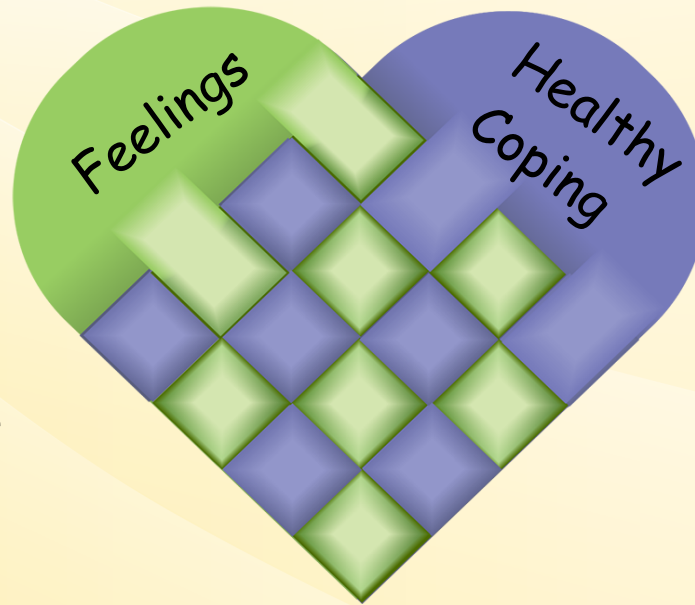


What is self-regulation?

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Based on The Whole-Brain Child
By Daniel Siegel and Tina Payne
Bryson, 2012







Thriving: integration
of all brain regions,
working together in
harmony



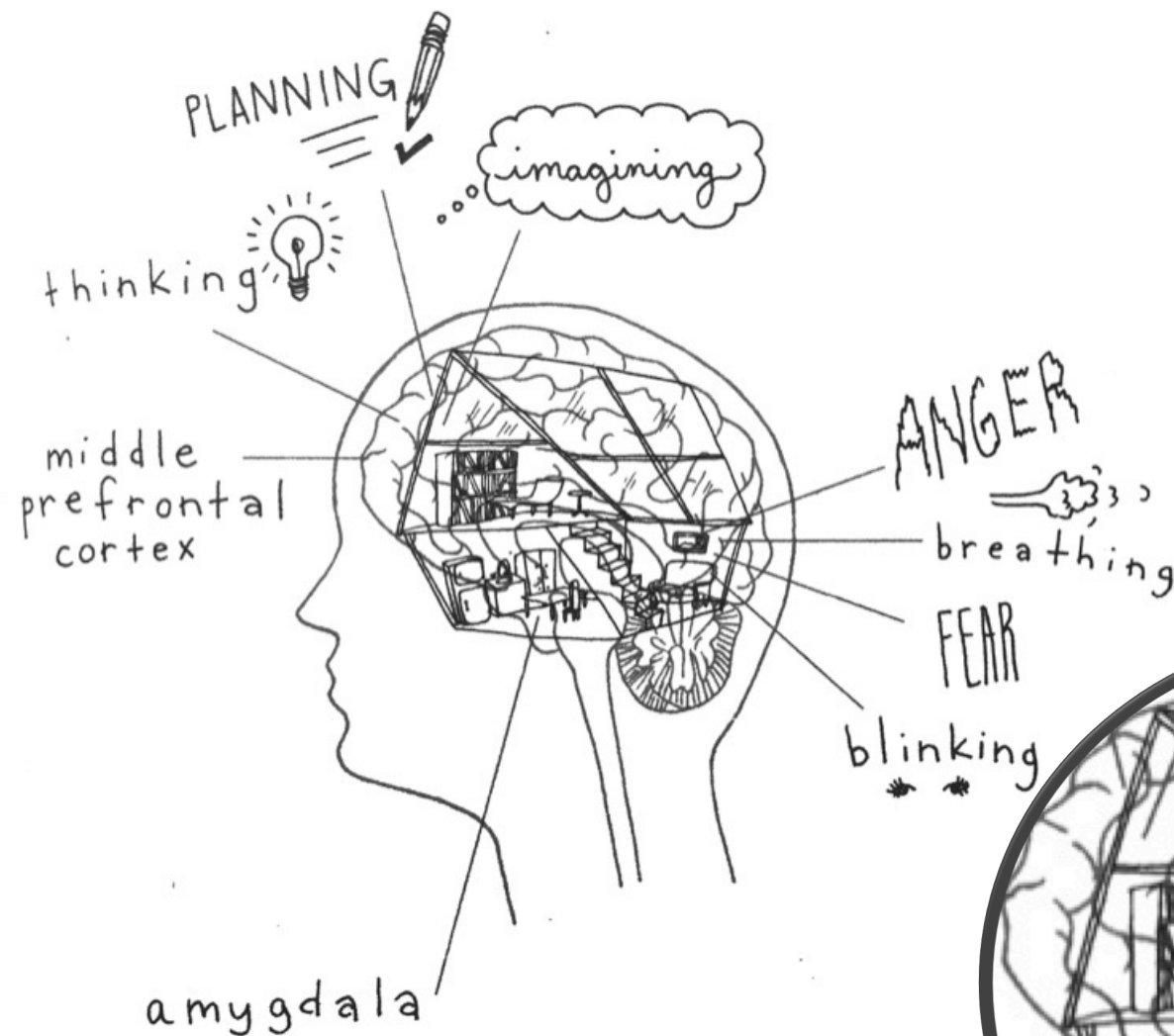
Genetics + Experiences =
Brain Functioning

85% of brain
connections develop
by age 5

Strategies to enhance brain integration in daily interactions

1. First Connect  then redirect :
empathize with child's emotions first, then redirect to solve/choose.
2. Engage, don't enrage: avoid pushing hot buttons, instead engage creatively. 
3. Let the clouds of emotions pass by: remind that emotions come and go. 
4. Move it or lose it: exercise to integrate the brain and calm down.  

When
downstairs
is on fire,
upstairs gets
smoky



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