

## **Whole Brain Child--Dan Siegel and Tina Payne Bryson**

### **1: Two Brains Are Better Than One: Integrating the Left and the Right**

- Whole Brain Strategy #1 -- Connect and Redirect: Surfing Emotional Waves
- Whole Brain Strategy #2 -- Name It to Tame It: Telling Stories to Calm Big Emotions

### **2: Building the Staircase of the Mind: Integrating the Upstairs and Downstairs**

- Whole Brain Strategy #3 -- Engage, Don't Enrage: Appealing to the Upstairs Brain
- Whole Brain Strategy #4 -- Use It or Lose It: Exercising the Upstairs Brain
- Whole Brain Strategy #5 -- Move It or Lose It: Moving the Body to Avoid Losing the Mind

### **3: Kill the Butterflies! Integrating Memory for Growth and Healing**

- Whole Brain Strategy #6 -- Use the Remote of the Mind: Replaying Memories
- Whole Brain Strategy #7 -- Remember to Remember: Making Recollection a Part of Your Family's Daily Life

### **4: The United States of Me: Integrating the Many Parts of Myself**

- Whole Brain Strategy #8 -- Let the Clouds of Emotion Roll By: Teaching that Feelings Come And Go
- Whole Brain Strategy #9 -- SIFT: Paying Attention to What's Going On Inside
- Whole Brain Strategy #10 -- Exercise Mindsight: Getting Back to the Hub

### **5: The Me-We Connection: Integrating Self and Other**

- Whole Brain Strategy #11 -- Increase the Family Fun Factor: Making a Point to Enjoy Each Other
- Whole Brain Strategy #12 -- Connect Through Conflict: Teaching Kids to Argue with a "We" in Mind

Siegel, D. J., & Bryson, T. P. (2011). *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*. New York: Delacorte Press.