

APPENDIX 1—REFERENCES

This chapter-by-chapter list of references and reading material has been compiled from a variety of reputable sources. It contains extensive knowledge and information that supports an evidence-based approach to the learning methodologies used in early childhood education and presented in this book.

These sources include published books, academic journal papers, articles from leading universities, government organizations, professional societies and conference proceedings. Also included are results from research projects, blogs by qualified specialist experts and practicing consultants, contributions from early childhood and parenting websites, and insights from [delvy](#), a modern AI-powered research assistant tool.

Due to the dynamic nature of the Internet, some web addresses or links identified in this Appendix may have changed since publication and may no longer be valid. However, links to the references and resources are regularly maintained and available for access on the author's website. If you have any issues or questions, contact the author at marglarden@gmail.com.

Last updated: 23 February 2026

CHAPTER 1

American Montessori Society 2020, *Education that Transforms Lives*, viewed 3 July 2020, <<https://amshq.org/About-Montessori/History-of-Montessori/Who-Was-Maria-Montessori>>

delvy.ai 2025, *An AI-powered, evidence-based research assistant*, delvy is built by Reforged, Copyright © 2025 Reforged LLC. All rights reserved, viewed 5 January 2025, <<https://delvy.ai>>

Institutes for the Achievement of Human Potential 2019, *A Gentle Revolution in our Own Home*, viewed 12 May 2020, <<https://www.iahp.org/mother-of-six-success-story/>>

Institutes for the Achievement of Human Potential 2021a, *The Newborn Course*, viewed 13 April 2021, <<https://iahp.org/well-children/course-programs/>>

Institutes for the Achievement of Human Potential 2021b, *How to multiply your baby's intelligence*, viewed 12 May 2020, <<https://iahp.org/well-children/course-programs/>>

Seldin, T 2017, *How to Raise an Amazing Child the Montessori Way: A Parents' Guide to Building Creativity, Confidence and Independence*, 2nd edn, Paperback version, Dorling Kindersley Ltd, accessed 10 April 2023 from Amazon.com

Selhub, E 2022, *Nutritional psychiatry: Your brain on food*, posted 18 September 2022, viewed 5 November 2024, <<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>>

US National Academies of Sciences, Engineering, and Medicine 2016, *Parenting Matters: Supporting Parents of Children Ages 0-8*, Washington, DC: The National Academies Press, viewed 5 January 2024, <<https://doi.org/10.17226/21868>>

CHAPTER 2

Centerhealthyminds.org 2024, *What is Innate Kindness?* viewed 29 April 2024, <<https://centerhealthyminds.org/join-the-movement/innate-kindness>>

Cherry, K 2022, *What is Self Esteem?* updated 7 November 2022, viewed 3 April 2023, <<https://www.verywellmind.com/what-is-self-esteem-2795868>>

Dewar, G 2023, *Teaching self-control: Evidence-based tips*, viewed 24 May 2024, <<https://parentingscience.com/teaching-self-control/>>

Johansson, E 2018, *Values Education in Preschool*, in Johansson, E and Einarsdottir, J (eds.), *Values in Early Childhood Education, Citizenship for Tomorrow*, 1-16, Paperback version, 1st edn, Routledge Publishers, New York, accessed 12 June 2024 from Amazon.com

Lovat, T and Hawkes, N 2013, *Values Education: A Pedagogical Imperative for Student Wellbeing*, *Educational Research International*, 2(2), 1-6, viewed 13 June 2024, <[http://www.erint.savap.org.pk/PDF/Vol.2\(2\)/ERInt.2013\(2.2-01\).pdf](http://www.erint.savap.org.pk/PDF/Vol.2(2)/ERInt.2013(2.2-01).pdf)>

Making Caring Common Project 2022, *7 Tips for Raising Caring Kids*, Harvard Graduate School of Education, viewed 21 July 2024, <<https://mcc.gse.harvard.edu/resources-for-families/7-tips-raising-caring-kids?>>

Thekindnesscurriculum.com 2020, *An Introduction to the Kindness Curriculum (Prior to School)*, viewed 4 August 2022, <<http://thekindnesscurriculum.com/prior-to-school/>>

