

There's a Lot We Forgot About Babies: Unlocking the Evolutionary Origins of the Human Infant



There's a Lot I Forgot About Babies: The Grammy Diaries by Elvira Hoffman

★★★★★ 5 out of 5

Language : English
File size : 1706 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 129 pages
Lending : Enabled



By David Bainbridge



In *There's a Lot We Forgot About Babies*, Dr. David Bainbridge explores the evolutionary origins of the human infant, drawing on cutting-edge research in anthropology, archaeology, and psychology. He argues that we have much to learn from our prehistoric ancestors about how to raise healthy, happy, and resilient children.

Bainbridge begins by examining the unique characteristics of human infants, such as their helplessness, their long period of dependency, and their remarkable capacity for learning. He then traces the evolution of these traits, showing how they have helped our species to survive and thrive in a changing world.

Bainbridge argues that we have forgotten many of the things that our ancestors knew about raising babies. For example, we have forgotten that infants need to be held close and often, that they need to be breastfed on demand, and that they need to be allowed to play and explore their

environment. As a result, we have created a culture of parenting that is often stressful and anxiety-provoking for both parents and children.

There's a Lot We Forgot About Babies is a groundbreaking book that challenges our assumptions about what it means to be a good parent. Bainbridge's research shows that we can learn a lot from our prehistoric ancestors about how to raise healthy, happy, and resilient children. He offers a new vision of parenting that is based on the latest scientific research and that is both practical and compassionate.

Reviews

"There's a Lot We Forgot About Babies is a must-read for anyone who is interested in parenting or the evolution of human behavior. Bainbridge's research is fascinating and his insights are invaluable. This book will change the way you think about babies and parenting."

- Dr. Sarah Blaffer Hrdy, author of Mothers and Others: The Origins of Maternal and Social Institutions

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- Dr. Peter Gray, author of Free to Learn: Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and Better Students for Life

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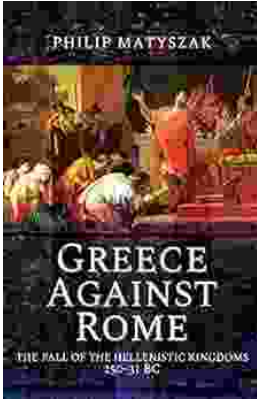
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