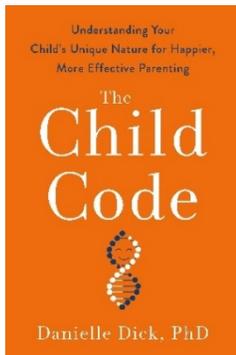


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A provocative, science-based approach to parenting centered on a child's unique genetic "code,"  
from an award-winning developmental psychology professor and researcher.



# The Child Code

Understanding Your Child's Unique Nature for  
Happier, More Effective Parenting

**Danielle Dick, PhD**

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Let's face it: parenting is hard, and it's even harder to keep up with the constantly changing (and often contradictory) parenting advice of the moment. It can feel like your child's whole future is riding on your ability to be the mythical Perfect Parent. But the obsession with parenting ignores a fundamental biological fact: that genetics affects every aspect of human behavior, and every child is uniquely "coded" with predispositions that affect everything from fearfulness, to impulsivity, to happiness.

In **THE CHILD CODE**, Dr. Danielle Dick, award-winning Professor of Psychology and Genetics, draws from her research in developmental behavior genetics to debunk the myth that parenting techniques alone can determine a child's behavior and future. Dr. Dick introduces readers to the 3 E's that underlie each child's unique predisposition—extraversion (Ex), emotionality (Em), and effortful control (Ef)—and shows that, in fact, the key to raising successful adults isn't to try harder to mold them, but to adapt your parenting strategies to the way they are wired. This powerful and fresh approach not only diminishes friction and stress in families, but sets children up for true, authentic success in life.

Each chapter unpacks the science behind this unique approach, and provides practical, individualized strategies for parents to support their child's strengths and to help them navigate their challenges. Key takeaways include:

- Simple surveys to figure out both your and your child's predispositions, and a guide to how these different dispositions may interact
- Suggested activities for children based on their unique mix of the 3 E's
- How to help your child understand the great things that come along with their particular temperament, and teach them skills and strategies for the parts that are likely to pose challenges
- Anticipating and preparing for situations likely to be a challenge for your child's temperament
- Identifying and seeking help for mental health challenges like ADHD, oppositional defiant disorder, depression, and anxiety

**THE CHILD CODE:** Understanding Your Child's Unique Nature for Happier, More Effective Parenting  
by Danielle Dick, PhD

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Reassuring, with real takeaways, **THE CHILD CODE** offers parents an inspiring message: Their biggest job is to help their children become who they were literally born to be.



**Danielle M. Dick, Ph.D.**, is a tenured Professor of Psychiatry at Rutgers Robert Wood Johnson Medical School, where she serves as the inaugural director of the Rutgers Addiction Research Center at the Brain Health Institute and holds the Greg Brown Endowed Chair in Neuroscience. She is an internationally recognized and award-winning expert on genetic and environmental influences on human behavior.

Twitter: [@DrDanielleDick](https://twitter.com/DrDanielleDick)

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#### Praise for *The Child Code*:

“Genetics do play a crucial role in shaping our children’s destiny but parents are missing the toolkit that shows how to follow their children’s “code” and maximize their potential. Fortunately, Dr. Dick provides that sorely missing piece. Every idea in this book is evidence-based and simple. Following the advice maximizes our influence on how our children turn out. All we need to do to tune into our kids’ unique codes and use these strategies. *The Child Code* is a welcomed and fresh addition to parenting that will help set kids up for authentic success.”

—**Michele Borba, Ed.D.**, Educational Psychologist and author of *Thrivers: The Surprising Reasons Why Some Kids Struggle and Others Shine* and *UnSelfie*.

“A fascinating read with practical solutions. In **THE CHILD CODE**, Dr. Danielle Dick brings her deep experience as both a parent and a scientist to reveal the powerful influence of genetics on a child’s behavior, and how this knowledge can help shape successful parenting strategies.”

—**Judson Brewer, MD, PhD**, New York Times bestselling author of *Unwinding Anxiety*

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