The Resilience Project 2022a, *The Resilience Project*, viewed 20 May 2020, <<https://theresilienceproject.com.au>>

The Resilience Project 2022b, *References and Readings*, viewed 20 May 2020, <<https://theresilienceproject.com.au/presentation-slides-references/>>

ValuesbasedEducation 2021, *Values-based Education (VbE): The beating heart of education*, Newsletter, viewed 16 June 2021, <<https://valuesbasededucation.com>>

CHAPTER 3

- BabySensory.com.au 2020, *The power of touch*, viewed 6 July 2020, <https://www.babysensory.com.au/power_of_touch/>
- CogniKids.com 2021, *Important Milestone—CRAWLING*, posted 18 March 2021, viewed 25 July 2025, <<https://cognikids.com/movement-milestone-crawling/>>
- Developingchild.harvard.edu 2018, *Brain Architecture*, Center of the Developing Child, Harvard University, viewed 10 July 2021, <<https://developingchild.harvard.edu/science/key-concepts/brain-architecture/>>
- Doman, G and Doman, J 2006, *How to Teach Your Child to Read: The Gentle Revolution*, Paperback version, revised edn, Square One Publishers, accessed 11 April 2023 from Amazon.com
- Eliot, L 2000, *What's Going on in There? How the Brain and Mind Develop in the First Five Years of Life*, Paperback version, Bantam Doubleday Dell Publishing Group Inc, accessed 15 July 2021 from Amazon.com
- Eliot, L 2012, *Pink Brain, Blue Brain: How Small Differences Grow into Troublesome Gaps—And What We Can Do about It*, Paperback version, Oneworld Publications, accessed 15 July 2021 from Amazon.com
- Eliot, L, Ahmed, A, Khan, H and Patel, J 2021, *Dump the "dimorphism": Comprehensive synthesis of human brain studies reveal few male-female differences beyond size*, *Neuroscience and Biobehavioral Reviews*, 125, 667-697, viewed 8 July 2021, <<https://www.sciencedirect.com/science/article/pii/S0149763421000804?via%3Dihub>>
- HelpGuide.Org 2019, *What is secure attachment and bonding?*, viewed 6 July 2020, <<https://www.helpguide.org/family/parenting/what-is-secure-attachment-and-bonding/>>
- Kidspot.com.au 2015, *Six Reasons Why Crawling is Important*, posted 20 November 2015, viewed 7 July 2020, <<https://www.kidspot.com.au/baby/baby-development/six-reasons-why-crawling-is-important/news-story/d95b4e7b765c817b85dbd1b8f5fdc249>>
- Knost, LR 2013, *Whispers through Time: Communication Through the Ages and Stages of Childhood*, Paperback version, Little Hearts Books, LLC, accessed 27 April 2023 from Amazon.com
- National Scientific Council on the Developing Child 2009, *Young children develop in an environment of relationships*, Working Paper No. 1, retrieved 6 July 2020 from <<https://developingchild.harvard.edu/resources/wp1/>>
- Perry, PD and Szalavitz, M 2011, *Born for Love: Why Empathy is Essential—and Endangered*, Paperback version, HarperCollins Publishers Inc., accessed 27 April 2023 from Amazon.com
- Rosalind Franklin University of Medicine and Science 2021, *Massive study reveals few differences between men's and women's brains: Neuroscientists conduct meta-synthesis of three decades of research*, *ScienceDaily*, posted 29 March 2021, viewed 8 July 2021, <<http://www.sciencedaily.com/releases/2021/03/210325115316.htm>>
- Rippon, G 2020, *The Gendered Brain: The New Neuroscience that Shatters the Myth of the Female Brain*, Paperback version, Vintage Publishing, accessed 27 April 2023 from Amazon.com
- Winston, R and Chicot, R 2016, *The importance of early bonding on the long-term mental health and resilience of children*, *London J Prim Care*, 8(1), 12-14, viewed 5 July 2020, <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5330336/>>
- ZerotoThree.org 2010, *Tips on Nurturing Your Child's Curiosity*, viewed 25 September 2020, <<https://www.zerotothree.org/resource/tips-on-nurturing-your-childs-curiosity/>>

