

Your Brain Your Body

Mona Delahooke

Your Brain Your Body:

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parents who struggle to manage their children's challenging sometimes oppositional behaviors. These families are understandably focused on correcting or improving a child's lack of compliance emotional outbursts tantrums and other out of control behavior. But as she has shared with these families a perspective shift is needed Behavior no matter how challenging is not the problem but a symptom a clue about what is happening in a child's unique physiologic makeup. In Brain Body Parenting Dr Delahooke offers a radical new approach to parenting based on her clinical experience as well as the most recent research in neuroscience and child psychology. Instead of a top down approach to behavior that focuses on the thinking brain she calls for a bottom up approach that considers the essential role of the entire nervous system which produces children's feelings and behaviors. When we begin to understand the biology beneath the behavior suggests Dr Delahooke we give our children the resources they need to grow and thrive and we give ourselves the gift of a happier more connected relationship with them Brain Body Parenting empowers parents with tools to help their children develop self regulation skills while also encouraging parental self care which is crucial for parents to have the capacity to provide the essential co regulation children need. When parents shift from trying to secure compliance to supporting connection and balance in the body and mind they unlock a deeper understanding of their child encouraging calmer behavior more harmonious family dynamics and increased resilience.

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