



The Cognitive Development Lab at the University of  
Waterloo

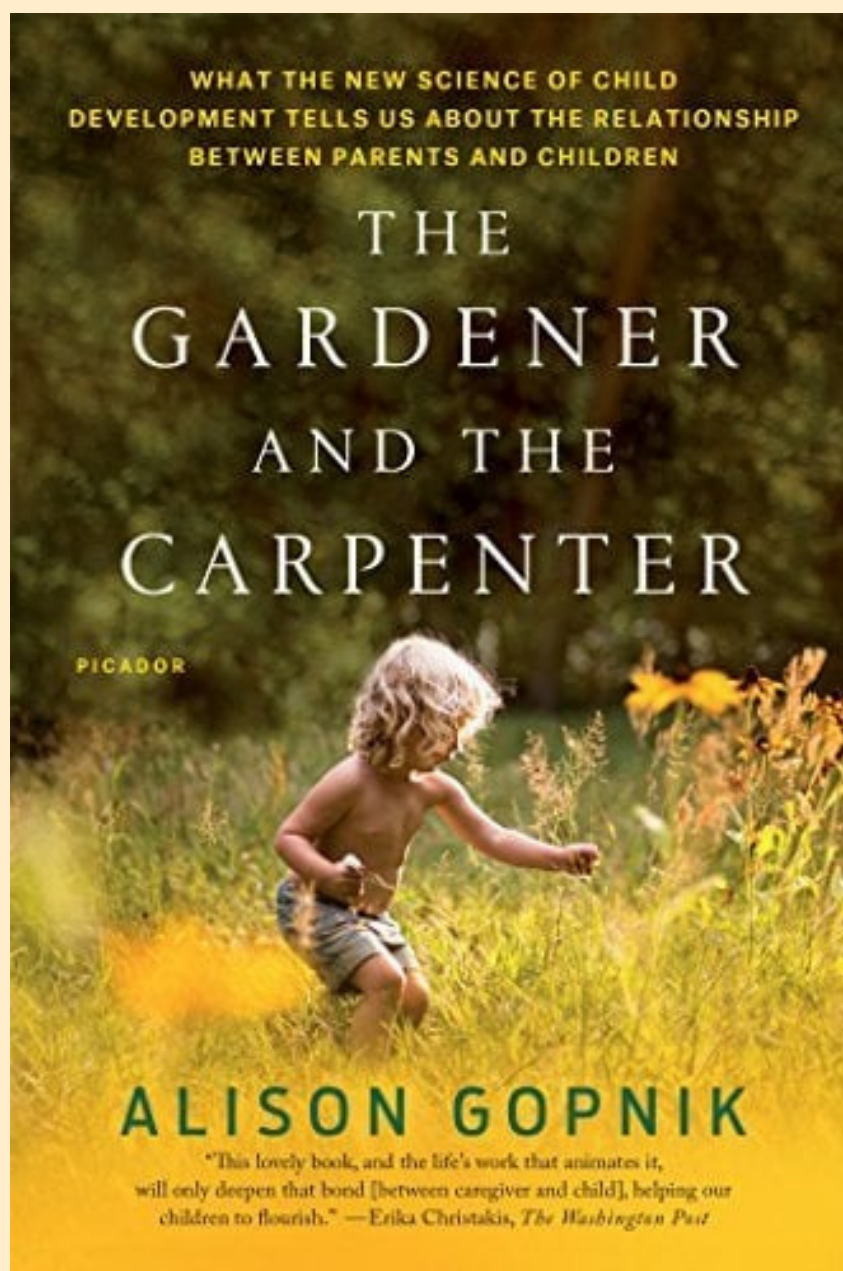
# Suggested Books

---

(For Caregivers!)

## The Gardener And The Carpenter

by Alison Gopnik





# ABOUT THE BOOK

**The Gardener and the Carpenter contrasts different approaches to parenting – namely, encouraging parents to move away from thinking of parenting as a form of “carpentry,” where parents shape their children into specific kinds of adults, but rather, to adopt a “gardener” approach—creating a supportive environment where children can grow and explore.**



**We chose this book as it drew from developmental psychology to explain how children learn best. A graduate researcher in our lab is exploring parental approaches to determine whether parents’ attitudes towards their children’s achievement relates to how they react to different parent-child contexts. Stay tuned for results.**



# SOURCES

Gopnik, A. (2017). The gardener and the Carpenter:  
*What the New Science of Child Development tells us  
about the relationship between parents and children.*  
Picador, Farrar, Straus and Giroux.

