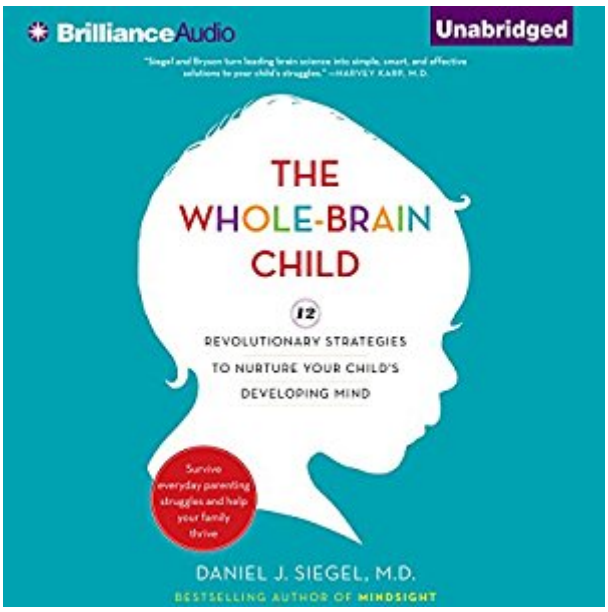
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The Whole-Brain Child: 12 Revolutionary Strategies To Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, And Help Your Family Thrive



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Synopsis

Audie Award Nominee, Personal Development, 2013Your toddler throws a tantrum in the middle of a store. Your preschooler refuses to get dressed. Your fifth-grader sulks on the bench instead of playing on the field. Do children conspire to make their parents' lives endlessly challenging? No - it's just their developing brain calling the shots! In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the best-selling Mindsight, and parenting expert Tina Payne Bryson demystify the meltdowns and aggravation, explaining the new science of how a child's brain is wired and how it matures. The "upstairs brain", which makes decisions and balances emotions, is under construction until the mid-twenties. And, especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids can seem - and feel - so out of control. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth. Raise calmer, happier children using twelve key strategies, including:Name It to Tame It: Corral raging right-brain behavior through left-brain storytelling, appealing to the left brain's affinity for words and reasoning to calm emotional storms and bodily tension.Engage, Don't Enrage: Keep your child thinking and listening, instead of purely reacting.Move It or Lose It: Use physical activities to shift your child's emotional state.Let the Clouds of Emotion Roll By: Guide your children when they are stuck on a negative emotion, and help them understand that feelings come and go.SIFT: Help children pay attention to the Sensations, Images, Feelings, and Thoughts within them so that they can make better decisions and be more flexible.Connect Through Conflict: Use discord to encourage empathy and greater social success.Complete with clear explanations, age-appropriate strategies for dealing with day-to-day struggles, and illustrations that will help you explain these concepts to your child, The Whole-Brain Child shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

Book Information

Audible Audio Edition
Listening Length: 6 hoursÃ Â andÃ Â 16 minutes
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Publisher: Brilliance Audio
Audible.com Release Date: March 21, 2012
Whispersync for Voice: Ready

Language: English

ASIN: B007N4PFG0

Best Sellers Rank: #6 inÃ Â Books > Medical Books > Psychology > Child Psychology #6 inÃ Â Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology #14 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Family & Relationships

Customer Reviews

Dan Siegel and Tina Payne Bryson’s "The Whole Brain Child" fails to deliver on the titular promise of "revolutionary" parenting strategies to "truly help your kids be happier, healthier, and more fully themselves

What a great help in understanding what is going on inside a child’s brain and what a way to help the child know what is going on inside their brain.

Brand new...great book for parents or anyone who works with children.

Highly recommend this book for parents, guardians & anyone who works with or cares for children.

As a marriage and family therapist, I recommend this book to every parent or caregiver that I work with or know. "The Whole-Brained Child" gives practical steps along with scientific reasoning on how to develop the brain to optimal functioning. They also explain using science why kids do what they do. The authors make the science easy to understand and fun to teach. With as many people as I have recommended this book, you would think I worked as a advertiser for the authors!

For the grandparent wanting to understand the young grandchildren’s development, this book offers realistic insight. I was so impressed that I urged my children to read it and think about matching their parenting styles with the child’s brain development. Siegel’s "Brainstorming" is a companion read for grandparents and parents wanting to learn more about the adolescent’s brain development and new parenting styles. Both books should be in your library for frequent references when parenting.

I bought this book to better understand my children’s habits and better learn how to react to them. Having said this, The Whole Brain Child instead illuminated my own thinking, and gave my insights into how my own brain functioned with regards to my past, my present, and my children. This insight

into my own neurology has helped me more than the (also excellent) ideas and concepts shared about how to interact with my children in a way that will help us thrive together.I would recommend this to anyone. It is amazing!

This book makes sense and offers a great perspective on parenting because it makes you work on yourself too. It really resonated with me and I highly recommend it. It’s a long term, thoughtful way to parent. The book is easy to read and understand. There’s even a cheat sheet at the end to reference the techniques. This book is worth every penny. I can’t stop talking about it with my husband and I recommend it to friends.

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