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The Science of Parenting by Margot Sunderland aims to show parents how current scientific research can help their child-rearing efforts. As Sunderland writes, It's both awesome and sobering to know that as parents we have such a direct effect on the actual wiring and long-term chemical balance in our children's brains.

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won First Prize in the British Medical Association Medical Book awards 2007 Popular Medicine section. The book, endorsed by the affective neuroscientist Professor Jaak Panksepp , is the result of ten years research on the long-term effects of adult-child interaction on the developing brain.

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“As babies, humans are led primarily by their instincts for survival which can be referred to as the “reptilian brain” (The Science of Parenting by Margot Sunderland, 2006, p. 18).

Essentially, children are born very sensitive to their needs and need someone to help take care of the needs.

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