

NEURODEVELOPMENTALLY INFORMED PARENTING

Neurodevelopmentally Informed Parenting (NIP) is an approach to parenting that helps your child's brain develop optimally. It is an approach that is consistent, respectful, and warm where you are able to maintain a connection to your child while also feeling connected to yourself. That means you know what you are feeling and you feel good in your body. **Parenting should feel good - at least most of the time!** Brain savvy parenting focuses on the importance of...

- nourishing the parent and child's **relational reward system**
- attending to the parent and child's **sensory needs**
- supporting **self-regulation** through co-regulation

What exactly is Co-regulation? It is a two-way connection! Co-regulation is mutually pleasing and regulating communication between you and your child. It happens when your words, facial expressions and feelings closely respond to the thoughts, facial expressions and feelings of your child. It usually feels soothing to both of you, even when you both may be struggling with big emotions. Co-regulation builds a healthy **relational reward system** in your child's brain. A **healthy relational reward system** is the foundation for developing self-regulation, cognitive and social skills, moral development and happiness!

Helpful NIP Websites

Parenting Beyond Punishment ~ *community-based parenting resource to apply principles of NIP*

<http://parentingbeyondpunishment.com>


Teach Through Love ~ *helping parents learn to communicate and cultivate intimacy with their children.*

<http://www.teach-through-love.com>

Collaborative Proactive Solutions ~ Dr. Ross Greene's collaborative problem solving approach for challenging kids! <http://www.livesinthebalance.org>


Simplicity Parenting ~ Mindfulness parenting approaches <http://www.simplicityparenting.com>

Presence Parenting ~ Mindfulness parenting blog. <http://presenceparenting.com>



Does Spanking Effect Brain Development?

Check out this TEDx Talk on spanking and self-regulation.



TEDx
Bellingham

ROBBYN PETERS BENNETT

→ Violence – A Family Tradition

Natural Parents Network ~ parenting with the attachment between parent and child as central.

<http://naturalparentsnetwork.com>

Code Name: Mama ~ parenting blog based upon attachment and respect. <http://codenamemama.com>

Aware Parenting ~ research based parenting support. <http://www.awareparenting.com>

Hand-in-Hand Parenting ~ teaching children via relationship. <http://www.handinhandparenting.org>

Little Hearts, Gentle Parenting ~ Positive parenting support <http://www.littleheartsbooks.com>

AHA Parenting ~ *parenting solutions to common parenting frustrations* <http://www.ahaparenting.com>



Webinar Series

Positive Discipline in Everyday Parenting

*Parenting Educators Get Together to Discuss **HOW**
They Implement the Concepts of PDEP*

Positive discipline is based upon the idea that children do well when they can. When they are having trouble behaving, getting along with others, or coping with their feelings, it means they have undeveloped skills that we need to help them learn. We know from the study of early development and from the science of early trauma, that children learn more through co-operation and unconditional relational reward than through punishment. When children feel good, they tend to behave well and when they feel bad they are likely to behave badly. Join co-hosts Amy Bryant and Robbyn Peters Bennett along with guest educators Dr. Ross Greene, Rachel Bailey, Kim Hopkins-Betts, and Sheena Hill in 4 workshops based on the book Positive Discipline in Everyday Parenting by Joan Durrant, PhD. <https://stopspanking.org/nip/>



Online Parenting Support Groups

Join a group with other parents who aspire to use positive parenting with the support of skilled facilitators. These closed Facebook communities create a safe environment to share frustrations and openly problem solve with each other.



<https://www.facebook.com/groups/ParentingBeyondPunishment/>



Lives IN THE Balance
Changing the conversation about behaviorally challenging kids
and with

<https://www.facebook.com/groups/BWellLITB/>

Sometimes You Just Need to Ask a Question!

Join FREE live consultations to get help in applying collaborative parenting techniques.

LivesInTheBalance.org Radio Show

<http://livesinthebalance.org/pycc-radio-program-and-listening-library>

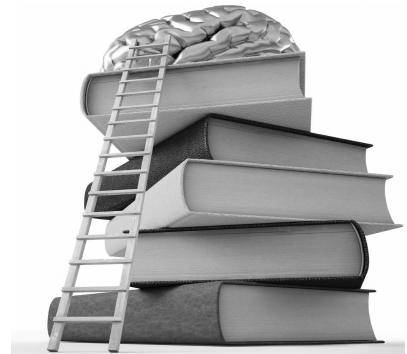
Hand In Hand Parenting

http://www.handinhandparenting.org/event_category/free-parenting-by-connection-calls-and-teleseminars/

NEURODEVELOPMENTALLY INFORMED PARENTING

Looking for Books that are NIP?

We've waded through the tide of parenting books to find resources that consistently support the principles of neurodevelopment and attachment. Here are some treasures!



The Gentle Parent | 2000 Kisses a Day

Gentle parenting through the ages and stages of childhood and adolescents. Learn to guide instead of control, connect instead of punish, and encourage instead of demand.

Laura R Knost

The Whole Brain Child | Parenting from the Inside Out | No Drama Discipline

Neurodevelopmental sensitive strategies to nurture your child's developing mind.

Drs. Dan Siegel & Tina Payne Bryson

Raising Our Children, Raising Ourselves

Transforming Parent-Child Relationships from reaction and struggle to freedom, power, and joy

Naomi Aldort

Unconditional Parenting

Moving from rewards/punishments to love and reason.

Dr. Alfie Kohn

FREE Hand in Hand Parenting Guide

Help with Tantrums and Indignation!

<http://www.handinhandparenting.org/parenting-by-connection-newsletter-and-gift/>

The Explosive Child | Lost at School

Learn the proven method Collaborative Proactive Solutions (CPS) to help chronically dysregulated children

Dr. Ross Greene

How to Talk So Kids Will Listen & Listen So Kids Will Talk | Siblings Without Rivalry

Learn how to listen to children. Practical tools to help reduce sibling conflict and competition, encourage cooperation, and promote sibling love.

Adele Faber & Elaine Mazlish

The Conscious Parent | Out of Control

Understanding parenting as a spiritual practice of mindfulness supporting the individuation of the child.

Dr. Shefali Tsabary

Peaceful Parents, Happy Kids

Learn how to stop yelling and start connecting in order to raise responsible, capable, happy kids.

Dr. Laura Markham

Playful Parenting

Playful parenting successfully builds close parent-child bonds while helping parents raise capable and confident children.

Lawrence J. Cohen

Sponsored by...



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