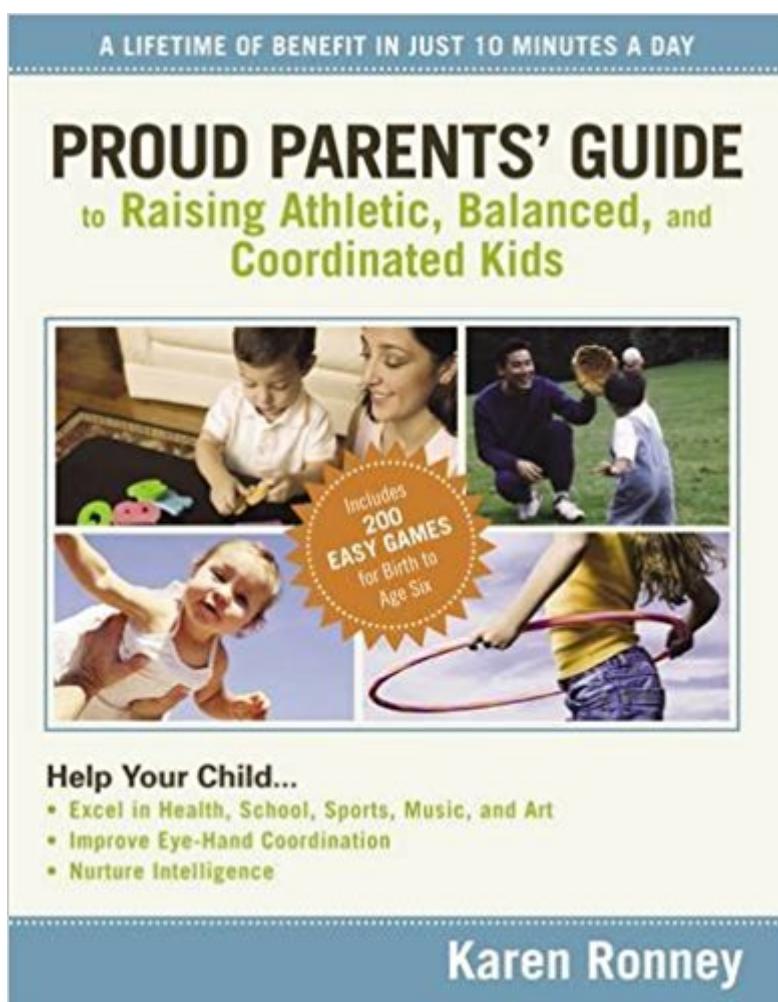


The book was found

Proud Parents' Guide To Raising Athletic, Balanced, And Coordinated Kids: A Lifetime Of Benefit In Just 10 Minutes A Day



Synopsis

Winner of 34 different publishing awards, this 10-minutes-per-day comprehensive program helps children ages 0 to 6 develop coordination. Tennis pro and master coach Karen Ronney offers a step-by-step handbook with over 200 games for parents who want to jump-start their child's fundamental skills, self-confidence, and sports potential while creating a lifestyle of family fitness. She offers an in-depth explanation of a child's development, their learning styles, with physical and brain anatomy and growth facts, and how simple, fun activities can be the key to unlock their abilities in every area of life. Includes recent scientific and academic research, progress charts, how to incorporate purposeful play, and even helps for families with special-needs kids. Part One: How Your Child Develops Learning Styles Building Better Brains Sensory Integration Fine Motor Development Right- or Left-Handed Gross Motor Development Coordination and Sidedness Rules of Play and Praise Part Two: Games Warm-up and Stretch Crib Capers Athletic Activities One, Two and You Building Blocks for Three Year Olds The Golden Years: Four-to-Six Year Olds

Book Information

Paperback: 320 pages

Publisher: Thomas Nelson (September 9, 2008)

Language: English

ISBN-10: 0785228225

ISBN-13: 978-0785228226

Product Dimensions: 7.5 x 0.8 x 9.8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #1,363,096 in Books (See Top 100 in Books) #136 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #245 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #398 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts

Customer Reviews

Simply put this book makes it simple. The first half of the book gives a good overview, in layman's terms, of child development. The second half has copious game outlines and suggestions in a game appendix with explanations on how each game helps the child's mental and physical development. Nothing in the book should come as a surprise but the book offers a steady resource to turn towards. The outlines and information it offers puts everything into perspective to a point where you

grow beyond even "needing" the book. In addition it contains good notes on why and how not to push a child into sports. It argues against specialization as compared to generalization. Meaning it says not to try and turn your kid into Tiger Woods but rather to try and give your child the opportunity to be well rounded.