CHAPTER 4

- Alario, C 2020, *Sleep and Brain Development: an important connection*, posted 1 March 2020, viewed 19 November 2020, <<https://www.nestedbean.com/blogs/zen-blog/sleep-brain-development-for-babies>>
- Canadian Paediatric Society 2004, *Effective Discipline for Children*, *Paediatrics and Child Health*, 9(1), 37-41, viewed 16 August 2022, <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2719514/>>
- Chang, A-M, Aeschbach, D, Duffy, JF and Czeisler, CA 2015, *Evening use of light-emitting eReaders negatively affects sleep, circadian timing, and next-morning alertness*, *Proceedings of the National Academy of Sciences of the United States of America*, 112(4), 1232-1237; viewed 19 November 2020, <<https://www.pnas.org/content/112/4/1232>>
- Colab.thekids.org.au 2024, *Five Top Tips To Build Young Brains from Professor Donna Cross*, Telethon Kids Institute, Minderoo Foundation, viewed 15 November 2024, <<https://colab.thekids.org.au/siteassets/media-images---colab/campaign-brighter-tomorrows/tki1173---colab-telethon-handout-final.pdf>>
- Doman, G and Doman, J 2006, *How to Teach Your Baby to Read: The Gentle Revolution*, Paperback version, revised edn, Square One Publishers, accessed 25 November 2020 from Amazon.com
- Doman, J 2018, *Imaginative Play: Does it Really Matter?* E-Newsletter, The Gentle Revolution—Helping Parents to Help Children, The Institutes for the Achievement of Human Potential, 27 July 2018.
- Famlii.com 2020, *The Basics of Child Development: How Children Think, Feel and Grow*, viewed 8 July 2020, <<https://www.famlii.com/basics-child-development-social-emotional-physical-cognitive-development/>>
- Firstfiveyears.org.au 2019, *How and when to teach your child to share*, posted 14 March 2019, viewed 10 October 2020, <<https://www.firstfiveyears.org.au/child-development/how-and-when-to-teach-your-child-to-share>>
- Gemmell, N 2016, *Mark Maclaine, grit—and the greatest gift for kids*, *The Australian*, 5 February 2016, viewed 5 November 2020.
- Habibi, A 2016, *Music training speeds up brain development in children*, *The Conversation*, posted 4 August 2016, viewed 16 July 2020, <<https://theconversation.com/music-training-speeds-up-brain-development-in-children-61491>>
- Juntti, M 2019, *Want to Raise a High-Achieving Kid? Talk to Your Toddler Like This*, posted 17 December 2019, viewed 28 September 2020, <<https://www.fatherly.com/health-science/raise-high-achieving-test-taker/>>
- Klein, TP 2020, *How Toddlers Thrive: What parents can do for children ages 2 to 5 to plant the seeds of lifelong happiness*, Paperback version, Profile Books Ltd, London, accessed 13 October 2021 from Amazon.com
- Layton, J 2009, *Does singing make you happy? — Physical Effects of Singing*, posted 2 June 2009, *HowStuffWorks.com*, viewed 15 July 2020, <<https://science.howstuffworks.com/life/inside-the-mind/emotions/singing-happy.htm>>
- Mancini, M 2020, *12 Fascinating Facts About Crows*, updated 30 September 2020, viewed 18 October 2020, <<https://www.mentalfloss.com/article/504722/12-fascinating-facts-about-crows>>
- Margalit, L 2016, *What Screen Time Can Really Do to Kids' Brains—Too much at the worst possible age may have negative consequences*, posted 17 April 2016, viewed 18 July 2020, <<https://www.psychologytoday.com/us/blog/behind-online-behavior/201604/what-screen-time-can-really-do-kids-brains>>
- Markham, L 2012, *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*, Paperback version, Penguin Putnam Inc, accessed 7 October 2020 from Amazon.com
- Montessori Academy 2017, *The Importance Of Repetition In Early Childhood*, posted 4 May 2017, viewed 26 July 2025, <<https://montessoriacademy.com.au/repetition-child-development-montessori/>>

National Scientific Council on the Developing Child 2007, *The Timing and Quality of Early Experiences Combine to Shape Brain Architecture*, Working Paper No. 5, retrieved from <<https://developingchild.harvard.edu/resources/working-paper/the-timing-and-quality-of-early-experiences-combine-to-shape-brain-architecture/>>

