

Tina Bryson's Take Aways from:
The Whole-Brain Child and *No-Drama Discipline*

The River of Well-being: Promoting Integration is the key to well-being.

- **Integration:** Separate & Linked. Integration = flexible, adaptive, coherent, energized, stable; avoiding the banks of chaos and rigidity.

Integrating the Left and Right Brain:

- **Connect and Redirect:** When child is upset, connect first emotionally, right brain to right brain (mostly non-verbal comfort). Then, once child is calmer and receptive, bring in the left-brain problem-solving, boundaries, & explanations.

Integrating the Upstairs Brain and the Downstairs Brain

- **Mindsight: Insight and Empathy.** Teach tools to handle themselves so they don't have to be victim to their emotional reactions or their circumstances. You can teach them about their brain, using the hand model & about "flipping their lid".
- **Discipline: It's about TEACHING and building skills.** Be curious and see the mind behind the behavior. Hold teaching in mind as you decide how to discipline. Your child and you should both be in the "green zone"—in control and calm. Your goal is to get them back into the green zone when they are out, and to expand the green zone over time. The best way to do both is to Connect first, to move the child from reactive to receptive. People can only learn if they are in a receptive state of mind. Try getting below eye level and saying something empathetic about the feeling and saying "I'm right here with you." Once they are back in the green zone, that's when you teach and address behavior. Timing matters—only discipline (teach) if your child is ready to learn and you're calm enough to teach/build skills. Behavior is communication. They are showing you through problematic behavior what areas they still need skills and better strategies.
- **Relationships:** The best predictor of how well kids turn out is that they have secure attachment with parents: where they feel Safe, Seen, Soothed, Secure most of the time.

Resources:

- *No-Drama Discipline* and *The Whole-Brain Child* by Siegel and Bryson
- *Brainstorm* by Siegel
- *Why do They Act That Way* by Walsh
- *Lost at School* or *The Explosive Child* by Greene
- *Mindset* by Dweck
- *The Mindful Child* by Susan Kaiser-Greenland
- *The Opposite of Worry* by Cohen
- *IT's a Boy!* By Thompson
- <http://www.pbs.org/thisemotionallife/blogs/if-i-had-bad-parents-will-i-be-bad-parent-too>