

# The Whole Brain Child

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## Synopsis

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Your toddler throws a tantrum in the middle of a store. Your preschooler refuses to get dressed. Your 11-year-old sulks on the bench instead of playing on the field. Do children conspire to make their parentsâ€™ lives endlessly challenging? No â€” itâ€™s just their developing brains calling the shots.

In this pioneering, practical book, Daniel J. Siegel - neuropsychiatrist and author of the best-selling *Mindsight* - and parenting expert Tina Payne Bryson demystify the meltdowns and aggravation, explaining the new science of how a childâ€™s brain is wired and how it matures. The â€œupstairs brainâ€™, which makes decisions and balances emotions, is under construction until the mid-20s. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain.

By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your childâ€™s brain and foster vital growth. With clear explanations and age-appropriate strategies for dealing with day-to-day struggles, *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.

## Reader's comments

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