

# SANTASADŌ

## Margriet Sitskoorn - The SUPERBRAIN Secret

Ten Tips For a Strong Brain Development in Children

PERSONAL DEVELOPMENT | PSYCHOLOGY



**Adults have a major influence on how the brains of children develop.**

In *The SUPERBRAIN Secret*, Margriet Sitskoorn provides ten tips that have been scientifically proven to enhance brain development in children. Good brain development is essential because it helps children to reach their full potential. The tips together form *The SUPERBRAIN Secret* and can be applied by everyone.

In the first part of the book, you will learn more about the development of children's brains. Questions including: What does the brain do and how does it develop? How important are you as an adult for this

development and how can you positively influence it? will be answered. It is becoming clear that what adults do, and what they expose their children to, has a major impact on brain and skills development, and on children's current and future happiness and lives.

The second part consists of ten stories that you can read to children. The author has woven the tips of *The SUPERBRAIN Secret* into these stories. Each story ends with questions regarding everyday behavior, actions, and emotions that play an important role in the lives of children. These questions can be used to start conversations with children that should provide you and them with insights about happy and healthy development. The text is supported by the beautiful illustrations by Leendert Masselink.

*The SUPERBRAIN Secret* focus is on healthy and happy child development. It provides concrete tips for parents, extended family members, educators, policy makers, experts, and anyone who plays an important role in children's lives, on how to achieve this optimal development. Kids and society deserve a better future. Let's start that better future today.

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## **ABOUT THE AUTHOR**

**Margriet Sitskoorn** Ph.D. is a Full Professor of Clinical Neuropsychology at Tilburg University in the Netherlands. Her research focuses on how behavior and environment affect the brain, and how people can use this knowledge to develop themselves. Sitskoorn is an acclaimed public speaker and consultant. She is the author of several bestsellers and her work has been translated into various languages.

## **TABLE OF CONTENTS**

Preface

### **A Good Development of a Child's Brain**

1. Sleeping
  2. Using fresh air
  3. Pleasant talking
  4. Experiencing
  5. Routine
  6. Being active
  7. Reacting
  8. Affection
  9. Imitating
  10. No stress
- SUPERBRAIN**

### **Bonne and the SUPERBRAIN Secret**

1. Sleeping
  2. Using fresh air
  3. Pleasant talking
  4. Experiencing
  5. Routine
  6. Being active
  7. Reacting
  8. Affection
  9. Imitating
  10. No stress
- The SUPERBRAIN Secret

About the author

More from Margriet Sitskoorn

Sources