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A quick guide for busy  
parents CONNECT AND  
RE-DIRECT When your  
child is upset: 1.  
CONNECT FIRST RIGHT  
BRAIN TO RIGHT BRAIN  
eg, loving touch,  
empathy, validate their  
feelings, listen, reflect  
2. REDIRECT WITH  
LEFT BRAIN When they  
are more receptive,  
involve child in making

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Mind, Survive Everyday  
Parenting Struggles,  
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preschooler refuses to  
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Child In this companion  
workbook to his Whole-  
Brain Child book,

Daniel Siegel focuses  
on the way a parent's  
mental health affects  
the child. Children are  
sensitive to a parent's  
moods. The way a  
parent praises,  
punishes and  
understands the child  
can affect both  
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approach that allows  
readers not only to  
think more deeply  
about how the ideas fit  
their own parenting  
approach, but also  
develop specific and  
practical ways to

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implement the concepts -- and bring them to life for themselves and for their children.

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A Personalized Workbook to Help You Deepen, Reflect On, and Apply Whole-Brain Principles. Daniel J. Siegel and Tina Payne Bryson speak to audiences all over the

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world about their immensely popular best-sellers, *The Whole-Brain Child* and *No-Drama Discipline*. The message Dan and Tina continually receive from their audiences, whether live or virtual, is that people are hungry for the opportunity ...

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The Whole-Brain Child  
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Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts -- and bring them to life for themselves and for their children.

**Therapy**

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York Times bestselling  
book, The Whole-Brain  
Child, internationally  
acclaimed

neuropsychiatrist Dan  
Siegel and brain-based  
parenting expert Tina  
Payne Bryson have  
created a workbook to  
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has a unique,

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Based on their New York Times bestselling book, *The Whole-Brain Child*, internationally acclaimed neuropsychiatrist Dan 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

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everyday parenting  
struggles that  
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books include  
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Hartzell, M.Ed.), and  
The Whole-Brain Child  
Workbook (with Tina  
Payne Bryson), and he  
is the founding editor  
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parent more effectively  
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**Dr. Dan Siegel -  
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(PDF Or EPUB).About  
Daniel J Siegel. Daniel  
J. Siegel, M.D., is  
clinical professor of  
psychiatry at the UCLA  
School of Medicine, the  
founding co-director of  
the UCLA Mindful  
Awareness Research  
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## Child Workbook

Whole-Brain Child has received much hype since it was first published (it's a New York Times Bestseller)..

Written by a neuropsychiatrist (Daniel J. Siegel) and a parenting expert (Tina Payne Bryson), The Whole-Brain Child explores how a child's brain functions and matures.

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