

Building Baby's Brain Power: Hundreds of One-Minute Brain Stimulating Activities for Baby's First Years

By Noreen Darragh Lantry and Katherine Hummel
BETA Center. 230 pages. \$14.95
www.betacenter.org

Congratulations!

You've just had your baby.

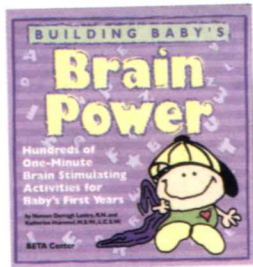
And isn't it the most amazing thing that's ever happened to you?

But after the excitement starts to wear off (a little bit, anyway), a cold pinch of terror may start to climb up your spine. What if—horrors!—you should make a mistake?

After all, you want to do things right. You want to give your precious child everything he or she needs and deserves. Besides, you don't want people taking about you they way they talk about bad-mom Britney Spears, do you?

Of course you don't! Which is where *Building Baby's Brain Power* comes in.

Written by Longwood's Noreen Darragh Lantry and Orlando's Katherine Hummel, the book (whose second edition has



recently been issued) is not for parents of brand-newborns.

"Brand new babies will sleep most of the time," the book advises. "When baby begins to focus and be awake more, you may choose to ... begin using this book."

A typical page in this little 5-inch by 5-inch guide contains a cute drawing of a baby (like the one on the cover) with a few words describing a "one-minute" activity, such as this one:

"Holding baby, walk through the rooms of the house. Open drawers and say 'open.' Shut drawers and say 'shut.' Watch baby watching the action. Repeat 2 times."

Will this sort of thing really turn your child into an Einstein? As they say about chicken soup, it couldn't hurt.

Besides, it can only be a good thing if this book gets Mom and Dad to spend a little more fun time with Baby.