Nelsen, J, Erwin, C and Duffy, RA 2015, *Positive Discipline: The First Three Years*, Revised edn, Paperback version, Random House USA Inc, accessed 7 October 2020 from Amazon.com

Raisingchildren.net.au 2020a, *Sharing and learning to share*, posted 23 November 2020, viewed 5 October 2021, <<https://raisingchildren.net.au/toddlers/behaviour/friends-siblings/sharing>>

Ruder, DB 2019, *Screen Time and the Brain: Digital devices can interfere with everything from sleep to creativity*, posted 19 June 2019, viewed 28 April 2023, <<https://hms.harvard.edu/news/screen-time-brain>>

Siegel, DJ and Bryson, TP 2011, *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive*, p.139, Delacorte Press, viewed 3 July 2020, <<https://www.azquotes.com/quote/484387>>

Zunin, L 1986, *Contact: The First Four Minutes—A practical approach to meeting the right person for you*, Mass Market Paperback version, Ballantine Books, accessed 16 July 2020 from Amazon.com

CHAPTER 5

Bishop, D 2018, What are Visual Perceptual Skills?, viewed 2 December 2020, <<https://www.continued.com/early-childhood-education/ask-the-experts/what-are-visual-perceptual-skills-22984>>

British Psychological Society 2017, *Rosemary aroma can aid children's working memory: Exposure to the aroma of rosemary essential oil can significantly enhance working memory in children*, Science Daily, posted 2 May 2017, viewed 15 July 2020, <<https://www.sciencedaily.com/releases/2017/05/170502204545.htm>>

Cox, J 2025, *Music makes it memorable*, posted 5 March 2015, viewed 23 January 2025, Penn State Extension Better Kid Care, The Pennsylvania State University, <<https://extension.psu.edu/programs/betterkidcare/news/2015/music-makes-it-memorable>>

Dabell, J 2019, *Forget the Rosemary Oil*, posted 20 November 2019, viewed 19 February 2023, <<https://johndabell.com/2019/11/20/pass-the-rosemary-oil/>>

Dennison, PE and Dennison, GE 1992, *Brain Gym: Simple Activities for Whole Brain Learning*, Paperback version, Edu Kinesthetics, accessed 27th November 2020 from Amazon.com

Doman, G and Doman, J 2006, *How to Teach Your Baby to Read: The Gentle Revolution*, Paperback version, revised edn, Square One Publishers, accessed 25 November 2020 from Amazon.com

Hannaford, C 2010, *Smart Moves: Why Learning Is Not All In Your Head*, Paperback version, 2nd edn, Great River Books, accessed 28 April 2023 from Amazon.com

Herz, RS 2016, *The Role of Odour-Evoked Memory in Psychological and Physiological Health*, Brain Sci., 6(3), 22, viewed 19 February 2023, <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5039451/>>

Kidsfirst.com.au 2014, *Pencils or Crayons? What should kids use first*, posted 6 August 2014, viewed 22 July 2020, <<https://kids-first.com.au/pencils-or-crayons-what-should-kids-use-first/>>

Kid Sense 2020, *Fine Motor Skills*, viewed 17 August 2020, <<https://childdevelopment.com.au/areas-of-concern/fine-motor-skills/>>

CHAPTER 6

Anderson, J 2023, *The Agile Learner: Where Growth Mindsets, Habits of Mind and Practice Unite*, Digital version, Kindle edn, published by James Anderson, accessed 10 February 2024 from Amazon.com

Armstrong, T 2000, *In Their Own Way: Discovering and Encouraging Your Child's Multiple Intelligences*, Paperback version, revised and updated edn, Tarcher Perigee, accessed 28 April 2023 from Amazon.com

Armstrong, T 2017, *Multiple Intelligences in the Classroom*, Paperback version, 4th edn, ASCD Books, accessed 28 April 2023 from Amazon.com

Chessineducation.org 2023, *Chess in Education—An international perspective*, viewed 10 March 2023, <<https://chessineducation.org/home-int>>

