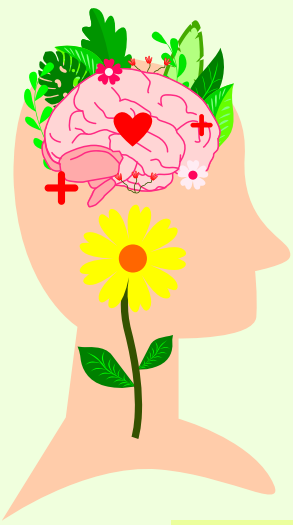


THE DEVELOPING BRAIN

A PARENT'S GUIDE TO THE ROOT SYSTEM OF EMOTIONS

THE THREE-STORY BRAIN (THE ARCHITECTURE)



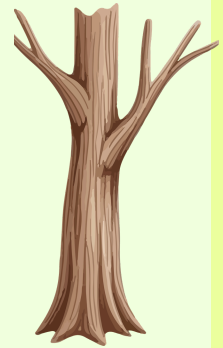
LEVEL 3: THE PREFRONTAL CORTEX (THE LEAVES/EXECUTIVE BRAIN)

- **THE FACT:** THIS IS THE "WISE LEADER" RESPONSIBLE FOR IMPULSE CONTROL, EMPATHY, AND PROBLEM-SOLVING. IT IS NOT FULLY FINISHED UNTIL AGE 25.
- **THE REALITY:** WHEN YOU ASK A TODDLER "WHY DID YOU DO THAT?", YOU ARE ASKING A QUESTION TO A PART OF THE BRAIN THAT ISN'T FULLY ONLINE YET.
- **PARENTING TIP:** YOU MUST BE YOUR CHILD'S "EXTERNAL PREFRONTAL CORTEX." YOU PROVIDE THE CALM AND THE BOUNDARIES THEY CAN'T YET PROVIDE FOR THEMSELVES.



LEVEL 2: THE LIMBIC SYSTEM (THE TRUNK/EMOTIONAL BRAIN)

- **THE FACT:** THIS AREA MANAGES EMOTIONS, MEMORY, AND ATTACHMENT. IT'S WHERE THE "AMGYDALA" LIVES—THE BRAIN'S ALARM SYSTEM.
- **THE REALITY:** CHILDREN ARE "RIGHT-BRAIN DOMINANT" UNTIL ABOUT AGE 7. THEY FEEL BEFORE THEY THINK.
- **PARENTING TIP:** CONNECT BEFORE YOU CORRECT. ACKNOWLEDGE THE FEELING ("YOU ARE SO FRUSTRATED THAT THE TOWER FELL") BEFORE YOU ADDRESS THE BEHAVIOR.



LEVEL 1: THE BRAINSTEM (THE ROOTS/SURVIVAL BRAIN)

- **THE FACT:** THIS IS THE FIRST TO DEVELOP. IT CONTROLS HEART RATE, BREATHING, AND THE "FIGHT/FLIGHT/FREEZE" RESPONSE.
- **THE REALITY:** WHEN A CHILD IS IN A "SURVIVAL STATE," THEY PHYSICALLY CANNOT HEAR YOUR LOGIC. THEIR BODY HAS TAKEN OVER.
- **PARENTING TIP:** WHEN YOUR CHILD IS "DYSREGULATED" (SCREAMING, HITTING, OR SHUTTING DOWN), SAFETY IS THE ONLY GOAL. DON'T TEACH; JUST BE A CALM PRESENCE.

