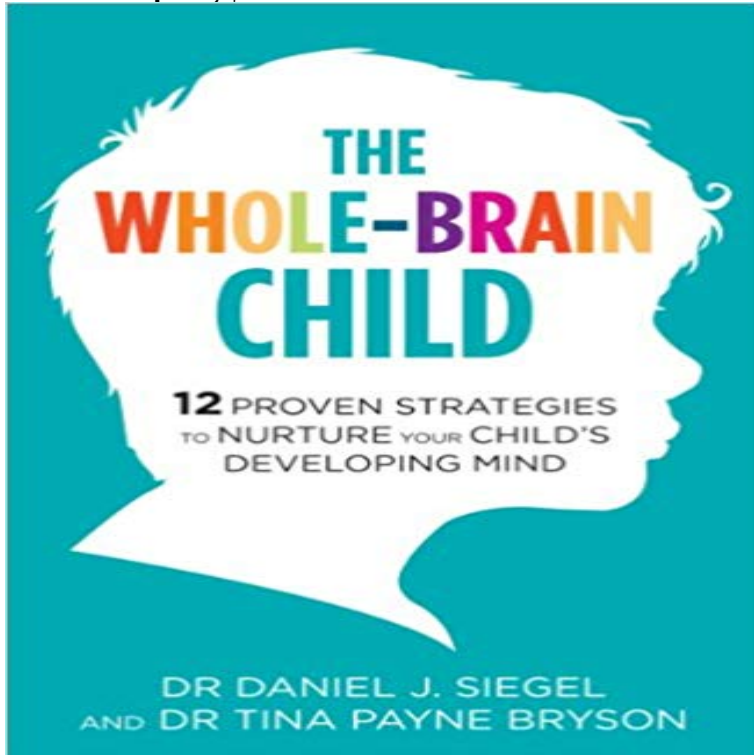


## The Whole-Brain Child: 12 Proven Strategies to Nurture Your Child's Developing Mind



In this pioneering, practical book for parents, neuroscientist Daniel J. Siegel and parenting expert Tina Payne Bryson explain the new science of how a child's brain is wired and how it matures. Different parts of a child's brain develop at different speeds and understanding these differences can help you turn any outburst, argument, or fear into a chance to integrate your child's brain and raise calmer, happier children. Featuring clear explanations, age-appropriate strategies and illustrations that will help you explain these concepts to your child, *The Whole-Brain Child* will help your children lead balanced, meaningful, and connected lives 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.

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