I was excited when I found this book. Eight years ago nothing like this was available when I had my first child. Some of the books I read outlined "normal" milestones and what my child was probably doing by certain ages, but there was nothing that provided such a comprehensive look into children physical development. When I was concerned about something, my pediatrician would remind me that children develop at their own rate and that he (my son) would eventually catch-up, or that his clumsiness was normal at his age (he said that at 2, 3, 4, he started getting a little bit better once he started playing sports at 5, 6, 7, and 8). Karen Ronney pushes the envelope by not letting us accept that athleticism is a gift that children are either born with or without, but instead insists that parents can influence negatively or positively such gift. The games are fun, even for my son, who is now eight (by adjusting some of the games to make them more challenging). We've been able to see some improvement with his mixed-sideness (term I didn't know until I read the book). With my super kinetic 9 month-old daughter this book has become a great guide. She could only play pick-a-boo for so long. She likes the special playing time she gets with Dad, crawling, standing, twisting, searching... My husband only has to give 10 minutes and they both have a thrill, which is great because sometimes he doesn't have more time than that. And I know what to do to make blanket time funner for both of us. Coordination is not a gift only for the super athlete, but for raising kids who feel confident about themselves and are competent to use their bodies for what they can do.

Author/coach/teacher Karen Ronney's book, "Proud Parents' Guide to Raising Athletic, Balanced, and Coordinated Kids; A Lifetime of Benefit in Just 10 Minutes a Day" is a must-read for anyone interested in a child's future. This extremely helpful compilation of information for parents (and caregivers) of young kids is a book that I wish had been written when my parents were raising ME so they could use it and learn from it! Ronney's easy-to-understand language and easy-to-implement skills/ideas make helping a child become the best he/she can be much less challenging and a lot more fun! I have recommended this book to many of my friends and will continue to sing the praises of this book. It fills a much-needed void.

All I can say is WOW! My 18month old son was diagnosed with delayed motor skills which I was

sending him to physical therapy for, when I came across this book. The activities are extremely easy to do and after 10 minutes a day for 2 weeks myself and the physical therapist couldn't get over his progress!! I then started doing the drills with my 5 year old daughter who has no motor skills problems and her agility and balance has improved dramatically. This book is a must for children of all ages!!!!!!

This is an excellent book. It promotes you encouraging physical activity for the sake of encouraging a child that can build off their learning styles and developmental capacity. It discourages you from being unrealistic with your child and gives you the tools to develop a plan that can help your child be healthy, active, happy, and athletic.

[Download to continue reading...](#)

Proud Parents' Guide to Raising Athletic, Balanced, and Coordinated Kids: A Lifetime of Benefit in Just 10 Minutes a Day Jokes For Kids - Joke Books : Funny Books : Kids Books : Books for kids age 9 12 : Best Jokes 2016 (kids books, jokes for kids, books for kids 9-12, ... funny jokes, funny jokes for kids) (Volume 1) Kids Reading Books: St. Patrick's Day for Kids - Discover Fun Facts and Colorful Pictures About St. Patrick's Day (Kids Educational Books) Stepparenting: Becoming A Stepparent: A Blended Family Guide to: Parenting, Raising Children, Family Relationships and Step Families - 2nd Edition (Raising ... Kids, Blended Families, Blended Family) PARENTING: Single Parenting For Moms: A Guide in Raising Your Family and Being a Successful Mom (Parenting, Single Parent, Single Mother, Parenting Boys, Parenting Girls, Raising kids, Healthy child) Motivate Your Child: How to Release Your Child's Inner Drive and Help Them Succeed in Life: A Parents Guide to Raising Kids, Inspire them, Student Success ... Engaged) (Life Psychology Series Book 1) Healthy Gluten Free Kids - A Comprehensive Parents' Guide For Raising Children With Celiac Disease 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Jokes for Kids: 400+ Funny Jokes for Kids: Funny and Hilarious Jokes for Kids - Funny Jokes - Kids Jokes - Jokes and Illustrations Jokes:Best Jokes For Kids: Laugh out loud fun jokes(Jokes,Funny Jokes,Jokes for kids,Best Jokes,Funny Book,Jokes free,Jokes for free,for kids,riddles,quiz ... for kids,best jokes,laugh out loud) Abs and Core: The Suspension Abs Solution: 4 Simple Suspension Workouts That Will Help You Get Sexy Abs An Athletic Physique Shed Stubborn Fat Perform It Anywhere In 15 Minutes Or Less The Co-Parents' Handbook: Raising Well-Adjusted, Resilient, and Resourceful Kids in a Two-Home Family from Little Ones to Young Adults A Beginners Guide to Using Kindle Fire HD Kids Edition: A Fire HD Kids Edition Guide for Parents Five Good Minutes: 100 Morning

Practices to Help You Stay Calm and Focused All Day Long (The Five Good Minutes Series)

Raising Confident Kids: 10 Ways to Foster Self-esteem and Avoid Typical Parenting Mistakes (Kids

Don't Come With a Manual series) Out and Proud in Chicago: An Overview of the City's Gay

Community Death Be Not Proud: A Memoir The Proud Tower: A Portrait of the World Before the

War, 1890-1914 Proud: My Autobiography The MELT Method: A Breakthrough Self-Treatment

System to Eliminate Chronic Pain, Erase the Signs of Aging, and Feel Fantastic in Just 10 Minutes

a Day!

[Dmca](#)