



## Touchpoints 3 to 6

By T. Berry Brazelton, Joshua D. Sparrow

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For decades, new parents have relied on Dr. Brazelton's wisdom. But all "Brazelton babies" grow up. Now at last, the internationally famous pediatrician, in collaboration with an eminent child psychiatrist, has brought his unique insights to the "magic" preschool and first-grade years. Through delightful profiles of four very different children, the authors apply the touchpoints theory (following the pattern of growth-new challenge-regression-recharging-and renewed growth) to each of the great cognitive, behavioral, and emotional leaps that occur from age three to six. In the second, alphabetical, half of the book they offer precious guidance to parents facing contemporary pressures and stresses, such as how to keep a child safe without instilling fear, countering the electronic barrage of violent games and marketing aimed at children, coping successfully with varied family configurations, over-scheduling, competition, and many other vital issues today. A Merloyd Lawrence Book

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## **Touchpoints 3 to 6 By T. Berry Brazelton, Joshua D. Sparrow Bibliography**

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## **Editorial Review**

### **Amazon.com Review**

Like a soothing tonic, *Touchpoints Three to Six* offers a simple theory and plenty of sound advice to parents who struggle with their child's ever-changing moods and behaviors. Noted pediatrician T. Berry Brazelton, M.D., bestselling author of *Infants and Mothers* and *Touchpoints*, builds on his theory that kids essentially "rev up" prior to reaching developmental milestones (like walking, talking, and potty training).

Unfortunately for the whole family, such revving typically involves temper tantrums, night waking, and regression. Teaming with child psychiatrist Joshua D. Sparrow, M.D., Dr. Brazelton offers compassionate suggestions for recognizing key touchpoints in children 3 to 6 years old, helping kids work through them, and keeping one's cool throughout the process.

The first four chapters--one per age--provide fairly exhaustive study material on five topics: temperament, learning, moral development, building relationships, and separation and independence. To make the reading more engaging, Brazelton and Sparrow whip up four imaginary children, each with a distinct temperament, learning ability, and level of adaptability. Their shared experiences--from exploring the playground at age 3 to "entering the real world" during their 6th year--provide a helpful backdrop for discussing a myriad of pertinent issues. Smart dialogue, accurate depiction of parents' emotional responses, and surprise discoveries both amusing and serious all add to the breadth of information covered. The second half of the book offers about 200 pages of alphabetically arranged "perennials" and "current issues," for troubleshooting specifics like Attention Deficit Hyperactivity Disorder, computers, divorce, habits, sadness, and toilet learning. An excellent resource for those who support empathetic parenting. --*Liane Thomas*

### **From Publishers Weekly**

Venerable pediatrician Brazelton (*Touchpoints*) teams up with child psychologist Joshua D. Sparrow to adapt his theory of "touchpoints" to children ages three to six. In his earlier work, Brazelton explained that infants undergo periods of behavioral regression (touchpoints) before each developmental burst. Here he addresses issues like sibling rivalry, bedwetting, tantrums and lying as normal aspects of development, and suggests ways parents can be emotionally supportive. The first of the book's two major sections follows four imaginary children with varying, composite temperaments (an active boy, a quiet boy, an intense girl and a cheerful girl), exploring everything from adjusting to a new sibling to making friends. Readers may soon find themselves skipping all but the portions directly related to their own child's temperament type (and weeding out the fictional scenes to get to the nitty-gritty of what to do when a child lies, wets the bed, etc.). In the second section, the authors straightforwardly discuss various contemporary parenting concerns, such as the pros and cons of computers and dealing with divorce. Throughout, Brazelton and Sparrow maintain a characteristically comforting tone, reminding parents that it's best to accept a child's temperament while helping her adapt to the world. The authors not only point toward the predictable touchpoints for this age group but note that parents, too, may react to transition in certain ways, such as worrying that one is abandoning their first child when a new baby arrives. As always, Brazelton's poised, encouraging voice guides parents through the developmental maze. Photos.

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### **From Library Journal**

Brazelton's latest work sets out to do for preschoolers and early elementary age students what his prior works did for infants and toddlers. The premise of his "Touchpoints" series is that each new stage of development

also has a corresponding regression in behavior. Brazelton and child psychologist Sparrow address these "potentially vulnerable periods" by providing parents and caregivers with tools to help children help themselves. The book asserts that adults can help children use frustration as a learning tool by comforting them, then having them take responsibility. In addition to sample situations and suggestions for how parents can help children at each age level from three to six years, the book also provides a "Facing Challenges as a Family" section, which addresses such diverse topics as asthma, adoption, computer usage, and safety. This comprehensive work will expand libraries' resources for caregivers of this age group beyond the works of Lois Ames and should sit alongside Brazelton's earlier works on library shelves. Destined to become required reading for parents and early childhood educators, this is a valuable addition to any public library; also recommended for academic libraries with a focus on child development. Lisa Powell Williams, Moline P.L., IL

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## **Users Review**

### **From reader reviews:**

#### **Perry Payne:**

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