

# 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive

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 bestselling book *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