Colier, N 2018, *Can I Let My Child Be Bored? How to effectively handle your child's boredom*, posted 23 January 2018, PsychologyToday.com, viewed 4 August 2020, <<https://www.psychologytoday.com/au/blog/inviting-monkey-tea/201801/can-i-let-my-child-be-bored>>

Connell, JD 2015, *Brain-Based Strategies to Reach Every Learner*, Paperback version, XanEdu Publishing Inc., accessed 6 March 2021 from Amazon.com

Covey, SR 2013, *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*, Paperback version, 25th Anniversary edn, Simon & Schuster UK Ltd, accessed 29 April 2023 from Amazon.com

Deary, IJ, Strand, S, Smith, P and Fernandes, C 2007, *Intelligence and educational achievement*, Intelligence, 35(1), 13-21, viewed 10 August 2020, <<https://www.sciencedirect.com/science/article/abs/pii/S0160289606000171?via%3Dihub>>

Dweck, CS 2006, *Mindset: The New Psychology of Success*, Hardcover version, 1st edn, Random House Publishing, accessed 10 January 2024 from Amazon.com

Dweck, CS 2015, *Carol Dweck revisits the 'growth mindset'*, retrieved from <<https://www.edweek.org/leadership/opinion-carol-dweck-revisits-the-growth-mindset/2015/09>>

EarlyYearsCareers.com 2016, *Promoting a sense of belonging in your baby room: Why is it important for babies to experience a sense of belonging?*, posted 30 December 2016, viewed 26 July 2020, <<https://www.earlyyearscares.com/eyc/ways-to-help-continuous-improvement/promoting-a-sense-of-belonging-baby-room/>>

Edutopia.org 2013, *Multiple Intelligences: What Does the Research Say*, posted 8 March 2013, updated 20 July 2016, viewed 1 August 2020, <<https://www.edutopia.org/multiple-intelligences-research>>

Edutopia.org 2021, *Brain-based learning*, viewed 5 March 2021, <<https://www.edutopia.org/topic/brain-based-learning>>

Gardinerchess.com.au 2023, *Why do we believe in chess?*, viewed 29 April 2023, <<https://gardinerchess.com.au/about-us/>>

Gardner, H 2011a, *The Unschooled Mind: How children think and how schools should teach*, Paperback version, 2nd edn, Basic Books, accessed 28 April 2023 from Amazon.com

Gardner, H 2011b, *Frames of Mind: The Theory of Multiple Intelligences*, Paperback version, 3rd edn, Basic Books, accessed 28 April 2023 from Amazon.com

Gardner, H 2013, *Frequently Asked Questions—Multiple Intelligences and Related Educational Topics*, viewed 27 February 2021, <<https://scholar.google.com.au/scholar?q=Gardner.+H+2013.+Frequently+Asked+Questions—Multiple+Intelligences+and+Related+Educational+Topics>>

Gunderson, EA, Gripshover, SJ, Romero, C, Dweck, CS, Goldin-Meadow, S and Levine, SC 2013, *Parent praise to 1 to 3-year-olds predict children's motivational frameworks 5 years later*, Child Development, 84(5), 1526-41, viewed 8 February 2024, <<https://srcd.onlinelibrary.wiley.com/doi/epdf/10.1111/cdev.12064>>

Keener, G 2022, *Chess is Booming*, The New York Times, 27 September 2022, viewed 29 April 2023.

Kingslandchess.com 2023, *10 Big Brain Benefits of Playing Chess*, viewed 29 April 2023, <<http://www.kingslandchess.com/why-learn-chess.html>>

Marsden, J 2019, *The Art of Growing Up*, Paperback version, MacMillan Australia, accessed 29 April 2023 from Amazon.com

Millacci, TS 2021, *How to Nurture a Growth Mindset in Kids: 8 Best Activities*, post modified 30 June 2025, viewed 5 August 2025, <<https://positivepsychology.com/growth-mindset-for-kids/>>

Mindsetworks.com, 2017, *Decades of Scientific Research that Started a Growth Mindset Revolution*, viewed 11 January 2024, <<https://www.mindsetworks.com/Science/Default>>

Miresearch.org 2021, *Multiple Intelligences Developmental Assessment Scales*, viewed 28 April 2023, <<https://miresearch.org>>

