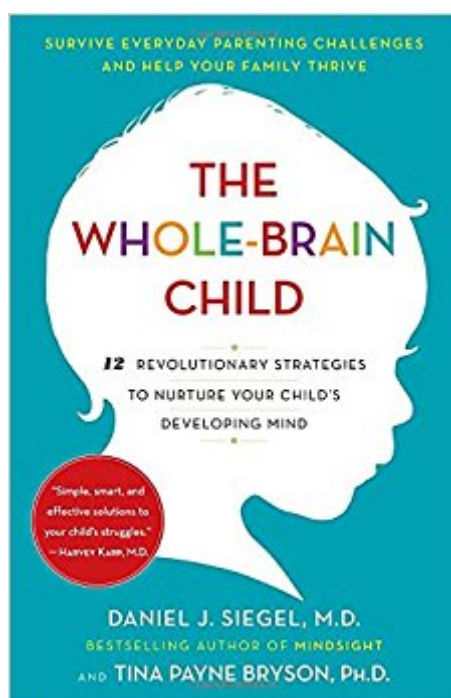


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# The Whole-Brain Child: 12 Revolutionary Strategies To Nurture Your Child's Developing Mind



## Synopsis

NEW YORK TIMES BESTSELLER “Simple, smart, and effective solutions to your child’s struggles.” —Harvey Karp, M.D. “Daniel Siegel and Tina Payne Bryson have created a masterly, reader-friendly guide to helping children grow their emotional intelligence. This brilliant method transforms everyday interactions into valuable brain-shaping moments. Anyone who cares for children or who loves a child should read *The Whole-Brain Child*.” —Daniel Goleman, author of *Emotional Intelligence*

In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain and make accessible 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 throw tantrums, fight, or sulk in silence. 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.

Complete with 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. “[A] useful child-rearing resource for the entire family . . . The authors include a fair amount of brain science, but they present it for both adult and child audiences.” —Kirkus Reviews “Strategies for getting a youngster to chill out [with] compassion.” —The Washington Post “This erudite, tender, and funny book is filled with fresh ideas based on the latest neuroscience research. I urge all parents who want kind, happy, and emotionally healthy kids to read *The Whole-Brain Child*. This is my new baby gift.” —Mary Pipher, Ph.D., author of *Reviving Ophelia* and *The Shelter of Each Other* “Gives parents and teachers ideas to get all parts of a healthy child’s brain working together.” —Parent to Parent

## Book Information

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## Customer Reviews

Advance praise for *The Whole-Brain Child*—“Siegel and Bryson reveal that an integrated brain with parts that cooperate in a coordinated and balanced manner creates a better understanding of self, stronger relationships, and success in school, among other benefits. With illustrations, charts, and even a handy Refrigerator Sheet, the authors have made every effort to make brain science parent-friendly.”—*Publishers Weekly*—“Daniel Siegel and Tina Payne Bryson have created a masterful, reader-friendly guide to helping children grow their emotional intelligence. This brilliant method transforms everyday interactions into valuable brain-shaping moments. Anyone who cares for children—or who loves a child—should read *The Whole-Brain Child*.”—Daniel Goleman, author of *Emotional Intelligence*—“Fears? Fights? Frustrations? Help is here! Daniel Siegel and Tina Payne Bryson turn leading brain science into simple, smart—and effective—solutions to your child’s struggles.”—Harvey Karp, M.D., bestselling author of *The Happiest Baby on the Block* and *The Happiest Toddler on the Block*—“This erudite, tender, and funny book is filled with fresh ideas based on the latest neuroscience research. I urge all parents who want kind, happy, and emotionally healthy kids to read *The Whole-Brain Child*. I wish I had read it when my kids were young, but no one knew then what Siegel and Bryson share with us in an immensely practical way. This is my new baby gift.”—Mary Pipher, Ph.D., author of *Reviving Ophelia* and *The Shelter of Each Other*—“*The Whole-Brain Child* is chock-full of strategies for raising happy, resilient children. It offers powerful tools for helping children develop the emotional intelligence they will need to be successful in the world. Parents will learn ways to feel more connected to their children and more satisfied in their role as a parent. Most of all, *The Whole-Brain Child* helps parents teach kids about how their brain actually works, giving even very

young children the self-understanding that can lead them to make good choices and, ultimately, to lead meaningful and joyful lives. — Christine Carter, Ph.D., author of Raising Happiness — “In their dynamic and readable new book, Daniel Siegel and Tina Payne Bryson sweep aside the old models of “good” and “bad” parenting to offer a scientific focus: the impact of parenting on brain development. Parents will certainly recognize themselves in the lively “aha” anecdotes that fill these pages. More important, they will see how everyday empathy and insight can help a child to integrate his or her experience and develop a more resilient brain. — Michael Thompson, Ph.D., co-author of the bestselling Raising Cain From the Hardcover edition.

Daniel J. Siegel, M.D., is clinical professor of psychiatry at the UCLA School of Medicine, co-director of the UCLA Mindful Awareness Research Center, and executive director of the Mindsight Institute. A graduate of Harvard Medical School, he is the co-author of Parenting from the Inside Out and the author of Mindsight and the internationally acclaimed professional texts The Mindful Brain and The Developing Mind. Dr. Siegel keynotes conferences and presents workshops throughout the world. He lives in Los Angeles with his wife and two children. — Tina Payne Bryson, Ph.D., is a pediatric and adolescent psychotherapist, parenting consultant, and the director of parenting education and development for the Mindsight Institute. A frequent lecturer to parents, educators, and professionals, she lives near Los Angeles with her husband and three children.

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 an 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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