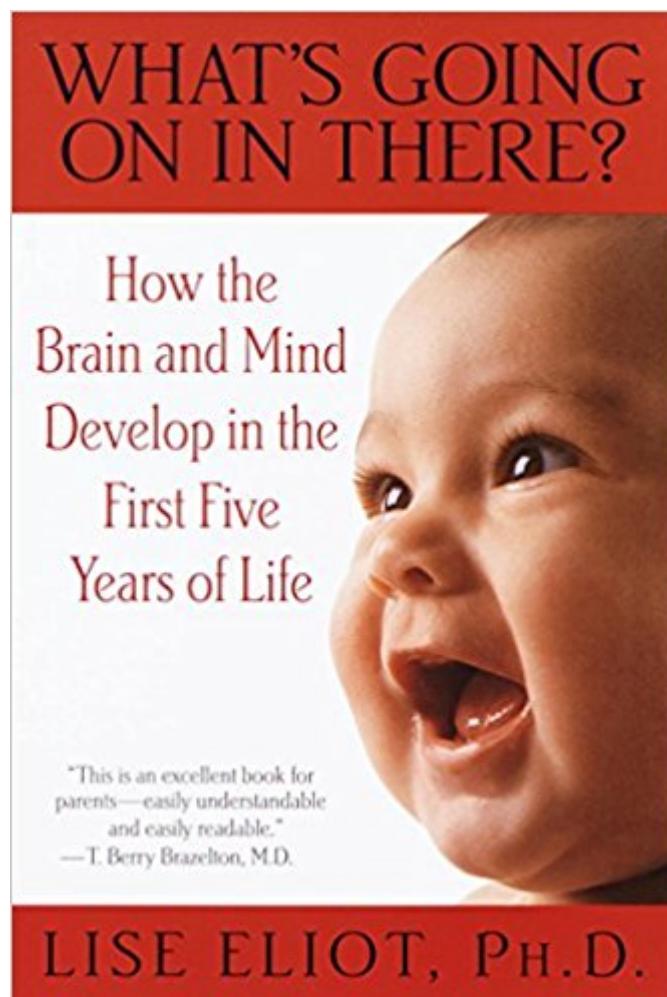


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# What's Going On In There?: How The Brain And Mind Develop In The First Five Years Of Life



## Synopsis

As a research neuroscientist, Lise Eliot has made the study of the human brain her life's work. But it wasn't until she was pregnant with her first child that she became intrigued with the study of brain development. She wanted to know precisely how the baby's brain is formed, and when and how each sense, skill, and cognitive ability is developed. And just as important, she was interested in finding out how her role as a nurturer can affect this complex process. How much of her baby's development is genetically ordained--and how much is determined by environment? Is there anything parents can do to make their babies' brains work better--to help them become smarter, happier people? Drawing upon the exploding research in this field as well as the stories of real children, *What's Going On in There?* is a lively and thought-provoking book that charts the brain's development from conception through the critical first five years. In examining the many factors that play crucial roles in that process, *What's Going On in There?* explores the evolution of the senses, motor skills, social and emotional behaviors, and mental functions such as attention, language, memory, reasoning, and intelligence. This remarkable book also discusses: how a baby's brain is "assembled" from scratch; the critical prenatal factors that shape brain development; how the birthing process itself affects the brain; which forms of stimulation are most effective at promoting cognitive development; how boys' and girls' brains develop differently; how nutrition, stress, and other physical and social factors can permanently affect a child's brain. Brilliantly blending cutting-edge science with a mother's wisdom and insight, *What's Going On in There?* is an invaluable contribution to the nature versus nurture debate. Children's development is determined both by the genes they are born with and the richness of their early environment. This timely and important book shows parents the innumerable ways in which they can actually help their children grow better brains. From the Hardcover edition.

## Book Information

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## **Customer Reviews**

This is a very informative CD but I found it a little tedious and I found the voice irritating towards the end of the 2nd CD. However I have gained a greater understanding of how the brain grows through the strengthening and pruning of synapses, their timings, and the effect on the fetus and child. There are many interesting surprising facts throughout the CD. The CD outlines the effect and the importance of both nature and nurture. It establishes how important the interrelationship between nature and nurture effects brain development in the unborn child through to their early years. An awaking thought!! A good guide for future parents.

