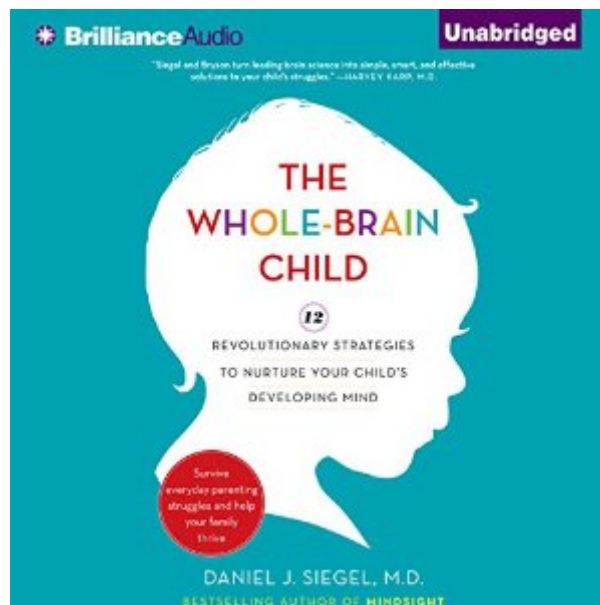


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# The Whole-Brain Child: 12 Revolutionary Strategies To Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, And Help Your Family Thrive



## Synopsis

Audie Award Nominee, Personal Development, 2013 Your 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

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## Customer Reviews

As a new parent, I am just beginning to read up child development, discipline, and parenting. This short book gets right to the point and gives parents twelve key strategies that will help them parent their kids without losing it. The twelve strategies are:

- 1: Connect and Redirect: Connect emotionally, redirect logically
- 2: Name It To Tame It: Taming emotions through storytelling
- 3: Engage, Don't Enrage: Appeal to logic and planning, not to emotion
- 4: Use It Or Lose It: Encourage planning, thinking, and other left-brain activities
- 5: Move It Or Lose It: Body over mind method to restore balance
- 6: Use The Remote Of The Mind: Teaching your child to view his/her memories while maintaining control
- 7: Remember To Remember: Exercise memory often
- 8: Let The Clouds of Emotion Roll By: Teaching your kids about temporary feelings
- 9: SIFT: Using sensation, image, feeling, and thought to help your child understand
- 10: Exercise Mindsight: Focusing with your mind

(For more on this, see one of the author's other books, *Mindsight: The New Science of Personal Transformation*)

- 11: Increase The Family Fun Factor: The science behind building in fun family times
- 12: Connect Through Conflict: Turning conflict into opportunity

Some of the things I really liked about this book include:

- \* Cartoon explanations and demonstrations of each point. Very helpful.\*

Break down at the end of each chapter for kids.

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"; it does, however, provide innovative and effective explanations, packaging, and delivery of many tried-and-true parenting techniques that turn out to be neuroscientifically based. The first four chapters are the love child of the Johns - Medina's "Brain Rules for Baby" and Gottman's "Raising an Emotionally Intelligent Child." Like Medina, Siegel and Bryson show great talent for breaking down complex science into readily understandable terms (they even surpass him when explaining implicit memory). Yet whereas Medina carefully limits himself to truly definitive (i.e., research-backed) conclusions, Siegel and Bryson - like Gottman - go further, using available data as a theoretical springboard for vaunting specific, mostly emotion-related practices. The following seven strategies result: (1) "Connect and Redirect: [Helping Kids Learn to Surf] Emotional Waves";

(2) "Name It to Tame It: Telling Stories to Calm Big Emotions"; (3) "Engage, Don't Enrage: Appealing to the Upstairs Brain"; (4) "Use It or Lose It: Exercising the Upstairs Brain"; (5) "Move It or Lose It: Moving the Body to Avoid Losing the Mind"; (6) "Use the Remote of the Mind: Replaying Memories"; and (7) "Remember to Remember: Making Recollection a Part of Your Family's Daily Life." The fifth and sixth chapters, however, throw a little of Susan Stiffelman's "Parenting Without Power Struggles" into the mix, offering child therapy techniques and explaining why they work through the prism of brain science.

The Whole-Brain Child was so much more than I was expecting. I selected it because my daughter was going through some struggles with her 2 year old twins and my other daughter's 4 year old went through several weeks of separation from his mom and dad and now has to adjust to life with twin brothers. I was looking for things I might be able to do or to pass on to them that might help. What I wasn't expecting was getting some insight into why I feel it necessary to have dessert after a meal or why I have some of the anxieties I have. I found the book easy to read and understand. There are many specific examples of how each technique can be used. I found these examples to be very useful. Most seems to be directed toward school-age children, but the back of the book has a chart that breaks down how to use each strategy with different age groups. There is 0 - 3, 3 - 6, 6 - 9, and 9 - 12. This makes it easier to see how each technique can be used with the children in your life. Integrating the brain makes sense, especially the way it is explained here. We have a right brain (emotional) and a left brain (logical) and when we use both our lives are more balanced, meaningful, and creative. We also have an upstairs and a downstairs brain. Downstairs is the more primitive brain, which is intact at birth. The upstairs brain is under construction during childhood and gets remodeled during adolescence. Upstairs can be overtaken by the downstairs especially during high-emotion situations. When we "lose it", our downstairs has taken over. There are also different kinds of memories that need to be integrated as well as self and others. In general, this book is about integrating all the different parts of our brain.

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