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# HOW TO RAISE A SUPER BABY

LIFESTYLE

## HOW TO RAISE A SUPER BABY

Parents want their babies to be super smart, super talented and super successful... and there is a multi-billion dollar industry of products and services promising all that. How do we navigate this confusing landscape of scientific claims and conflicting fads to find out what claims actually deliver?

Peter Davis – MMA fighter with two young kids – is a father who is ‘tough’ to convince. But armed with surprising insight into a baby’s development, he is going to dive deep and sort out what works and what’s just hype.

父母都希望能让孩子们成才；希望孩子将来变得聪明，才华横溢且事业有成。而这望子成龙，望女成凤的心态已开拓了一个数亿元的新市场，专门推出幼儿服务以及产品。可是，在这么多选择当中，哪些产品或服务才是根据科学原理又真正有效的呢？

Peter Davis 是一名职业拳手，也是两个孩子的父亲。他将会了解婴孩脑部发育过程，了解什么产品或服务是最有效增进孩子们的身心健康。

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### Episode 1: How to raise a super smart baby?

0 to 3 - the years when our brains grow the most, and the fastest! It's the best time to make our baby smart, from feeding them premium milk powder to signing them up for enrichment classes. But do these things really work?

从出世到三岁之间，是我们人脑发育最快的时期！这也是一个让孩子变聪明的最佳时期，家长们可以带他们到幼儿课程，也可以让他们喝最优质的奶粉。可是根据科学原理，这些方式真的有效吗？

### Episode 2 - How to raise a super advanced baby?

Can you hack a baby's growth? Peter heads to South Korea, where parents shell out billions to max out their babies' potential. Will chiropractic sessions or baby facials make them fitter or prettier? And how long do these benefits actually last? 原来你也可以加快孩子的成长过程？Peter 将会到韩国探个究竟！当地的家长们不惜重本，为的就是要孩子发挥最高的潜力。脊椎按摩疗法和专门设定给婴儿的美容疗程是否会让孩子们变得更健壮，更漂亮呢？这些特殊的疗程会有长久的效用吗？

### Episode 3 - How to raise a super prepared baby?

Can you start preparing your child for career success at age 3? Peter travels to ultra-competitive China to find out how the formative years of 3 to 7 could be the best time to shape your child into a charming CEO or top super star.

在孩子满三岁时，你是否可以为孩子的事业做好准备呢？Peter 将会到竞争激烈的中国，了解家长们如何在孩子3到7岁的时候栽培他们，让他们成为下一位总裁或大明星！