

ENGAGE, EXPLORE, PLAY, GROW: A SUPPORTIVE GUIDE TO DEVELOPMENT IN BABY'S FIRST YEAR

Babies are bursting with potential. Each new experience and sensation stimulates their brain and provides pathways for future learning; interaction and play are the keys to maximising a baby's learning potential in the first year.

Nurturing Your Baby's Potential is an essential guide for parents and caregivers who are keen to explore, understand and support their baby's development in the first year of life. The book outlines the progressive changes from newborn to 12 months of age, and celebrates the relationships, interactions and experiences that foster healthy development.

Written by Nicola Woollaston, a New Zealand mother of four children with expertise in development and learning, *Nurturing Your Baby's Potential* is an inspiring and practical book about baby's first year of life. Beginning with the wonder of newborns and their innate capabilities, Nicola outlines the progressive development of baby's gross motor, fine motor, social, language and cognitive skills over the first year.

Research based side bars provide more in-depth information while others explore the common dilemmas faced by new parents. Carefully selected ideas and activities are included to support the specific learning goals of each age and stage, encouraging babies to explore and engage with the world around them. The book also includes supportive guides and recommendations for selecting books and toys that encourage healthy development over the first year.

Nurturing Your Baby's Potential is a multi-level book that:

- explains in clear language how babies develop in the first year: their motor skills, social and emotional, language, cognitive and intellectual
- offers more than 60 simple ideas and activities to stimulate children's development and learning
- presents the latest research into key aspects of child development in the first year.

Colour-coded for easy reference, and illustrated with more than 200 photographs, *Nurturing Your Baby's Potential* is mandatory reading for parents, grandparents, caregivers and childcare professionals.

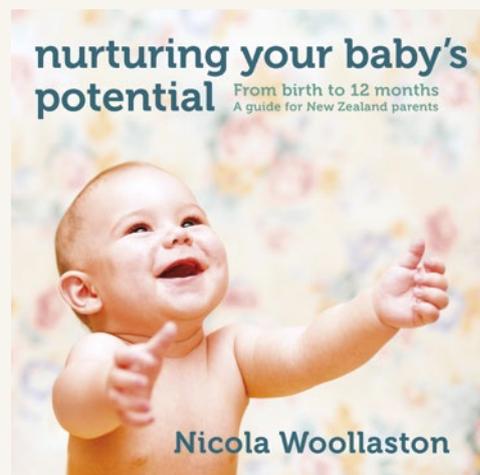
ABOUT THE AUTHOR

NICOLA WOOLLASTON trained as an early childhood teacher and is a Child Life Specialist and Hospital Play Specialist. She has worked with children, families and whanau in community and hospital settings in New Zealand, the UK and Canada for more than 20 years. Nicola has presented at numerous international conferences and in-services, developed resources and published a book to support infant visual development. When based in Christchurch, Nicola worked at the hospital and for a number of years operated Growing Tiny Minds, a business which focused on using play and relationships to support development in early years. In 2011, her focus shifted to supporting her community to manage the stress and ongoing impact of the Christchurch earthquakes, consulting with local schools and kindergartens. In 2015, Nicola moved with her family to the Waikato; after working for a short time with Waikids she moved into her current role as Team Leader of the Hospital Play Specialists at Starship Children's Hospital in Auckland. Nicola has blended her professional expertise, her experiences as a mother, and her passion for supporting children and families to write *Nurturing Your Baby's Potential*.

NICOLA WOOLLASTON IS AVAILABLE FOR INTERVIEW / EXTRACTS ARE AVAILABLE ON REQUEST

For more information contact

Sarah Thornton, freelance book publicist
PHONE 021 753 744
EMAIL sarah.thornton@prcomms.com



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