



The Cognitive Development Lab at the University of Waterloo

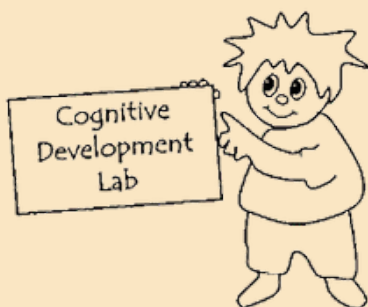
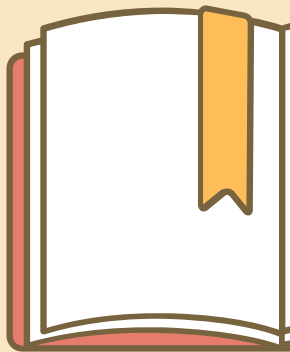
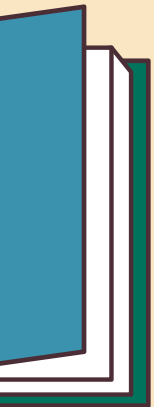
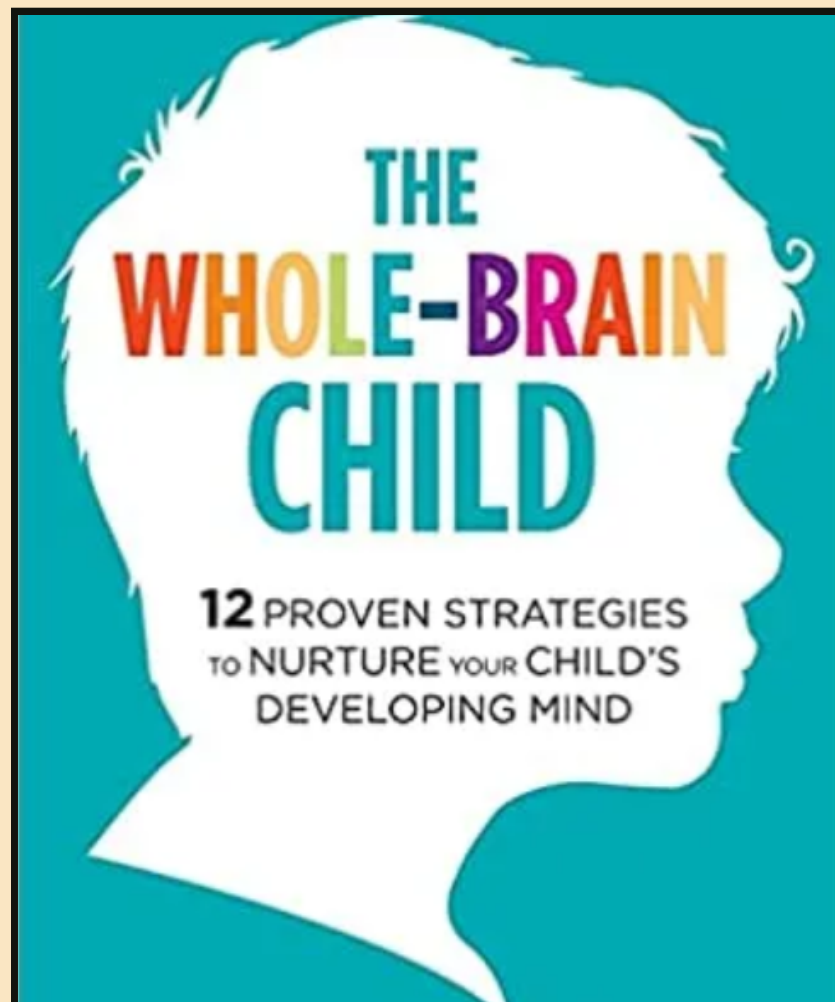
Suggested Books

We are switching things up in this series with a book for caregivers!



The Whole-Brain Child

by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.



About the book

This book provides parenting approaches that take into account a child's cognitive and emotional functioning.



What we appreciated about the book are the clear explanations, age-appropriate strategies, and illustrations that will help caregivers explain these concepts to a child. One of the strategies included in this book is to help children pay attention to the Sensations, Images, Feelings, and Thoughts (SIFT) within them so that they can understand their experiences and make better decisions.

The Whole-Brain Child was written by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

Siegel, D. J., & Bryson, T. P. (2011). The whole-brain child. London: Constable & Robinson.