Several of the reviews have discussed the content so I'm only writing about my impression. This is an informative book. I read this when my son was turning one year old, but I wish I had read it before or just shortly after he was born. It would have been fun to track the developmental changes as they occurred. Nonetheless, I still enjoyed it. I did find it somewhat slow and redundant, so plan to plod through it a bit. Also, this is best for someone with either a science background or a strong interest in science. If you aren't knowledgeable about biology and/or basic physiology then you won't enjoy this book. My mother wouldn't have made it through the first chapter.

This is an absolutely fascinating book. While it is not a "how-to" book, it is an educational book that discusses what is going on in those precious little minds! I am one that likes to understand "why", and this book explains just that by describing how the brain develops as well as critical periods of brain development. I personally don't need anyone to spell out what I should be doing as a parent, but I do want to know when and how my child's brain is impressionable. I use this information to focus on specific brain building activities. This book is filled with great information, but I won't deny (as a lay-person) that some of it is a bit technical and may put you to sleep if you read it right before

going to bed. I highly recommend this book, although it may not be for everyone. It is probably best for those parents who want to know what and when vs. those that are looking for a how-to guide.

Used this for one of my classes and I kept it because it will be a good resource when I have my first child. I learned a lot!

I find this book a terrific read. Not just once but over and over. If you really want to understand the science behind how a baby's brain works and what you can do to shape it, THIS is the book. If you are a parent, it gives you the science behind raising a baby. If you are an expectant parent, this book is great preparation. The only downside as I see it, is that while the book says "First five years", around 80% of it is devoted to the 1st year of brain development in a child. So parents with kids 3 years or older may find it useful to understand in hindsight but may not find too much in it around child rearing for kids between 3-5. It would have been nice if it had been organized by each year... so it would make an easy reference guide. A lot of it is very detailed science, and so use a highlighter while reading or plan to make notes. I have gifted it to a friend of mine who has just had a baby. Love this book.

I read this book, cover to cover and must say that I really enjoyed this book. The information is thorough, which is also one criticism I have which I'll discuss below, and interesting. I learned a lot about our baby and her development that I would have otherwise been unaware of. The author uses a small amount of humor to keep the reader engaged, and her passion in the topic comes through in the reading. However, a good portion of this book is quite technical which lends me to wonder why the publisher did not include little warnings (a la books for Dummies) that certain sections were highly technical and can be skipped if the person does not necessarily care about the elaborate process that a sound takes once it enters the ear of my baby. Sure some nights or days on the bus I might be interested in this, but other late nights, I'd rather skip over these sections and it would have been extremely helpful if they were labeled. This then could also have been done with sections that were advice oriented so the reader could mark the page for their partner to read. Overall a great book, but I felt that it could have been better organized.

I find now that my husband and I are expecting, everyone has something to say about the way we should do things with our new family. That was the last thing I wanted when looking for some reading on children. This book is so informative and I think that is what makes it so helpful. It goes

into serious details about the brain and how it develops from fetus even up to 9 years old! I feel so enlightened after having almost gotten through it and so thankful that I have this new perspective on raising children. I have been a nanny for over 5 years and I wish I had read this book before I started watching children. This book has enabled me and my husband to do the best we can in making sure that we give our child everything we can for their benefit and development. I would give this book to any expecting mother.

I've been reading about pregnancy and childcare since considering having a baby, and this has been the MOST fascinating book I've read hands down! I've read everything from "The Black Book of Hollywood Pregnancy Secrets" to the classic "What to Expect When You're Expecting" and now that I've read this book I wish I'd found it earlier. It has a great section on how a fetus develops in utero that would be extremely beneficial during the early pregnancy months. More importantly it provides a wealth of information on how to ensure that you don't miss certain developmental windows (especially interesting was the section on vision) and if you are interested on how your baby develops this book is easy to read and full of soooo much SUPER interesting and EXTREMELY useful information!! A must for every parent and potential parent-to-be!

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