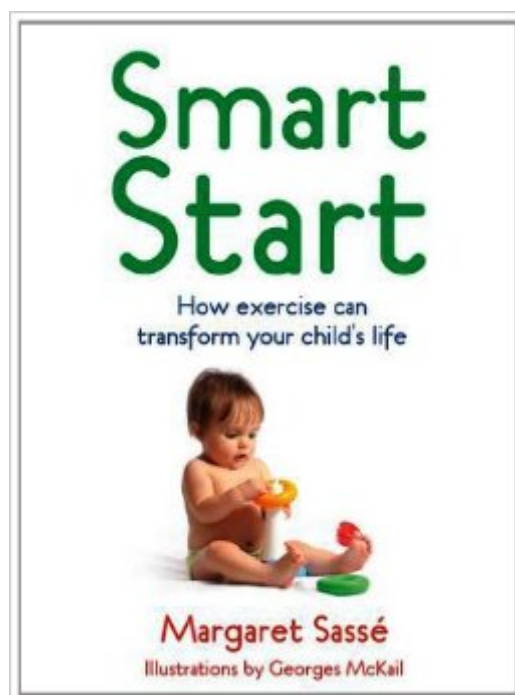


The book was found

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

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Average Customer Review: 5.0 out of 5 stars [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.

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