

Brain Body Parenting by Dr. Mona Delahooke

This book challenges conventional parenting approaches by emphasizing a "bottom-up" strategy rooted in neuroscience. Dr. Delahooke argues that challenging behaviors in children are symptoms, not the problem itself, and advocates understanding the biological factors influencing behavior. The book provides tools for fostering children's self-regulation and encourages parental self-care to promote a more connected and resilient parent-child relationship.

At a Glance:

Age Range: The book offers advice for parents of children across various age ranges.

Issues Addressed:

- Oppositional behaviors
- Lack of compliance
- Emotional outbursts
- Tantrums
- "Out of control" behavior

Skills Developed:

- Understanding the biological basis of behavior
- Tools for promoting children's self-regulation
- Encouraging parental self-care for effective co-regulation
- Shifting from a focus on compliance to nurturing connection and balance in the child's body and mind