



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

By Daniel J Siegel, Tina Payne Bryson

BRILLIANCE AUDIO, United States, 2012. CD-Audio. Book Condition: New. Unabridged. 163 x 137 mm. Language: English . Brand New. 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 audiobook, Daniel J. Siegel, neuropsychiatrist and author of the bestselling 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...



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