References

INTRODUCTION

Origins of parenting behaviors


The HighScope Perry Preschool Study


Alloparenting and human survival

PREGNANCY CHAPTER

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Brain is the last to develop

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20% spontaneous abortion (Quote from geneticist Fransisco Ayala)


Lewis Thomas quote


Reasons for morning sickness and fatigue


Morning sickness and IQ

Various pre-term products and their claims


Prenatal University


Folic acid


“Monster” birth defects

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Causes of birth defects


Quotes from cellist Boris Brott

Pre-term touch


Pre-term pain and temperature sensitivity


Vision


Dr. Seuss study


Pre-term hearing


Infant olfactorial processes and preferences


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**Pre-term vestibular experiences**


**Movement and the Moro reflex**


**Infant gustatorial processes and preferences**


*Taste preferences can be molded after birth*


*Graphs showing the relationship between IQ and birth weight*


*Embryonic malnourishment between 4 months and birth and future child outcomes*

Weight gain recommendations during pregnancy


Pica


Nutrition and our evolutionary history (general review)


Metabolomics


Be careful with nutrition research


Balanced diet key

What you eat is important as how much you eat


The omega-3 story


Canadian ice storm


Prenatal stress affects temperament


A meta-analysis of 103 studies


Maternal stress affects a baby’s head structure


Maternal stress affects a baby’s IQ


Maternal stress affects a baby’s attentional state, ability to concentrate and general affect


Not all stress bad


**Three types of stress which are toxic**


**Hans Selye biography**


**Mechanisms of stress**


**Effects of exercise on fetal behavior**


**Benefits of exercise**

Parameters of exercise


American College of Obstetricians and Gynecologists recommendations

RELATIONSHIP CHAPTER

LeMasters and his “83%” figure


Over 25 studies show that marital quality drops in the transition to parenthood, often precipitously.


Marital quality decreases precipitously in 40% to 67% of married couples beginning within the first year of the baby's life


90% satisfaction-loss figure


33%–50% of new parents have as much stress as distressed couples already in counseling

Marital quality consistently declines in a predictable pattern: first for the wives, then for the husbands


Marital satisfaction actually peaks in the last trimester of pregnancy, then begins to decline


Marital satisfaction quote


Harry Harlow’s experiments


Critique of Harlow’s experiments


Amazing cognitive abilities of infants (general references)


**Meltzoff’s imitation and memory experiments**


**Romanian orphans (history)**


**Adopted Romanian orphans in Canada – behavioral problems years later**


**A general introduction to stress reactions**


**Parent-child interactions influence the child’s HPA axis (hyper-reactive)**

Severe deprivation can lead to hypocortisolism


Children exposed to poor care have increased behavioral problems


Baby can fully respond to external stressors at birth


Secure attachment relationship and baby’s stress responses


If the baby does not experience attentive care, the baby’s nervous system develops in a disorganized fashion


Infants can respond specifically to marital discord.


*The effects of an infant’s exposure to external stress can permanently alter an individual’s response to stress*


*Marital conflict is directly linked to more aggressive behavior, poorer emotional self-regulation and diminished academic performance*


**Hypocortisolism reversal**


**Various negative effects of divorce (and references therein)**


**Quote from David Blankenhorn**


**Many children survive divorce intact**


Mitigating factors in divorce and marital conflict


Intraparental conflict a greater predictor of negative child outcome than divorce:


Seeing parents fight and make up is healthy; fighting without seeing parents make up is not


180 times per hour figure

Ferber quote


There is a lot of sleep loss.


The phenomenon appear to be cross-cultural (also studies in Denmark and Hong Kong)


As much as 50% of infants still require parental intervention at 12-months of age


More than 50% of adults take a half hour or more to fall asleep after they have been awakened by a child

Sleep loss affects marital satisfaction


Sleep loss affects cognition


The less sleep you get, the grumpier you become. The order is mood disturbance, cognitive function, motor function

p. 183-185

Sleep loss can lead to depression.

p. 18-21

Social isolation and the transition to parenthood


*After the birth of a child, couples have only about one-third the time alone together*