Northern Illinois University Center for Innovative Teaching and Learning 2020, *Howard Gardner's theory of multiple intelligences*, In Instructional guide for university faculty and teaching assistants, viewed 10 July 2020, <<https://www.niu.edu/citl/resources/guides/instructional-guide/gardners-theory-of-multiple-intelligences.shtml>>

Peterson, ER, Sharma, T, Bird, A, Henderson, AME, Ramgopal, V, Reese, E, and Morton, SMB 2025, *How mothers talk to their children about failure, mistakes and setbacks is related to their children's fear of failure*, British Journal of Educational Psychology, 95, 124-142, <<https://doi.org/10.1111/bjep.12685>>

Rosholm M, Mikkelsen MB and Gumedde, K 2017, *Your move: The effect of chess on mathematics test scores*, PLoS ONE 12(5): e0177257, viewed 10 August 2020, <<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0177257>>

Sala G, Foley, JP and Gobet, F 2017, *The Effects of Chess Instruction on Pupils' Cognitive and Academic Skills: State of the Art and Theoretical Challenges*, Frontiers in Psychology, viewed 10 August 2020, <<https://www.frontiersin.org/articles/10.3389/fpsyg.2017.00238/full>>

Scholastic.com 2021, *Activities and Printables*, viewed 27 July 2025, <<https://www.scholastic.com/parents/kids-activities-and-printables.html>>

Scholastic.com 2023, *Multiple Intelligence Questionnaire*, viewed 26 July 2025, <https://teachables.scholastic.com/teachables/books/multiple-intelligence-questionnaire-9780439590204_001.html>

Tomlinson, CA, 2014, *The Differentiated Classroom: Responding to the Needs of All Learners*, Paperback version, 2nd edn, ASCD Publishing, accessed 28 April 2023 from Amazon.com

CHAPTER 7

Åberg, MAI, Pedersen, NL, Torén, K, Svartengren, M, Bäckstrand, B, Johnsson, T, Christiana M. Cooper-Kuhn, CM, Åberg, ND, Nilsson, M and Kuhn, HG 2009, *Cardiovascular fitness is associated with cognition in young adulthood*, in Proceedings of the National Academy of Sciences, USA, 106(49), 20906-20911, viewed 8 January 2021, <<https://www.pnas.org/content/106/49/20906>>

Activebabiesmartkids.com.au 2021, *Before you start our baby classes, Active Babies Smart Kids TV*, viewed 8 February 2021, <<https://activebabiesmartkids.com.au/episodes/active-babies-smart-kids/?v=322b26af01d5>>

Babycentre.co.uk 2023, *When can I take my baby out of the house?* posted 7 May 2023, viewed 27 July 2025, <<https://www.babycentre.co.uk/a538423/when-can-i-take-my-baby-out-of-the-house>>

Belcher, BR, Berrigan, D, Papachrisotopoulou, A, Brady, SM, Bernstein, SB, Brychta, RJ, Hattenbach, JD, Tigner, IL, Courville, AB, Drinkard, BE, Smith, KP, Rosing, DR, Wolters, PL, Chen, KY and Yanovski, JA 2015, *Effects of Interrupting Children's Sedentary Behaviors With Activity on Metabolic Function: A Randomized Trial*, The Journal of Clinical Endocrinology and Metabolism, 100(10), 3735-3743, viewed 11 January 2021, <<https://academic.oup.com/jcem/article/100/10/3735/2835791>>

Bento, G and Dias, G 2017, *The importance of outdoor play for young children's healthy development*, Porto Biomedical Journal, 2(5), 157-160, viewed 13 December 2020, <<https://www.sciencedirect.com/science/article/pii/S2444866416301234>>

Borrelli, L 2016, *4 Brain Benefits of Swimming: Improved Blood Flow Improves Cognitive Function, Alleviates Depression Symptoms*, posted 25 October, 2016, viewed 16 August 2020, <<https://www.medicaldaily.com/4-brain-benefits-swimming-improved-blood-flow-boosts-cognitive-function-402385>>

Doman, G, Doman, D and Hagy, B 2012, *Fit Baby, Smart Baby, Your Baby!: From Birth to Age Six*, Paperback version, Square One Publishers, accessed 30 April 2023 from Amazon.com

