

<b>The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind</b>	
Author	<p>Daniel J. Siegel - BS in Biological Sciences (University of Southern California), MD (Harvard Medical School), Postgraduate medical education with training in pediatrics and child, adolescent and adult psychiatry (UCLA)</p> <p>Tina Payne Bryson - PhD (University of Southern California)</p>
Knowledge about the brain	Parents are experts about their child's body but lack basic information about their child's brain
Importance of the brain	<p>Brain largely determines who we are and what we do</p> <ul style="list-style-type: none"> <li>- Brain plays a central role in discipline and decision making</li> </ul>
Parts of the brain	<p>Different parts of the brain have different tasks: thinking logically, experiencing emotions, memory and ethical decisions</p> <ul style="list-style-type: none"> <li>- Left-brain logic, right-brain emotion</li> <li>- Higher-brain deliberation, lower-brain instinct</li> </ul>
Integration	<p>Helping the distinct parts of the brain work together as a whole</p> <ul style="list-style-type: none"> <li>- Like the different parts of the body working together, the brain is in optimal state when its different parts work together in a coordinated and balanced way</li> <li>- Tantrums, disobedience and other parental challenges result from a lack of integration within the child's brain</li> </ul>
Changing brain	<p>Brain is moldable</p> <ul style="list-style-type: none"> <li>- Physically changes throughout our lives <ul style="list-style-type: none"> <li>- Activation of neurons (brain cells) grows new connections among them leading to rewiring of the brain</li> </ul> </li> </ul> <p>The basic parts of brain development depend on proper food, sleep, and stimulation</p> <ul style="list-style-type: none"> <li>- Genes play a large role in how people turn out temperamentally</li> <li>- Experiences in life additionally affect the way our brain develops</li> </ul>
Left brain and Right brain	<p>Left brain is logical, linguistic and literal</p> <ul style="list-style-type: none"> <li>- Left brain cares about the letter of the law</li> </ul> <p>Right brain is emotional, nonverbal and experiential</p> <ul style="list-style-type: none"> <li>- Right brain cares about the spirit of the law</li> </ul> <p>During the first 3 years, children are right-hemisphere dominant</p> <ul style="list-style-type: none"> <li>- Children asking 'Why?' comes from the left brain</li> </ul>

Collaboration between left and right brain	<p>Corpus callosum connects the right hemisphere with the left</p> <ul style="list-style-type: none"> <li>- Communication between the two sides occurs via the corpus callosum</li> </ul> <p>Using only the right or left brain would be like trying to swim using only one arm</p> <ul style="list-style-type: none"> <li>- Relying too heavily on the left brain can make a person too literal <ul style="list-style-type: none"> <li>- 8-year-old sometimes becomes angry when you innocently joke with her</li> </ul> </li> <li>- Right brain is in charge of reading nonverbal cues</li> </ul>
Address right brain first Attunement	<p>When a child is upset, logic often won't work until we have responded to the right brain's emotional needs</p> <ul style="list-style-type: none"> <li>- Connecting emotionally with another person and allowing them to feel felt <ul style="list-style-type: none"> <li>- Kids need to feel felt before resolving or addressing the situation logically</li> </ul> </li> <li>- Appeal to the right brain by acknowledging feelings, using nonverbal signals like physical touch, empathetic facial expressions, nurturing tone of voice and non-judgmental listening</li> </ul>
Wait before teaching	<p>Moments of emotional flooding are not the best times for lessons to be learned</p> <ul style="list-style-type: none"> <li>- It's better to discuss misbehavior and its consequences after the child has calmed down <ul style="list-style-type: none"> <li>- A lifeguard rescues the person drowning before telling him not to swim out so far next time</li> </ul> </li> </ul>
Opening up	<p>Children are more apt to share and talk while something else is happening like building something or playing cards than when you sit down and look them right in the face</p> <p>If the child does not feel like talking they can draw a picture of the event or incident or write about it</p>
Storytelling	<p>Involves both left and right hemispheres</p> <ul style="list-style-type: none"> <li>- For the story to make sense the left brain must put things in order using words and logic</li> <li>- Raw emotions and personal memories are contributed by the right brain</li> </ul> <p>Journaling and talking about a difficult event can have a powerful healing effect</p> <ul style="list-style-type: none"> <li>- When we give words to our frightening and painful experiences they often become less frightening and painful</li> </ul>
Downstairs brain	<p>Includes the brain stem and the limbic region</p> <ul style="list-style-type: none"> <li>- Responsible for strong reactions, impulses and emotions</li> </ul>

