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NEW YORK TIMES BESTSELLER

THE WHOLE-BRAIN CHILD

IT

REVEALS THE SECRETS
TO MASTER YOUR CHILD'S
DEVELOPING MIND

THE
HARVARD
COVER
EDITION

DANIEL J. SIEGEL, M.D.
with TINA PAYNE BRONSON, PH.D.

WITH ILLUSTRATIONS BY SHARON SHICKLE

Title

[The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind.](https://tndeaflibrary.nashville.gov/library/materials/the-whole-brain-child-12-revolutionary-strategies-to-nurture-your-childs)

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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.

Author

Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D,

Imprint

New York: Bantam Books Trade Paperbacks, 2012

Tags

Parenting; Psychology

Catalog Link

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