Feigelson, M 2016, *Why Walking Is So Good for Parents, Toddlers, and the Cities Where They Live: How can making a city more walkable improve early childhood development?* posted 24 October 2016, viewed 7 January 2021, <<https://ssir.org/articles/entry/why-walking-is-so-good-for-parents-toddlers-and-the-cities-where-they-live>>

Gehrman, E 2022, *A Child's Need for Sleep*, Harvard Medicine Magazine, viewed 4 November 2024, <<https://magazine.hms.harvard.edu/articles/childs-need-sleep>>

Goddard-Blythe, S 2005, *The Well-Balanced Child: Movement and Early Learning*, 2nd revised edn, Paperback version, Hawthorn Press Ltd., accessed 6 February 2021 from Amazon.com

Grogan, A 2023, *46 Essential Vestibular Activities and Input Ideas*, viewed 27 July 2025, <<https://yourkidstable.com/vestibular-activities-and-input/>>

Healthdirect.gov.au 2020, *Benefits of Physical Activity for Children*, viewed 13 December 2020, <<https://www.healthdirect.gov.au/benefits-of-physical-activity-for-children>>

Health.gov.au 2021, *Physical Activity and Exercise Guidelines for Infants, Toddlers and Preschoolers*, viewed 30 April 2023, <<https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians-for-infants-toddlers-and-preschoolers-birth-to-5-years>>

Health.harvard.edu 2014, *Regular exercise changes the brain to improve memory, thinking skills*, posted 9 April 2014, viewed 13 December 2020, <<https://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>>

Health.harvard.edu 2016, *Can you grow new brain cells?* posted September 2016, viewed 13 December 2020, <<https://www.health.harvard.edu/mind-and-mood/can-you-grow-new-brain-cells>>

