



## Solly Baby Bookclub

THE YES BRAIN

BY DANIEL J. SIEGEL, M.D., AND

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*"I am not afraid of storms, for I am learning how to sail my ship."*

LOUISA MAY ALCOTT

### DISCUSSION QUESTIONS

- 1 What particular line or lesson from the book resonated with you the most?
- 2 Were you surprised to learn that "The Yes Brain" is more than just an approach to parenting but an actual neurological state based in science? Did that make it seem more or less achievable?
- 3 As you read, did think about what you were learning in terms of your children or yourself?
- 4 What takeaways from the book do you plan to use with your own family?
- 5 Do your children (or you) tend to retreat to the "red zone" (fight-and-flight) or "blue zone" (freeze-or-faint) when things are going poorly? Have you tried any of the strategies from the book to expand your children's "green zone" (or your own)?
- 6 Siegel and Bryson emphasize the power of "the pause"—that is, taking a moment to purposefully choose how you will respond to a situation. Can you think of a scenario in your own life where you might benefit from pausing before reacting?



*"If you do nothing else but provide your child the experience of feeling safe, soothed, seen, and secure most of the time, you're doing the most powerful thing you can do to build an integrated, resilient brain."*

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### FOR FURTHER DISCUSSION

*"It's out of our deep love for our children that we want to protect them, but their capacity will be greater if we allow that love to lead us to our own courage, so that we can feel strong enough to let them discover their own strength."*

Has there been a time when you've been tempted to jump in and help your child but instead stepped back and observed? What ended up happening?

*"Empathy allows us to keep in mind that each of us is not only a 'me,' but part of an interconnected 'we' as well."*

Although at times motherhood can feel isolating, it can also bring us closer together. In what ways has having a child made you feel like part of the "we"? What are some ways you can reach out to other moms to let them know they're not alone?