

ROOTS HEALING

CRITICAL GROWTH FACTS FOR PARENTS

- **Neuroplasticity:** A child's brain is like "wet clay." Every positive, calm interaction strengthens the neural pathways for resilience.
- **The "Pruning" Process:** The brain keeps the pathways that are used most. If a child practices "Co-regulation" (calming down with you) often, their brain learns how to do it alone later.
- **Cortisol vs. Oxytocin:** Stress releases cortisol (which can be toxic in high doses); a hug or a kind look releases oxytocin (the "bonding hormone"), which physically heals the brain and lowers stress.



The Root-Tending Toolkit

Tool A: The 90-Second Rule

- How it works: An emotional chemical surge lasts roughly 90 seconds in the body.
- Action: If your child is melting down, wait 90 seconds before speaking. Breathe deeply so they can "catch" your calm.

Tool B: Name It to Tame It

- How it works: When we label an emotion, it sends a cooling spray of logic from the Prefrontal Cortex to the Limbic System.
- Action: "It looks like your body feels very tight and angry right now. Is that right?"

Tool C: The "Time-In" instead of "Time-Out"

- How it works: Isolation triggers the "Survival Brain" (fear of abandonment). Connection triggers the "Emotional Brain" (safety).
- Action: Instead of sending them away, sit near them. "I'm going to sit right here with you until you feel calm enough to talk."

When to Tain the Roots:

*Is it a "Won't" or a
"Can't"?*

Won't: They have the skill but are testing a boundary. (Needs a firm limit).

Can't: Their brain is flooded, and they have lost access to logic. (Needs co-regulation).