Amygdala	<p>Part of the limbic area</p> <ul style="list-style-type: none"> <li>- Quickly processes and expresses emotions</li> <li>- Takes over when it senses danger <ul style="list-style-type: none"> <li>- Allows us to act before we think</li> </ul> </li> <li>- During moments of high emotion or stress, the amygdala blocks the upstairs brain</li> </ul>
Upstairs brain	<p>Made up of the cerebral cortex</p> <ul style="list-style-type: none"> <li>- Responsible for decision making and planning, control over emotions, empathy</li> </ul> <p>A functioning upstairs brain helps regulate emotions, consider consequences and consider how others feel</p> <p>The upstairs brain isn't fully mature until the mid-twenties</p> <ul style="list-style-type: none"> <li>- A child's upstairs brain is still under construction <ul style="list-style-type: none"> <li>- It is unrealistic to expect them always to be rational and make good decisions</li> </ul> </li> </ul>
<p>Tantrums</p> <p>Types of tantrums</p> <p>Response</p>	<p>Parents are typically taught to ignore tantrums, being deemed a means of manipulation</p> <p>Upstairs tantrum</p> <ul style="list-style-type: none"> <li>- Child makes a conscious choice to act out, to push buttons and terrorize until she get what she wants</li> <li>- Child could instantly stop the tantrum if she wanted to</li> <li>- Firm boundaries and communication about appropriate and inappropriate behavior are required <ul style="list-style-type: none"> <li>- It's important to follow through on consequences if the behavior doesn't stop</li> <li>- Child will learn that it is an ineffective way to get what they want</li> </ul> </li> </ul> <p>Downstairs tantrum</p> <ul style="list-style-type: none"> <li>- Child becomes so upset that he's no longer able to use his upstairs brain <ul style="list-style-type: none"> <li>- He's literally incapable of controlling his body or emotions <ul style="list-style-type: none"> <li>- There's no sense in talking about consequences or appropriate behavior</li> </ul> </li> </ul> </li> <li>- Need to connect with the child and help him calm himself down through loving touch and a soothing tone of voice <ul style="list-style-type: none"> <li>- After being calmed down, the child's brain can process logic and reason and possible consequences</li> </ul> </li> </ul>
Exercising the upstairs brain	<p>Like a muscle, when the upstairs brain gets used, it develops, gets stronger, and performs better</p> <p>Allow children to make decisions</p>

	<ul style="list-style-type: none"> <li>- “Do you want to wear your blue shoes or your white shoes?”</li> <li>- A child is more likely to be comfortable giving something up if he’s been a part of the decision</li> </ul> <p>Draw their attention to other people’s emotions</p> <ul style="list-style-type: none"> <li>- “Do you think something might have happened to her that made her feel sad today?” <ul style="list-style-type: none"> <li>- More practice at thinking of others will make the child more capable of having compassion</li> </ul> </li> </ul>
Instead of “How was your day?”	<p>“What was the best part of your day?”</p> <p>“Tell me about your day. Give me one high point, one low point, and one act of kindness you performed for someone”</p> <p>“Tell me two things that really happened today, and one thing that didn’t. Then I’ll guess which two are true”</p> <p>Encouraging recollection helps kids remember and understand important events from the past, which help them better understand what’s happening to them in the present</p> <ul style="list-style-type: none"> <li>- Sometimes a child struggles as a result of a past experience <ul style="list-style-type: none"> <li>- A past experience controls present behaviors and feelings</li> </ul> </li> </ul>
Self-talk	<p>Thoughts are what we think about and what we tell ourselves</p> <p>Kids can learn to pay attention to their thoughts and understand that they can reject the ones that are negative and limiting, and focus instead on those that lead to positivity and growth</p>
Emotional contagion	<p>The internal states of others—from joy and playfulness to sadness and fear—directly affect our own state of mind</p>
Relationships	<p>The brain uses repeated experiences or associations to predict what to expect</p> <p>If the child experiences relationships full of nurturing warmth, connection, and protection, then that will become the model for future relationships—with friends, romantic partners and their own children</p> <p>Being born with muscles doesn’t make you an athlete: you need to learn and practice specific skills</p> <ul style="list-style-type: none"> <li>- Children have to learn relational skills like sharing, forgiving, sacrifice, and listening</li> </ul>
Reactive versus receptive state	<p>When a child is in a reactive state—like screaming about wanting to play longer—wait until this reactive state passes, and she’s more receptive, to talk to her about appropriate ways of handling big</p>

	<p>emotions</p> <ul style="list-style-type: none"> <li>- The downstairs state of reactivity doesn't know what to do with upstairs words</li> <li>- In moments of reactivity, nonverbals (like hugs and empathetic facial expressions) are more powerful</li> </ul>
Have fun	<p>As you maintain your authority, don't forget to have fun with your kids</p> <ul style="list-style-type: none"> <li>- Play games</li> <li>- Tell jokes</li> <li>- Be silly</li> <li>- Take an interest in what they care about</li> </ul> <p>The experience strengthens the bonds between you and teaches your kids that relationships are affirming, rewarding, and fulfilling</p>
Discipline	<p>We forget that discipline means 'to teach', not 'to punish'</p> <ul style="list-style-type: none"> <li>- A disciple is a student</li> </ul>
Be proactive	<p>You can be the active author of your life story</p> <ul style="list-style-type: none"> <li>- Be intentional about what you're doing and where you're going</li> </ul>

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