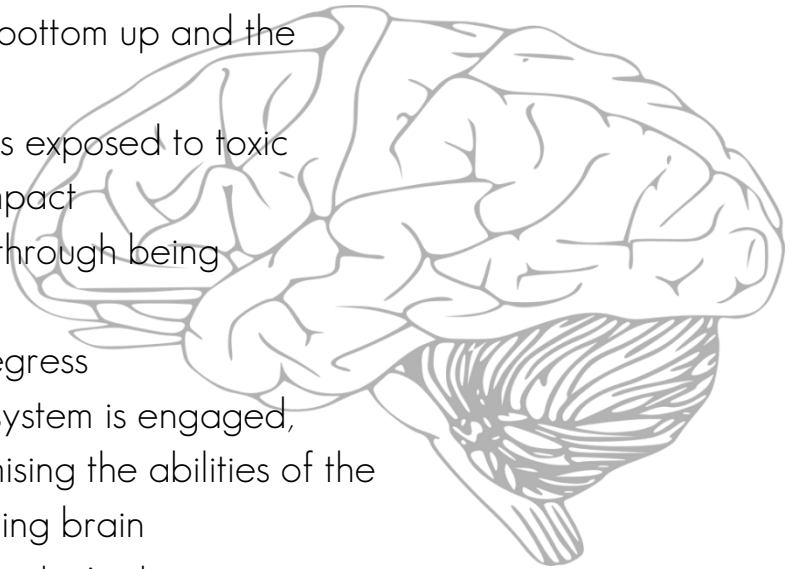


# Top 3 Things to Remember

1. Behavior is an externalization of internal regulation
2. Connection is a BIOLOGICAL imperative
3. Regulated, connected children who feel safe behave well (and are open and ready for learning)

## Tidbits About the Brain

1. The brain develops from the bottom up and the inside out
  - a. The younger the brain is exposed to toxic stress, the bigger the impact
2. Self-regulation is developed through being co-regulated by another
3. When we are stressed, we regress
4. When the fight/flight/freeze system is engaged, even mildly, we are compromising the abilities of the cortex- the thinking and learning brain
5. Children who have experience toxic stress are sensitized
  - a. \$5 reaction to a \$0.50 problem



## Relationship really is key

1. Our brains are shaped by connection
  - a. Mirror Neurons

# OK- Just Tell Me What To Do

1. Prioritize your OWN regulation. A dysregulated brain CANNOT help regulate another dysregulated brain
  - a. Create community and connections. Adults MUST
    - i. Have relationships where they feel seen, heard, and understood
    - ii. Partner/spouse
    - iii. Therapist
    - iv. Support group (Parenting with Connection on FB)
2. Regulate and connect with children outside of crisis times
  - a. Relationship is paramount
    - i. Focus on relationship between adult and child
    - ii. Foster relationships *between* children (siblings, peers, etc.)
    - iii. Help child feel "I belong here- you want me."
  - b. Help child know "We're a team- I'm on your side"
    - i. Choices & Compromise (compromising strengthens the cortex)
    - ii. Rituals
    - iii. Resolution not punishment
    - iv. "How can I help?"
3. Emphasize social/emotional learning
  - a. Teach kids about the brain and the impact of stress on the brain
    - i. Hand Model of the Brain
    - ii. YouTube
      1. Why Do We Lose Control of Our Emotions
      2. Search "Teach about Amygdala"
    - iii. Books about the Brain (for kids):
      1. Toby the Tiger Tamer
      2. Hey Warrior
      3. Please Explain Anxiety to Me
    - iv. Books about Mindfulness
      1. Sitting Still Like a Frog
      2. Moody Cow
      3. A Still Quiet Place for Teens
  - b. Teach kids ways to find regulation and encourage them to do so
  - c. Conflict resolution skills
  - d. Interpersonal Skills

4. Incorporate Movement & Playfulness Into Lessons
  - a. Playfulness
    - i. Playfulness decreases stress and regulates the brain
    - ii. Playfulness signals "I'm safe" to the defensive brain
    - iii. Playfulness says "I really like being with you"
    - iv. Fun and novelty releases dopamine in the brain, which is linked to improved memory and attention (Jensen, 2005)
  - b. Movement
    - i. Combining movement with learning improves learning/academic outcomes (Mullender-Wijnsma, 2015)
    - ii. Movement provides proprioceptive and vestibular input which regulate the lower portions of the brain.
    - iii. Change our emotional state by changing our physical state

## Summary

- Toxic stress, early and on-going trauma all change the brain
- Connection is a biological imperative
- Self care above all else- use our mirror neuron system!
- Connect before Correct
- Focus on relationships
- Does the child know you're on their team??
- Regulation thru movement and playfulness

## Additional Resources

- Trust Based Relational Intervention
  - child.TCU.edu
  - The Connected Child by Purvis & Cross
- Paper Tigers Documentary- Trauma Informed Schools
- <https://beaconhouse.org.uk/useful-resources/> (tons of amazing trauma resources)
- Complex Trauma in Children & Adolescents- White Paper
  - [https://www.nctsn.org/sites/default/files/resources//complex\\_trauma\\_in\\_children\\_and\\_adolescents.pdf](https://www.nctsn.org/sites/default/files/resources//complex_trauma_in_children_and_adolescents.pdf)
- Child Trauma Academy
  - <http://childtrauma.org/>

## Future Opportunities to Dive Deeper with Robyn

- [Healing Trauma from the Heart...with the Brain in Mind \(July 2018\)](#)
  - 5 hour on-line course, available to attend live or receive the recordings
  - This workshop I briefly review brain development and the impact of toxic stress on brain development. The workshop will help adults who work with and care for children impacted by trauma see what is underneath the behaviors of even the most challenging children. Attendees will learn strategies for calming the brain and increasing felt safety, inviting the child into regulation and connection.
- [Regulating the Body through Sensory Based Interventions \(August 2018\)](#)
  - 5 hour on-line course, available to attend live or receive the recordings
  - This workshop will briefly review brain development and the impact of toxic stress on brainstem- the part of the brain that modulates energy and arousal. Through movement, music, and other sensory based interventions, attendees will learn strategies for helping children in moments of dysregulation as well as how to strengthen the lowest parts of the brain so dysregulation happens less often. Attendees will learn a system (based on the Alert Program and the Zones of Regulation) to teach children to notice and change their own states of regulation (with the help of a regulated adult!!)

Both workshops will be offered LIVE. All participants will receive access to the audio and video recordings of the course so that they can be reviewed as many times as you'd like.

Can't attend live?? You can choose to register for the recording ONLY.

All the details- including dates, times, and cost are available here:

<https://www.eventbrite.com/e/healing-trauma-from-the-heartwith-the-brain-in-mind-tickets-46950282559>

<https://www.eventbrite.com/e/regulating-the-body-through-sensory-based-interventions-tickets-47005314160>

Coupon code for \$15 off: TOXICSTRESS

*Interested in both?* When you register for "Healing Trauma from the Heart...with the Brain in Mind" you'll receive a coupon code for \$25 off registration for "Regulating the Body through Sensory Based Interventions"