- Health.harvard.edu 2017, *6 ways to help keep your baby at a healthy weight*, posted 11 April 2017, viewed 14 December 2020, <<https://www.health.harvard.edu/blog/6-ways-to-help-keep-your-baby-at-a-healthy-weight-2017041111575>>
- Health.harvard.edu 2020, *Exercising to relax: How does exercise reduce stress? Surprising answers to this question and more*, updated 7 July 2020, viewed 11 January 2021, <<https://www.health.harvard.edu/staying-healthy/exercising-to-relax>>
- Health.harvard.edu 2024, *Swimming lessons save lives: what parents should know*, posted 27 June 2024, viewed 5 August 2025, <<http://www.health.harvard.edu/blog/swimming-lessons-save-lives-what-parents-should-know-201806151630>>
- Healthline.com 2019, *8 Benefits of Infant Swim Time*, posted 5 February 2019, viewed 17 December 2020, <<https://www.healthline.com/health/parenting/infant-swimming>>
- Healthline.com 2020, *When Can a Baby Go in a Pool?* posted 11 June 2020, viewed 17 December 2020, <<https://www.healthline.com/health/baby/when-can-a-baby-go-in-a-pool#risks>>
- ilslearningcorner.com.au 2016, *The Vestibular System: An Internal GPS System for the Body, Integrated Learning Strategies (ILS)*, posted 13 April 2016, viewed 30 April 2023, <<https://ilslearningcorner.com/2016-04-vestibular-system-your-childs-internal-gps-system-for-motor-planning-and-attention/>>
- Jorgensen, R 2013, *Early-years swimming: Adding Capital to Young Australians*, Final Report, Griffith Institute of Educational Research, Griffith University, viewed 19 December 2020, <<https://kidsalive.com.au/wp-content/uploads/2014/08/2013-EYS-Final-Report-30-July-13-JM.pdf>>
- Khan, NA and Hillman, CH 2014, *The Relation of Childhood Physical Activity and Aerobic Fitness to Brain Function and Cognition: A Review*, *Pediatric Exercise Science*, 26, 138-146, viewed 4 January 2021, <https://www.researchgate.net/publication/261604527_The_Relation_of_Childhood_Physical_Activity_and_Aerobic_Fitness_to_Brain_Function_and_Cognition_A_Review>
- Lepore, M 2019, *Harvard researchers agree this is the best exercise ever*, posted 16 November 2019, viewed 13 December 2020, <<https://www.theladders.com/career-advice/harvard-researchers-agree-this-is-the-best-exercise-ever>>
- Mann, D 2003, *Negative Ions Create Positive Vibes*, posted 6 May 2002, viewed 10 January 2021, <<https://www.webmd.com/balance/features/negative-ions-create-positive-vibes#1>>
- Mayoclinic.org 2020, *Exercise and stress: Get moving to manage stress*, posted 18 August 2020, viewed 16 December 2020, <<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>>
- Morris, JN and Hardman, AE 1997, *Walking to Health*, *Sports Med* 23, 306-332, published 9 October 2012, viewed 25 March 2023, <<https://link.springer.com/article/10.2165/00007256-199723050-00004>>
- Neuroscientificallychallenged.com 2023, *Know Your Brain: Vestibular System*, viewed 30 April 2023, <<https://www.neuroscientificallychallenged.com/blog/know-your-brain-vestibular-system>>
- Oppezzo, M and Schwartz, DL 2014, *Give Your Ideas Some Legs: The Positive Effect of Walking on Creative Thinking*, *Journal of Experimental Psychology: Learning, Memory, and Cognition*, 40(4), 1142-1152, viewed 8 January 2021, <<https://www.apa.org/pubs/journals/releases/xlm-a0036577.pdf>>
- Postal, K 2009, *Exercise improves our memory*, posted 4 June 2009, viewed 14 March 2023, <<https://karenpostal.com/2009-6-4-exercise-improves-our-memory-html/>>
- Psychologytoday.com 2020, *How Walking Enhances Cognitive Performance*, posted 23 January 2020, viewed 11 January 2021, <<https://www.psychologytoday.com/us/blog/experience-engineering/202001/how-walking-enhances-cognitive-performance>>
- Ratey, JJ and Hagerman, E 2013, *Spark! How exercise can improve the performance of your brain*, Paperback version, reprint edn, Little, Brown Spark, accessed 30 April 2023 from Amazon.com
- Rowley, S and Williams, J 2015, *Multi-sensory stimulation and infant development*, Research Review Educational Series, viewed 6 February 2021, <<https://www.researchreview.com.au/getmedia/3334ba98-e03e-4183-8fb5-95e8c318487a/Educational-Series-Multisensory-Stimulation-and-infant-development.pdf.aspx?ext=.pdf>>
- Sandler, A and Coren, A 1981, *Vestibular Stimulation in Early Childhood: A Review*, *Journal of the Division for Early Childhood*, 3(1), 48-55, viewed 6 February 2021, <<https://journals.sagepub.com/doi/abs/10.1177/105381518100300108>>
- Stetka, B 2019, *Why Rocking to Sleep is a Matchless Sedative—and Elixir*, posted 24 January 2019, viewed 6 February 2021, <<https://www.scientificamerican.com/article/why-rocking-to-sleep-is-a-matchless-sedative-and-elixir1/>>
- Stevens-Smith, D and Murdock, J 2021, *7 Elements of Play and how they Impact Learning in the Classroom Element #3: Brachiating*, viewed 14 February 2021, <<https://www.thegeniusofplay.org/genius/expert-advice/articles/7-elements-of-play-brachiating.aspx>>
- Swimming.org 2020, *The benefits of baby swimming*, viewed 19 December 2020, <<https://www.swimming.org/learntoswim/the-benefits-of-baby-swimming/>>
- Tumbokon, R 2020, *The Benefits of Exercise On Your Kid's Brain*, viewed 3 January 2021, <<https://www.raisesmartkid.com/3-to-6-years-old/4-articles/35-the-benefits-of-exercise-on-your-kids-brain>>
- Williams, J 2021, *Babies and children need to swing. Why, how, when and when not to swing*, viewed 13 February 2021, <<https://activebabiesmartkids.com.au/articles/swing/?v=322b26af01d5>>
- Williams, J and Grigg, T 2019, *Ten Vestibular Activities to do with your Baby or Toddler*, posted 1 October 2019, viewed 6 February 2021, <<https://www.whatson4kids.com.au/why-babies-need-to-rock-and-roll/>>