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feelings,

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to strengthen  
them \* the key  
to knowing when  
kids need a  
gentle push out

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of a comfort  
zone vs. needing  
the "cushion" of  
safety and  
familiarity\*  
strategies for  
navigating away  
from negative  
behavioral and  
emotional states  
(aggression and  
withdrawal) and  
expanding your  
child's capacity

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research from  
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development,  
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it's a veritable  
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And Activities To  
hniques."--Carol  
Nurture  
S. Dweck, Ph.D.,  
Developing  
author of  
Mindset "I have  
Minds  
never read a  
better, clearer  
explanation of  
the impact



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parenting can  
have on a  
child's brain  
and personality.

"--Michael  
Thompson, Ph.D.

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children to lead  
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research that  
shows the  
benefits that  
accrue when a  
child is

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encouraged to be  
inquisitive,  
spirited, and in  
trepid."--Kirkus  
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# And Activities To

Nurture  
Developing  
Minds

Outlines twelve  
strategies for  
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development in  
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explaining how  
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learning.

Minds

Parenting isn't  
easy. Showing up  
is. Your  
greatest impact

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where you are.  
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explain what  
this means over  
the course of  
childhood.

"There is  
parenting magic

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in this  
book."--Michael  
Thompson, Ph.D.,  
co-author of the  
New York Times  
bestselling  
classic Raising  
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very best  
scientific  
predictors for  
how any child  
turns out--in  
terms of

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ionships--is  
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Developing  
one adult in  
Minds  
their life has  
consistently  
shown up for  
them. In an age  
of scheduling

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demands and  
digital  
distractions,  
showing up for  
your child might  
sound like a  
tall order. But  
as bestselling  
authors Daniel  
Siegel and Tina  
Payne Bryson  
reassuringly  
explain, it  
doesn't take a



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lot of time,  
energy, or  
money. Instead,  
showing up means  
offering a  
quality of  
presence. And  
it's simple to  
provide once you  
understand the  
four building  
blocks of a  
child's healthy  
development.

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Practical  
Exercises  
Every child  
needs to feel  
what Siegel and  
Bryson call the

Worksheets  
Four S's: \*

And Activities To  
Nurture  
Safe: We can't  
always insulate  
a child from

Developing  
Minds  
injury or avoid  
doing something  
that leads to  
hurt feelings.

But when we give  
a child a sense

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of safe harbor,  
she will be able  
to take the  
needed risks for  
growth and  
change. \* Seen:  
Truly seeing a  
child means we  
pay attention to  
his  
emotions--both  
positive and  
negative--and  
strive to attune

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to what's  
happening in his  
mind beneath his  
behavior.\*

Soothed:  
Soothing isn't  
about providing  
a life of ease;  
it's about  
teaching your  
child how to  
cope when life  
gets hard, and  
showing him that

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you'll be there  
with him along  
the way. A  
soothed child  
knows that he'll  
never have to  
suffer alone. \*

Secure: When a  
child knows she  
can count on  
you, time and  
again, to show  
up--when you  
reliably provide

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safety, focus on  
seeing her, and  
soothe her in  
times of need,  
she will trust  
in a feeling of  
secure  
attachment. And  
thrive! Based on  
the latest brain  
and attachment  
research, The  
Power of Showing  
Up shares

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stories,  
scripts, simple  
Practical  
strategies,  
Exercises  
illustrations,  
Worksheets  
and tips for  
honoring the  
And Activities To  
Four S's  
Nurture  
effectively in  
Developing  
all kinds of  
Minds  
situations--when  
our kids are  
struggling or  
when they are  
enjoying

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Worksheets  
And Activities To  
Nurture  
Developing  
Minds

success; when we are consoling, disciplining, or arguing with them; and even when we are apologizing for the times we don't show up for them.

Demonstrating that mistakes and missteps are repairable and



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that it's never  
too late to mend  
broken trust,  
this book is a  
powerful guide  
to cultivating  
your child's  
healthy  
emotional  
landscape.

A Personalized  
Workbook to Help  
You Deepen,  
*Page 97/112*

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Reflect On, and  
Apply Whole-  
Brain  
Principles  
Daniel  
J. Siegel and  
Tina Payne  
Bryson speak to  
audiences all  
over the world  
about their  
immensely  
popular best-  
sellers, The  
Whole-Brain

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message Dan and  
Worksheets  
Tina continually  
And Activities To  
receive from  
Nurture  
their audiences,  
Developing  
whether live or  
Minds  
virtual, is that  
people are  
hungry for the  
opportunity to  
take the Whole-  
Brain ideas and

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go deeper with  
them. Thanks to  
this new  
workbook, they  
now can. The  
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has a unique,  
interactive  
approach that  
allows readers  
not only to  
think more.

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bestselling book

No-Drama

Discipline,

internationally  
acclaimed neurop

psychiatrist

Daniel J.

Siegel, MD, and  
brain-based

parenting expert

Tina Payne

Bryson, PhD,

*Page 101/112*

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I have created a  
practical guide to manage  
and reduce drama  
Exercises in your  
Workbooks interactions  
And Activities To with your kids,  
Nurture and even  
Developing Minds decrease the  
amount of time  
you spend having  
to discipline.  
The goal is  
simple:  
discipline less

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on autopilot by  
developing a set  
of principles  
and strategies  
based on your  
own family  
dynamics. These  
stories,  
reflections, and  
exercises will  
help you think  
more deeply  
about the way  
you communicate

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with your kids,  
and provide  
practical  
opportunities  
Exercises  
for peaceful and  
Worksheets  
nurturing  
conflict  
And Activities To  
resolution.

Nurture  
Developing  
Outlines  
practical  
Minds  
parenting  
strategies from  
the toddler  
years through



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adolescence  
that focus on  
productive and  
peaceful  
disciplinary  
methods while  
promoting  
positive neural  
connections.

Minds

FROM THE

BESTSELLING

PARENTING

EXPERTS BEHIND

*Page 105/112*

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THE WHOLE-BRAIN  
CHILD COMES A  
HIGHLY  
SUCCESSFUL PLAN  
FOR HELPING YOUR  
CHILD BECOME  
MORE INDEPENDENT  
AND RESILIENT.

'This unique  
book shows us  
how to help our  
children embrace  
life with all of  
its challenges.

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It's a treasure  
chest of  
Practical  
parenting  
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Nurture  
CAROL DWECK,  
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Mindset Children  
can often act  
out or shut down  
when faced with  
a setback or a  
tricky issue

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like homework,  
Practical  
food or screen  
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time. This is  
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what acclaimed  
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experts Dr  
And Activities To  
Siegel and Dr  
Nurture  
Bryson call the  
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Minds  
response. But  
you can help  
your child  
develop the  
ability to cope,

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solve their own  
problems and  
thrive by  
nurturing their  
'Yes Brain'.

Drawing on their  
successful work  
with thousands  
of parents and  
children from  
all backgrounds,  
Dr Siegel and Dr  
Bryson provide  
the advice,

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tools and  
activities to  
help parents  
with children of  
all ages. This  
is what the 'Yes  
Brain' approach  
looks like in  
action: \*A  
5-year-old boy  
thinks about his  
first day at  
school and says,  
'I'm nervous but

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I'll give it a try.' \*An 8 year-old girl says, 'I'd like to join the football team, even though none of my friends like football.'

\*A 14 year-old boy looks at a test he's earned a D- for and says, 'That's

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not the mark I  
wanted but it's  
Practical  
not the end of  
Exercises  
the world. I'll  
Worksheets  
ask the teacher  
how I can  
And Activities To  
improve.'

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