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

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**Does Spanking Effect Brain Development?**  
Check out this TEDx Talk on spanking and self-regulation.

**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

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/

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
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!

**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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