## Contents

LIST OF FIGURES		0
ACKNOWLEDG	EMENTS	8
FOREWORD		9
INTRODUCTION AND SUMMARY		13
Chapter 1	Differences in children	19
Chapter 2	How your child grows	30
Chapter 3	The brain and its development	40
Chapter 4	Food for thought: Brain growth and nutrition	57
Chapter 5	Crucial times for learning	64
Chapter 6	Exploration and learning	73
Chapter 7	Memory and learning	73
Chapter 8	The importance of talk	94
Chapter 9	Girls and boys	107
Chapter 10	Mother and child	116
Chapter 11	Screening before birth	126
BIBLIOGRAPHY		131
APPENDIX	Table 1: How children's abilities develop and their link with brain maturation	134
INDEX		136