*Sex plummets for most couples in the transition to parenthood*


*Evolutionary consequences of alloparenting*


*Ruthellen Josselson*

Florynce Kennedy quote


Gender imbalance in household chores and its effects on quality of marriage


Various statistics on asymmetric workload


Robert Burns quote

Effects of depression


Nisbett, Jones, and perceptual asymmetry


Various asymmetries


Introspection, extrospection, sources of human conflict


*Only 30% of arguments resolvable*


*Empathy defined*


*Autistic children and empathy*


*Gottman data (marriage)*


*Gottman data (empathy, parenting and marriage)*

Gottman quote (empathy)


Marital intervention programs that work


Mental health: various demographic/peak age of onset statistics


SMART BABY: SEEDS CHAPTER

Theodore Roosevelt


IQ heritability (50% figure)


Einstein’s brain


Biological basis of intelligence


The COMT gene


Reference for IQ tests


4,100, not 5,000


“g,” general cognition


The variable nature of IQ tests


Howard Gardner


Cost of a New York Wechsler


Infant intelligence tests that predict adult intelligence


Various symposia to define intelligence

Children are natural explorers


“Innovator’s DNA” studies


Gregersen quotes (Harvard Business Review)


Impulse control (Mischel’s experiment)

Executive function defined


Associations of Executive Function with academic performance, intelligence & IQ


There are genetics involved in executive function


Neurobiology of executive function

Definitions and neurobiology of creativity


Noam Chomsky’s ideas on universal grammar


Pat Kuhl’s work on language acquisition


Need for social relationships in language acquisition


Various nonverbal animal behaviors

Dog Whisperer


Emotion Body Language studies


Linkage to intelligence


Shakespeare quote

Act IV, Scene 1
Paul Ekman’s facial training


Prosopagnosia


Right side of the brain comment


Charles Darwin and faces

SMART BABY: SOIL CHAPTER

Weapon focus


Effects of breast-feeding on brain function


Speak to your child a lot


*Parentese (motherese)*


William Fowler’s program


Free-time is increasingly rare


Unrestricted play boosts creative problem-solving, language acquisition, stress reduction, social skills and general cognitive development.


Crime statistics


Results of “open-ended play” last into adulthood


Vygotsky’s ideas and bio


Direct measures of the Tools of the Mind program


Dame Evelyn Glennie


Effort, not IQ


Effort may have a genetic component


Deferred imitation


*John Bargh’s elderly work*


*Statistics regarding screen time*


*Television and future aggressive behavior in children and young adults*


Misc cognitive effects and TV


American Association of Pediatrics recommendations


Disney vs the Emerald City


*Potential confounders and a more nuanced understanding of TV effects*


*Effects of exercise on cognition*


Taras, H. “Physical Activity and Student Performance at School.” *J. Sch Health* 75, no. 214-218 (2005).

**Childhood obesity associated with electronic game exposure**


**Effects of exercise habits on future behavior**


**Texting at 80 per day**


**Einstein’s talking**


**A critical evaluation of Piaget**

Every brain is wired differently


Effects of “hot-housing” children


Effects of stress on learning


Learned helplessness, depression and brain damage


HAPPY BABY: SEEDS CHAPTER

Daniel Gilbert’s definitions of happiness


Description of the Harvard Study of Adult Development


Relationships are the best predictor of happiness


Quote from Jonathan Haidt


Money is not a predictor of happiness


Other factors predicting happiness


Robocop movie

Robocop (1987). Directed by Paul Verhoeven. Produced by Arne Schmidt. Distributed by Orion Pictures

Jerome Kagan


Emotional regulation and links to friendship


Basic anatomy of cortico-limbic development


Empathy and links to friendship


Emotional development and regulation


**Theory of Mind**


**Mirror neurons, autism and Theory of Mind**


Hadjikhani, N., et al. “Anatomical Differences in the Mirror Neuron System and


The “set-point” idea


The neurobiology of temperament


Lost Boys of Sudan


Quote from story of Jacob Atem


Genetic variants and behaviors


HAPPY BABY: SOIL CHAPTER

Rachel/Tyler story

Story related to me after a parenting lecture.

Baby 19


Ed Tronick data and quote


Attachment issues


Emphasis on emotions, especially “hot” emotions


Diana Baumrind’s findings and confirmations


Meta-emotions and effects on parenting


Gwyneth Paltrow quote


Attention, but not too much attention


Empathy calms people down


Ally’s dad story

Story related to me after a parenting lecture.

