

# Nurtureshock: New Thinking About Children



## NurtureShock: New Thinking About Children by Po Bronson

★★★★☆ 4.6 out of 5

Language	: English
File size	: 605 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 319 pages



Nurtureshock: New Thinking About Children is a book by Po Bronson and Ashley Merryman that challenges conventional wisdom about parenting and education. The book presents research that shows that many of the things we think we know about children are actually wrong. For example, the book shows that children are not as fragile as we think, and that they are actually capable of learning a great deal more than we give them credit for.

Nurtureshock is a must-read for parents and educators who want to learn more about the latest research on child development. The book is full of fascinating insights and practical advice. It will change the way you think about children and how you raise them.

## Chapter 1: The Myth of the Fragile Child

The first chapter of *Nurtureshock* challenges the conventional wisdom that children are fragile and need to be protected from the world. Bronson and Merryman present research that shows that children are actually quite resilient. They can handle a lot more than we think, and they actually benefit from being exposed to challenges.

For example, the book shows that children who are exposed to stress early in life are more likely to be successful later in life. They are also more likely to be resilient in the face of adversity. This is because stress helps to build character and teach children how to cope with difficult situations.

## **Chapter 2: The Power of Play**

The second chapter of *Nurtureshock* discusses the importance of play in child development. Bronson and Merryman show that play is not just a way for children to have fun. It is also essential for their learning and development.

Play helps children to develop their creativity, imagination, and problem-solving skills. It also helps them to learn how to interact with others and how to express themselves. Free play, in particular, is important for children's development because it allows them to explore their interests and learn at their own pace.

## **Chapter 3: The Importance of Discipline**

The third chapter of *Nurtureshock* discusses the importance of discipline in child development. Bronson and Merryman show that discipline is not about punishment. It is about teaching children how to behave appropriately.

Effective discipline is based on love and respect. It is also consistent and fair. When children know what is expected of them and the consequences of misbehaving, they are more likely to behave well.

## Chapter 4: The Myth of the Perfect Parent

The fourth chapter of Nurtureshock challenges the myth of the perfect parent. Bronson and Merryman show that there is no such thing as a perfect parent. All parents make mistakes. The important thing is to learn from your mistakes and to keep trying your best.

Being a good parent is not about being perfect. It is about loving your children unconditionally and providing them with the support and guidance they need to grow and develop into healthy, happy, and successful adults.

Nurtureshock is a groundbreaking book that challenges conventional wisdom about parenting and education. The book is full of fascinating insights and practical advice. It will change the way you think about children and how you raise them.

If you are a parent or an educator, I highly recommend reading Nurtureshock. It is one of the most important books I have ever read on child development.



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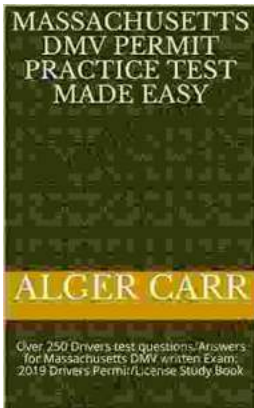
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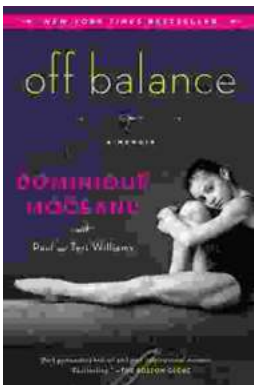
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