

A Parent-Friendly Approach to Brain Science

Neuroscientist Daniel J. Siegel and parenting expert Tina Payne Bryson demystify how a child's brain is wired and offer strategies for addressing outbursts, meltdowns and tantrums

The Whole-Brain Child Workbook

by Daniel Siegel & Tina Payne Bryson

What is it?

Based on their *New York Times* bestselling book, *The Whole-Brain Child*, internationally acclaimed neuropsychiatrist Daniel J. Siegel, M.D. and brain-based parenting expert Tina Payne Bryson, Ph.D. have created a workbook to help parents understand the science behind their child's developing mind and survive the everyday parenting struggles that accompany each stage of growth.

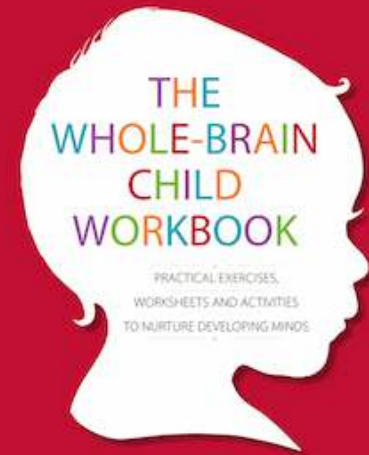
The Whole-Brain Child Workbook contains dozens of practical age-specific exercises and activities that address parenting challenges such as sibling conflict, homework or screen time battles, tantrums, sulking, and other behavior issues. The workbook explains what it means to approach these issues from a "whole-brain" perspective, with the goal being to integrate the left and right sides of the brain, as well as the upstairs brain and the downstairs brain. The interactive format allows readers to journal and to think more deeply about how the ideas fit their own parenting approach.

The Whole-Brain Child Workbook walks readers through 12 "whole-brain" strategies, which can become a shared vocabulary for parents, grandparents, caregivers, clinicians, and educators, for example:

- Name It to Tame It
- Engage Don't Enrage
- Move It Or Lose It
- SIFT (sensations, images, feelings, and thoughts)

Drs. Siegel and Bryson declare the workbook free of rules, obligations, or guilt—it's simply a tool for parents and caregivers to find more help and support, move towards a deeper understanding of and connection with their children, and a fuller understanding of themselves as a parent. The authors' two objectives are to, first, help readers survive the countless challenging moments faced throughout the day when interacting with children, and then, to help kids and families thrive, by knowing what it means to love and trust, to be responsible, to be resilient during difficult times, and to live meaningfully.

Parents • Educators • Therapists • Grandparents • Caregivers



DANIEL J. SIEGEL, M.D.
AND TINA PAYNE BRYSON, PH.D.
NEW YORK TIMES BESTSELLING AUTHORS
OF THE WHOLE-BRAIN CHILD & NO-DRAMA DISCIPLINE

BOOK DETAILS

The Whole-Brain Child Workbook

www.wholebrainchildworkbook.com

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133 pages

Non-fiction/Parenting/Psychology

8.5" x 11"

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Who is it for?

In addition to their expertise in the field, Drs. Siegel and Bryson are both parents, and understand that in the day-to-day it can be hard to just get through a day, much less read a book about parenting. This workbook is written for the busy—possibly overwhelmed—but still committed parent who wants to understand at an even deeper level what it means to connect with his or her children.

The workbook has applications for clinicians, parents, educators, grandparents and caregivers, and can be used individually or as a part of a group.

News tie-ins & core messages:

- The developing brain: what to expect at each stage of growth
- 12 key strategies to parent without losing it
- Researched, real-life tactics for dealing with tantrums and other difficult behaviors
- 5 quick turnaround solutions for your child's next outburst
- Memory makers: What memories do you want to create now for your child? Suggestions for making plans for connection (and we don't mean it in the technological sense)
- You've got to unplug to plug into your child: The hazards of spending more time tethered than teaching
- The most important acronym of 2015 for parents: SIFT- What it means & why it's necessary
- A license to play: The experts on why you need to make time for family fun this summer
- The phrases every early childhood educator should know and use
- Steps to student success: researched and proven tips for educators and school counselors

About the Authors

Daniel J. Siegel, M.D., is a graduate of Harvard Medical School and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent, and adult psychiatry. He is currently a clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of UCLA's Mindful Awareness Research Center, co-investigator at the UCLA Center for Culture, Brain and Development, and executive director of the Mindsight Institute.

Dr. Siegel's psychotherapy practice spans 25 years and he has published extensively for the professional audience. Dr. Siegel's books include three *New York Times* bestsellers: *Brainstorm*, *The Whole-Brain Child* (with Tina Payne Bryson, Ph.D.), and his latest *No-Drama Discipline* (with Tina Payne Bryson, Ph.D.), along with *Mindsight*; *Pocket Guide to Interpersonal Neurobiology*; *The Developing Mind, Second Edition*; *The Mindful Therapist*; *The Mindful Brain*; and *Parenting from the Inside Out* (with Mary Hartzell, M.Ed.). He has been invited to lecture for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, and TEDx. He lives in Los Angeles with his wife and two children. For more information about his educational programs and resources, please visit drdansiegel.com.



**Dr. Daniel J. Siegel &
Dr. Tina Payne Bryson**

Tina Payne Bryson, Ph.D., is the co-author (with Dan Siegel) of two *New York Times* Best Sellers: *The Whole-Brain Child* and *No-Drama Discipline*. She is a pediatric and adolescent psychotherapist, the Director of Parenting for the Mindsight Institute, and the Child Development Specialist at Saint Mark's School in Altadena, CA. She keynotes conferences and conducts workshops for parents, educators, and clinicians all over the world. Dr. Bryson earned her Ph.D. from the University of Southern California, where her research explored attachment science, childrearing theory, and the emerging field of interpersonal neurobiology. You can learn more about her at TinaBryson.com, where you can subscribe to her blog and read her articles about kids and parenting.

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