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The Science of Parenting by Margot Sunderland

The Science of Parenting by Margot Sunderland aims to show parents how current scientific research can help their child-rearing efforts. As Sunderland writes, It's both awesome and sobering to know that as parents we have such a direct effect on the actual wiring and long-term chemical balance in our children's brains.

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The Science of Parenting was recommended to me by a professor in my Masters of Clinical With so many advances in brain research it's hard to keep up and even harder for parents with busy schedules. Really like this book for how the scientific research is made accessible.

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Margot Sunderland is Director of Education and Training for the Centre for Child Mental Health in London. A child psychotherapist with 20 years of experience of working with children and families, she directs graduate-level programs in child psychotherapy and emotional literacy for children and is author of more than 20 books on child mental health.

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