



Proud Parents' Guide to Raising Athletic, Balanced, and Coordinated Kids: A Lifetime of Benefit in Just 10 Minutes a Day

Karen Ronney

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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



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Linda Enders:

Within other case, little men and women like to read book Proud Parents' Guide to Raising Athletic, Balanced, and Coordinated Kids: A Lifetime of Benefit in Just 10 Minutes a Day. You can choose the best book if you appreciate reading a book. Providing we know about how is important any book Proud Parents' Guide to Raising Athletic, Balanced, and Coordinated Kids: A Lifetime of Benefit in Just 10 Minutes a Day. You can add expertise and of course you can around the world by a book. Absolutely right, mainly because from book you can learn everything! From your country till foreign or abroad you will find yourself known. About simple factor until wonderful thing you may know that. In this era, we can easily open a book or even searching by internet system. It is called e-book. You should use it when you feel weary to go to the library. Let's study.

James Conner:

A lot of people always spent all their free time to vacation or maybe go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you simply read you can spent all day every day to reading a e-book. The book Proud Parents' Guide to Raising Athletic, Balanced, and Coordinated Kids: A Lifetime of Benefit in Just 10 Minutes a Day it is extremely good to read. There are a lot of people that recommended this book. They were enjoying reading this book. Should you did not have enough space to bring this book you can buy typically the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to cover but this book has high quality.

Karl Harms:

People live in this new day time of lifestyle always attempt to and must have the extra time or they will get lot of stress from both daily life and work. So , once we ask do people have extra time, we will say absolutely yes. People is human not only a robot. Then we request again, what kind of activity have you got when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, the actual book you have read is actually Proud Parents' Guide to Raising Athletic, Balanced, and Coordinated Kids: A Lifetime of Benefit in Just 10 Minutes a Day.

Eduardo Ford:

Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you have done when you have spare time, and then why you don't try point that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Proud Parents' Guide to Raising Athletic, Balanced, and

Coordinated Kids: A Lifetime of Benefit in Just 10 Minutes a Day, you are able to enjoy both. It is very good combination right, you still desire to miss it? What kind of hangout type is it? Oh can happen its mind hangout people. What? Still don't buy it, oh come on its referred to as reading friends.

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