

## **Whole-Brain Child (Book)**

*The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

The Whole-Brain Child is a practical book for parents and those who work with children to help them better understand how children's brains work. This book addresses challenges such as meltdowns and tantrums, while helping you understand the emotion and logic working in your child's brain at those moments. The Whole-Brain Child creates understanding as to why these big emotion occur and explores 12 strategies to help children (and adults) regulate those emotion. This book is an interesting and very accessible read for those who want to better understand the development of children's minds. For more information on the book, visit the link below.

Link: <https://drdansiegel.com/book/the-whole-brain-child/>