



**The Whole-Brain Child: Summary of the Key Ideas - Original Book by Daniel J. Siegel, Tina Payne Bryson: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind**

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# The Whole-Brain Child: Summary of the Key Ideas - Original Book by Daniel J. Siegel, Tina Payne Bryson: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind

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With the right strategies, parents can help their child's brain develop and teach them important skills such as better communication, upstairs thinking, decision-making etc. By understanding why children behave the way they do, you can learn how to better deal with tantrums and other situations and use them as opportunities for learning.

Who should read this book:

- Parents looking for advice on how to deal with difficult situations.
- Parents who want to learn more about the whole-brain approach.
- Anyone interested in neuroscience and how the findings can be applied for parenting.

In this summary:

Chapter 1: Teach your children how to use both sides of their brain

Chapter 2: Show empathy first before you start to use logic

Chapter 3: Children tend to use the downstairs part of their brain more

Chapter 4: Help your children make better choices by activating the upstairs brain

Chapter 5: Our memories change every time when we recall them

Chapter 6: Relive past moments to deal with them properly and let them go

Chapter 7: Use the wheel of awareness to teach the skill of "mindsight"

Chapter 8: Ask your children to voice their thoughts more often

Chapter 9: Teach your kids how to connect with themselves and others

Chapter 10: Have more fun as a family and encourage openness

Chapter 11: Final Summary

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#### **Jean Spence:**

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**John Hayes:**

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