



## Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment (Hardback)

By Daniel A. Hughes

WW Norton Co, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. In this groundbreaking exploration of the brain mechanisms behind healthy caregiving, attachment specialist Daniel A. Hughes and veteran clinical psychologist Jonathan Baylin guide readers through the intricate web of neuronal processes, hormones and chemicals that drive—and sometimes thwart—our caregiving impulses, uncovering the mysteries of the parental brain. The biggest challenge to parents, Hughes and Baylin explain, is learning how to regulate emotions that arise—feeling them deeply and honestly while staying grounded and aware enough to preserve the parent-child relationship. Stress, which can lead to blocked or dysfunctional care, can impede our brain's inherent caregiving processes and negatively impact our ability to do this. While the parent-child relationship can generate deep empathy and the intense motivation to care for our children, it can also trigger self-defensive feelings rooted in our early attachment relationships, and give rise to unparental impulses. Learning to be a good parent is contingent upon learning how to manage this stress, understand its brain-based cues and respond in a way that will set the brain back on track. To this end, Hughes and Baylin define five major systems of caregiving as they...



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