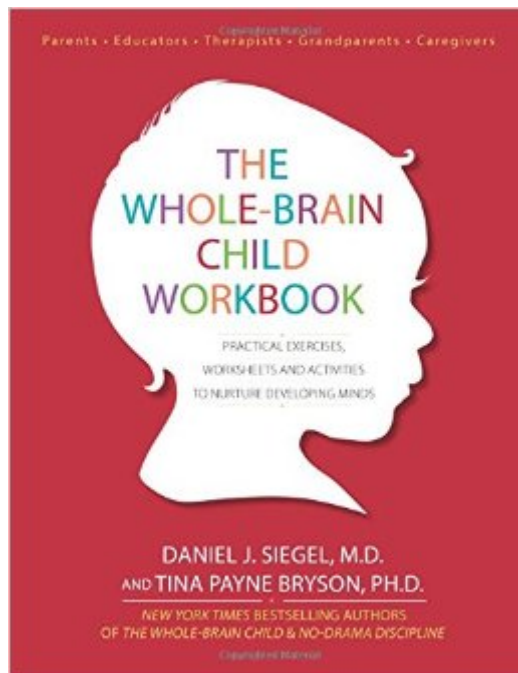


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# The Whole-Brain Child Workbook: Practical Exercises, Worksheets And Activities To Nurture Developing Minds



## Synopsis

Daniel J. Siegel and Tina Payne Bryson speak to audiences all over the 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 to take the Whole-Brain ideas and go deeper with them. Thanks to this new workbook, they now can. *The Whole-Brain Child 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. -Dozens of clear, practical and age-specific exercises and activities. -Applications for clinicians, parents, educators, grandparents and care-givers!

## Book Information

Paperback: 135 pages

Publisher: PESI Publishing & Media; Workbook edition (June 1, 2015)

Language: English

ISBN-10: 1936128748

ISBN-13: 978-1936128747

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 14.7 ounces (View shipping rates and policies)

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## Customer Reviews

I originally chose this for the exercises and chance to do CBT (Cognitive Behavior) work on my interactions with my 11 year old. However, this is actually a companion piece to the author's *Whole Brain Child* book and not really a stand alone. Everything kept referencing back to the other book and so I wasn't really able to follow more than a general outline. I really would have needed the original book to get the most of the workbook. I'm sure those who have read the author's other book will find this workbook very useful. Concepts such as survive and thrive, connect and redirect, name it and tame it, handling tantrums, engage don't enrage, move it or lose it, rewind and remember, and more are covered (I'm assuming these are all in the *Whole Brain Child* book). A lot of the workbook

is about parents understanding their own behaviors by writing them down so they can address their child's issues. As such, there is a lot of 'fill in the blanks', analyzing your own behavior and observing your child. It means this is best bought as a physical copy than a Kindle (this was very hard to follow on Kindle but easy as a hard copy) so you can write on the pages. There are some crude illustrations and graphs/charts to assist with the concepts. I appreciated the cartoons most - they give good/bad ways of addressing situations that were very effective. There are also exercises and motivational tools; e.g., creating memory books and meditation. So, a useful book but one you'll definitely want to purchase after you've read the author's Whole Brain Child book first.

The Whole-Brain Workbook continues the work done by Daniel Siegel about the impact of parental mental health on a child's development and neurological growth. It is most clearly connected to his book The Whole-Brain Child and gives parents the tools and skills necessary to not only parent more effectively but to help their children grow into emotionally healthy, flexible and happy adults who can sustain intimate connections. This workbook is more useful if you know Daniel Siegel's work and especially if you have read the Whole-Brain Child but it is still possible to do use the workbook productively. I could imagine an individual parent using this workbook yet I think it would be even better to use it with other parents and/or therapist; a chance to discuss the concepts, practice the skills and go deeper into the work. I am so impressed with the parts of the book that show parents how to teach and use the material with their own children. What a gift for a child to be specifically taught about how the brain works and how that impacts them. I also appreciated that there were no specific techniques to use per se (like most parents, I have read many of them without much success) and that parents were steered away from approaches that devalue or minimize children's feelings. I thought the exercises were easily explainable, mostly for a school age child and older, and the drawings made it lively and fun. I can imagine using it with my 10 year old child. Thank you to Edelweiss for allowing me to review this book for an honest opinion.

Educational and reflective activities for adults who love their children and want the best for them. It's definitely for parents of toddlers as I found it very difficult to relate with my infant. I'm excited to work on it more in the future.

A fantastic book to use when working with young children. I like how this book combines theory with actual interventions. This book gives you real interventions that you can use with your clients. The book is well written and easy to understand. Anyone can read this book and I recommend it new

parents.

Great book for nurturing creativity and success at an early age. I have three children who are natural artists like their Father and we really want to help them reach their full potential. This workbook along with the main book is a good book to have in your collection. My oldest son has many homework struggles and there is practical advice and activities for making real change in this area and many other areas. The cartoons and graphs make the workbook more entertaining and functional. This a good tool for any parent. Books like this are important, but don't forget to make nutrition the cornerstone of everything. Children need DHA from fish oils and healthy food. I hope this review helps.

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 neurological and behavioral development. I think the workbook can be most helpful if you're already familiar with Siegel's work. However, he includes enough explanation of his principles that the workbook can be used by anyone motivated to use the techniques to understand and help their child mature. The workbook is filled with exercises for the parents aimed at having them understand their motivations. This is an excellent approach because it's not so much the child's behavior as the parent's response that determines how well or poorly the child develops. The book discusses how the brain works in language that is easily understandable by parents with no formal education in behavioral therapy. It is easy to read and contains amusing cartoons to illustrate some of the principles. There are also exercises to do with your child which are easily understandable by elementary school and older children. I recommend this workbook and the book for any parent wanting to better understand and help their children mature. I reviewed this book for PR by the Book.

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