Importance of labeling emotions


Effects of music on emotion in speech


Mantanzas flood


Running toward emotions; empathy and emotional “coaching” strategies


*Blowing your top doesn’t work*


*Empathy and the work of Haim Ginott*


*Emotional contagion*


*Doctor-patient relationships*


**Physiological responses to empathy**


**Quote from H.M. Adler:**


**Work of Greenspan**

MORAL BABY CHAPTER

Moral “modules”


Steven Pinker quote


Story of Kuni


List of universal morals


The ambiguous notion of conscience


Bandura, Bobo Doll and observational learning


Professor imperfectly quoting Bill Cosby


Frequency of lying, linkage to theory of mind


Ernest Hemingway story


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Moral development and the ideas of Kohlberg, the critique of Kohlberg


Linkage between emotions and decision-making abilities


Jonah Lehrer quote


Nanny reality TV show

*Nanny 911* (Reality Television Series)
Executive Producer: Paul Jackson
Aired 2004 – 2009 (US origin, Fox TV)

Components of effective rule formation and administration


Video feedback interventions

Psychopathology


Negative reinforcement and types of punishments


Kramer vs. Kramer movie

*Kramer vs. Kramer* (1979)
Directed by Robert Benton, Produced by Richard Fischoff & Stanley Jaffe
Distributed by Columbia Pictures

The four characteristics of effective punishment


Inductive parenting, and the work of Parke


Critique of inductive parenting


Spanking


Kids’ evaluations of their parent’s behaviors

**SLEEPY BABY CHAPTER**

*Samuel Jackson’s video*


*Mansbach’s book*


*Mansbach’s selling numbers*


*10% – 75% report sleep problems*


*Three chief complaints in Western Cultures*


*Factors affecting infant sleep are baby’s and parent’s issues*

Tower of Terror


General information about infant and child sleep


General information about adult sleep


TruuConfessions entry


Active vs quiet sleep, measurable by 8 months gestational life


Babies don’t settle into their rhythms for months

We don’t really know how much sleep babies need


Infant sleep (Japan)


Infant sleep (test subjects in Ferber lab, mostly US)


Genetic and environmental factors play roles, but relative influences are unknown


Fetus is synchronized to mother’s physiological hormonal cues


Melatonin passes through placenta

Babies haven’t developed their own circadian rhythm at birth


Possible relationship between sleep and feeding


Active sleep biology and behavior


20 minute cycles, 60 minute cycles


BRAC studies (90 minute cycle)


**No circadian evidence for almost 90 days post-partuition**


**German study showing 48-hour old babies are more awake during the day**


**Japanese infants and the second week comment**


**It takes 12 weeks to establish regulated infant melatonin oscillation**


**Sleep requirements in the first two years of life**


**Attachment theory – the basics**

Attachment and future behavior


Needs vs wants a primary issue (Australian researchers)


Practical suggestions from Sears


Wants and needs are the same thing quote: p. 346

Feed on demand: p. 329

Create a predictable nap routine during the day: p. 331

Wear your baby in a sling: p. 329

Create predictable rituals: p. 331

Bath and feed baby: p. 331

Motion and sleep: p. 332

Freeway fathering: p. 332

Bedtimes in Asia and the west


Cosleeping, evolutionary history and indigenous cultures


Efe tribe (pygmies)


Cosleeping is the dominant style worldwide


Japanese families


Cosleeping in the west


Extinction/reinforcement behavioral modification explained


Unmodified extinction vs camping out methods


Suggestions from Ferber


Schedule: p. 74

Babies won’t like it at first: p.79

Need to switch plans if the schedule isn’t working: p. 83-84

Post-extinction burst

Sleepy-baby video


Graduated extinction most common Western approach


CIO methods work


Intermittent reward hardest behavior to extinguish


Parents need to be consistent in applying CIO


CIO not universally embraced

Nocturnal breast-feeding interferes with sleep consolidation


Cosleeping results in less sleep for parent and child


Cosleeping interferes with sleep consolidation – polysomnographic data


Active physical comforting interferes with sleep consolidation


CIO is hard on parents

Object permanence in young infants (general review)


Evidence that object permanence is available with 8 month olds


Evidence that object permanence is available with 3.5 month olds


Cortisol and sleeping styles


Cosleeping corresponds to reduced levels of cortisol


Baseline cortisol levels with infants are unknown

Attachment theory and crying


Quote from leading researcher (Avi Sadeh)


_F. Scott Fitzgerald* quote


_Ferber* quote
