidebars, bulleted lists, and concrete, easy-to-use strategies will help parents raise happy, healthy babies who grow to be flourishing toddlers and successful adults. "

## **Superbaby: 12 Ways to Give Your Child a Head Start in the First 3 Years Details**

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## **From Reader Review Superbaby: 12 Ways to Give Your Child a Head Start in the First 3 Years for online ebook**

### **Allison says**

Really enjoyed this book - easy insights into the little things I can do to enhance everyday life for my little one.

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### **Elsha van de Boogaard says**

While this book has some good points, there's nothing in here I haven't read before. The author is condescending and contradictory. She spends an entire chapter on how important it is to teach young children a second language and then gives "easy" methods for doing so, all of which require someone living with the child to be fluent or hiring someone who is fluent. She stresses the importance of being "green" but then dismisses cloth diapers as "gross" and assumes anyone who uses them must also be using a diaper service (chlorine for washing and gasoline for transport = bad.)

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### **Amy says**

I will come clean and say that "read" is a bit of an overstatement. I skimmed this book and read parts of chapters that were more appealing to me. I don't know that anything that I skimmed was some earth shattering piece of information. My favorite chapters were "Talk the Talk" and "Different Kind of Toy Story". I completely skipped (as in did not even skim) the foreign language and signing chapters ("Talk to the Hand" and "Babies Without Borders"). I liked how the book was organized and also liked how the information was presented. The one thing that typically annoys me with parenting books is how repetitive they are - I didn't find that to be so much the case with this book.

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### **\*\*\*? Kat ?\*\*? says**

finally finished this over half a year later!!

this is a must-read (or must-skim-through, honestly) for mothers of infants or mothers-to-be. lots of great information that is often skipped over.

this book discusses how we can bring our children up in the best way possible in these crucial years of development (ages 0-3)

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### **Gingeraltoids says**

The title was off-putting to me, and the author seems to assume that the reader has a certain socioeconomic

status necessitated by her suggestions (Mandarin lessons, anyone?). However there were some useful tidbits for enriching your child's environment. The section on TV viewing seemed well-researched.

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### **jay walker says**

If you've read any other parenting books, there's not a lot of new material in this book. It can at times be so repetitive I felt it to be condescending and some things I found to be a little extreme (for example: no tickling because it shows physical dominance over your child). But enough interesting ideas and pointers to flip through, I stopped reading it page-for-page about halfway through.

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### **Sarah says**

I liked this book. The SuperBaby title is a little misleading - it's not about applying some formula to your baby to make them some kind of genius. This book has a lot of interesting research, and not as much practical how-to. For example, it gave a lot of interesting research about the toxins in disposable diapers and listed some options (clothing diapering, EC), but didn't go through step-by-step how to apply these approaches.

This book can really be read straight through - the research is really interesting & it helps inform the parent on why they make their decisions. If you use Dr. Sears books, you'll really like this book. I especially liked the sections on food, reading, television, and sign language.

I wasn't as impressed with the sections on communication and things she had to say about discipline, but that's ok. The author can be a little condescending at times and totally dismissive of other parenting styles.

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### **Coltin says**

Eh, I had a lot of issues with this book. The author says the word "scientist" what felt like an infinite amount of times to substantiate claims made throughout the book. There are also a lot of studies mentioned, but very little information about them is presented. For example, how many children were involved, during what years, what was their socio-economic status, how did the study account for X, Y, and Z bias, etc. Perhaps this information wouldn't fit the flow of the book (it's not an academic paper or anything), but if you're trying to convince me to do or not do something, I want more compelling reasoning than "there was a study done that showed what I'm saying".

Overall I think the book has a lot of very useful information in this book, but the authors tone mixed with the above leave me only willing to recommend this book with a strong disclaimer.

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### **Becky says**

I should have read the introduction better and browsed the topics in the table of contents before I started

reading this book. At first, I was going to read this book straight through and implement all "12 ways to give your child a head start in the first 3 years." I felt like I needed to do this because I have a 3 1/2 year old and a 1 year old at the time & if it was too late for my 3 1/2 yr old then my 1 year old would at least only be a year behind.

The first chapter was overwhelming. It is on communication with your child. This is a major area that I struggle with my 3 yr old. Each page made me feel more incompetent and more like it was my fault that my 3 yr old was yelling / throwing tempertantrums.

So I stopped reading & it sat on my shelf for 2 weeks.

