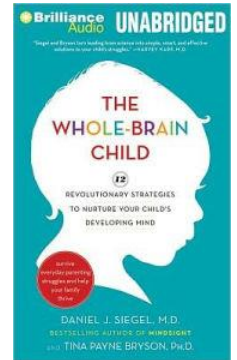


# Parent Book Club

## **The Whole Brain Child** by Daniel J. Siegel and Tina Payne Bryson. **12 Revolutionary Strategies to Nurture Your Child's Developing Mind**

In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson demystify the meltdowns and aggravation, explaining the new science of how a child's brain is wired and how it matures.

Complete with clear explanations, age-appropriate strategies for dealing with day-to-day struggles, and illustrations that will help you explain these concepts to your child, *The Whole-Brain Child* shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.



Parent Book Club with meet on the following dates:

### **March 1<sup>st</sup> Introduction and Chapters 1-2:**

- Introduction
- Strategy 1: Connect and Redirect
- Strategy 2: Name It To Tame It

### **March 8<sup>th</sup> Chapters 3-4:**

- Strategy 3: Engage, Don't Enrage
- Strategy 4: Use It or Lose It
- Strategy 5: Move It or Lose It
- Strategy 6: Using the Remote of the Mind
- Strategy 7: Remember to Remember

### **March 15<sup>th</sup> Chapter 5-6 and Conclusion:**

- Strategy 8: Let the Clouds Roll By
- Strategy 9: SIFT
- Strategy 10: Getting Back to the Hub
- Strategy 11: Family Fun Factor
- Strategy 12: Connect Through Conflict

*Can't make the meetings?* You can still join our online discussion through google groups!

Currently, all participants will need to purchase their own copy of *The Whole Brain Child*.

Interested? Visit the link below to sign up!

<https://goo.gl/forms/VvHcwObtO7r1Sbef2>