



Fit Baby, Smart Baby, Your Baby!: From Birth to Age Six (The Gentle Revolution Series)

By Glenn Doman, Douglas Doman, Bruce Hagy

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The early development of mobility in newborns is a vital part of their future ability to learn and grow to full potential. We may be wasting our children's most important years by preventing them from physically exploring their world and maximizing their mobility development when they are young-the time that is easiest for them to do so. In *Fit, Baby, Smart Baby, Your Baby!*, Glenn Doman-founder of The Institutes for the Achievement of Human Potential-along with Douglas Doman and Bruce Hagy guide you in maximizing your child's physical capabilities. They clearly explain each stage of mobility and show how to create an environment that will help your baby more easily achieve that stage. Full-color charts, photographs, illustrations, and detailed yet easy-to-follow instructions are included to help you create an effective home program.

This inspiring book shows how the team of mother, father, and baby can explore and discover together the joys of human mobility. From learning the simple but vital stage of crawling to the beginnings of the sophisticated skills of the gymnast, this athletic team is the one that's most important to baby.

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