



# **Active Baby, Healthy Brain: 135 Fun Exercises and Activities to Maximize Your Child's Brain Development from Birth Through Age 5 1/2**

*Margaret Sasse*

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Movement, play, and active exploration in the first five years of a child's life are essential to the development of his or her body and brain. Now *Active Baby, Healthy Brain* presents 135 massages, exercises, and activities that engage your child's love of play while also stimulating his or her brain development in multiple areas, including:

- Balance
- Cross-pattern movement
- Visualization
- Vestibular (inner ear) stimulation
- Laterality
- Fine and gross motor skills

Each activity is presented on its own page with step-by-step instructions, appealing illustrations, and illuminating sidebars. The detailed instructions tell you exactly how to do each activity, as well as how to incorporate toys, music, dance, and games. No single activity takes more than two minutes, and all that's required is ten minutes a day. More than thirty years in the making, *Active Baby, Healthy Brain* is an indispensable guide for everyone who is raising a child or who interacts with preschoolers.

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