Then I picked it up again and read through the table of contents. I read the later chapters / topics that interested me and I gained confidence in my parenting abilities (since I limit TV time, have a flexible schedule, etc. - other things I'm doing right). I got some ideas on feeding, playing, and reading to my kids better.

Finally I decided to conquer the first two chapters: Talk the Talk: Respectful communication & You Got Me!: responding to cues. I read these completely - since these are areas in which we face numerous struggles a day in my house and I didn't feel so much like a horrible parent.

Overall, this book gave me a couple good ideas to try and some new books to check into reading. Dr. Jenn Berman is pretty relatable (although teaching your child a foreign language is a super-parent thing I won't attempt in the near future no matter how beneficial she says it is & I'm still going to let my children watch TV occasionally, even if they are under the age of 3 \*gasp\*) and her tone throughout is enjoyable and mostly empathetic to the plights parents experience in todays world.

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### **Joel Hoyt says**

This was a big book with a lot of advice about how to help your kid develop. Trying to apply it all like a big instruction manual would be a huge burden. But I picked a good bit of it that seemed interesting and achievable to me and tried to apply it. I'm reasonably sure it helped some. It helped me to be a more patient and engaged parent. It helped me to think more carefully about a lot of the decisions to be made. Who can ever say for sure if books like this really 'work', but I'm confident it helped. My kid's almost 4 and I'm quite happy with how she's turned out. For whatever that's worth.

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### **J says**

I tried really hard to take this book seriously, but just couldn't... everything "Bringing up Bebe" mocks and more is preached in this book.

The book starts off by saying that it won't tell you how to create a "superbaby" and then proceeds to try to do just that. Parental anxieties about raising successful children are poked and prodded to ridiculous levels. Apparently teaching your baby a second (and possibly third) language as well as sign language by the age of 3 is a requirement. As are a million other RIDICULOUS things! When the book started talking about the values of narration (verbally describing life to your child like a sportscaster) I just couldn't handle it anymore. I skimmed the rest of the book.

Trying one or two of the millions tips in the book might be helpful. But the book lists hundreds of different "requirements" to make your baby successful. It was just too ridiculous. It is a baby! I feel sorry for any

parents who read this book seriously. You are heading down a path that will leave you anxious and miserable! And if you “succeed” with the herculean tasks set before you, your child will be over programmed, but not necessary any more advanced than the next child. Just like “Baby Einstein”, this is a fad that at best will accomplish nothing and at worst may hurt parents & children.

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### **Erica says**

Engaging book that served as an excellent introduction to a variety of childcare issues. Great way to get your feet wet (but possibly less useful if you've read a lot of baby books). I found her chapter on languages anxiety-producing, but otherwise learned a lot.

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### **Keli Wright says**

this book got two stars because it had a COUPLE good ideas other than that it was just her ideas and thoughts and feelings and I feel like they are geared to make you feel guilty if you are not the idealistic perfect parent she is..like it was all like "this is the perfect way!" and here are all these studies to prove it... whatever..

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### **Altius says**

(Written in retrospect and may have forgotten some points)

Some things were just too difficult to implement. For example removing all toxins from baby's life completely, from eating pure organic food and wearing organic cotton clothes, to making sure there are no lead in the paint of your walls.

Still there are some good points, e.g encouraging bilingualism, and things that we already know, like breastfeeding, banning of screens like TV and mobile phones etc.

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### **Erica says**

after reading reviews on this book, it seems like I had the same experience as most readers. the author comes off as very "holier than thou" in a parental sort of way, and once you read the first chapter you feel like a failure for sitting around and enjoying your child's life. why aren't you enrolling them in preschool? why aren't you teaching them a foreign language? and heaven forbid why are you letting them watch tv while you have some coveted down time?

once I got the hang of rolling my eyes at the unrealistic parts of the book, I found some great suggestions, especially regarding the food chapter. my daughter is a very picky eater and the author's ideas of giving up control at meal time and letting her body and instincts decide how much to eat was enough to get me to keep this book on hand to answer any other questions that pop up in new mommyhood.

because I'm not trying to turn my child into the next Mozart or Einstein, and just letting her enjoy being a child, I think I'm not getting the full use out of this book. But it serves me well for SUGGESTIONS and only

suggestions. do not let this book make you feel bad for believing that childhood is a beautiful and playful time of life. you are the parent, deep down you know what's best, not a detached author writing a catch-all best selling parenting manual.

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