

Self-Regulation






Integration of all brain regions
(emotional and rational), working
together in harmony.
Experiencing feelings in healthy manners



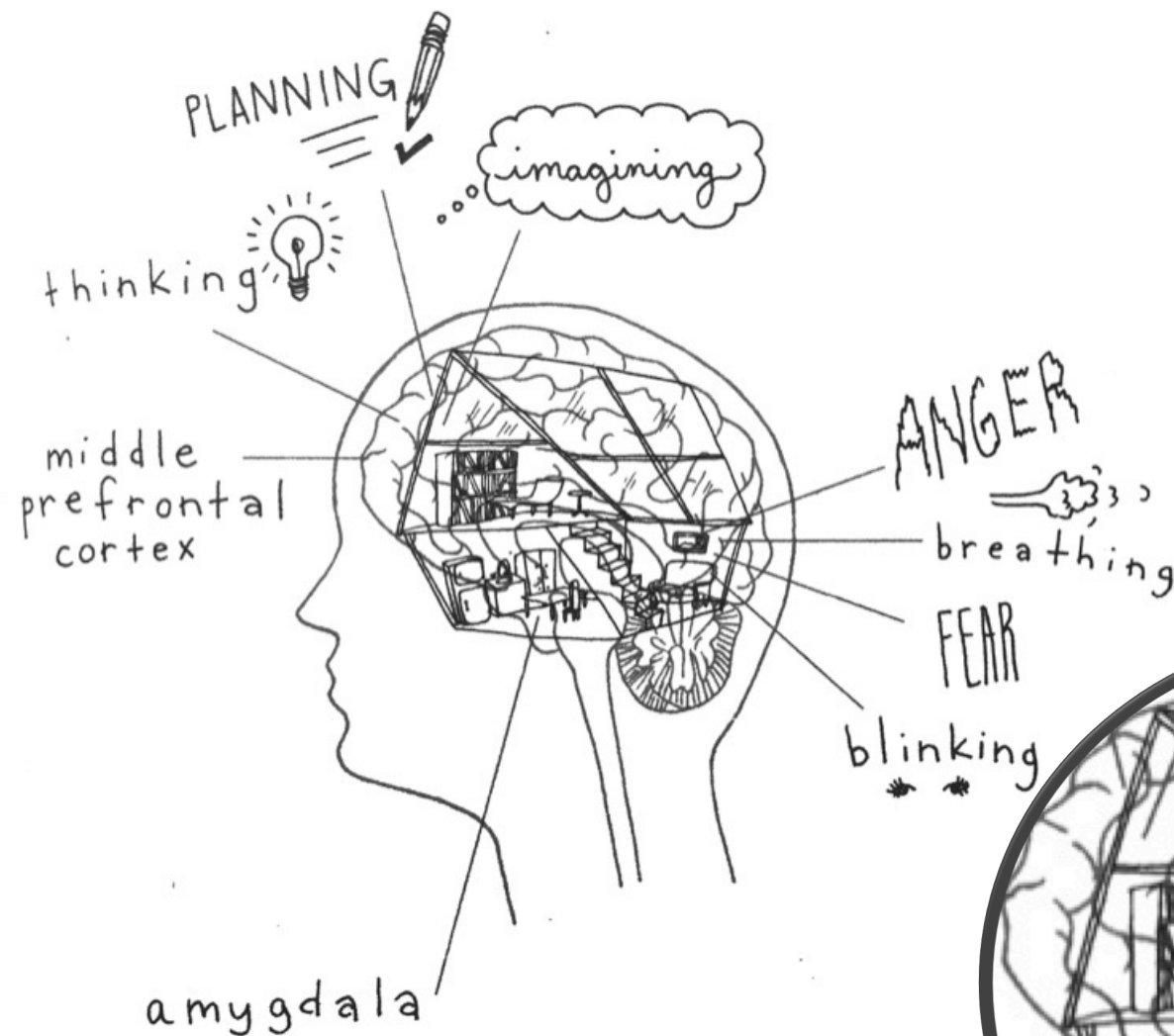
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Based on The Whole-Brain Child, by Daniel Siegel and Tina Payne Bryson, 2012

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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