



MANAGING BIG BEHAVIORS IN LITTLE CHILDREN

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OUR STORY






BUT ALSO THIS


WHAT DOES BRAIN-BASED PARENTING MEAN?

- Understanding BEHAVIOR as a window to the brain.
 - Allows a parent to use a new lens which allows for greater understanding and less reaction.
 - There are no bad kids.
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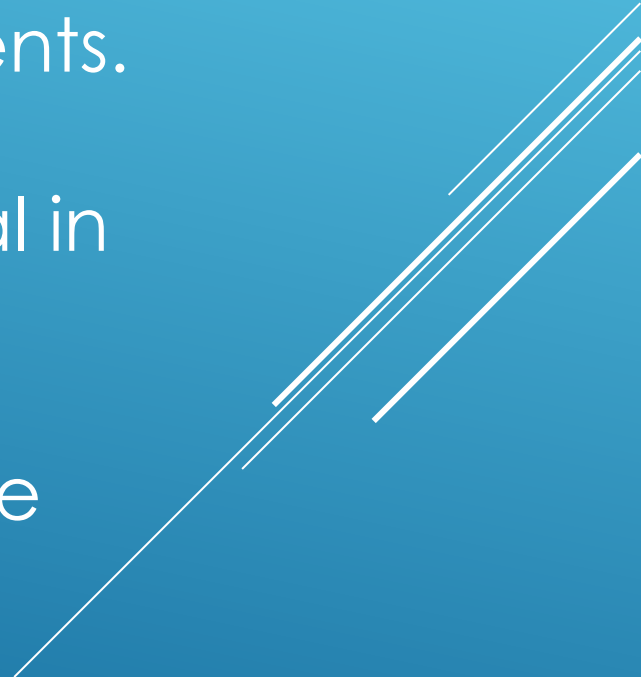
WHAT DOES BRAIN-BASED PARENTING MEAN?

- Kids (and people) are using the tools they have available to them.
 - A meltdown (or other behavior) is the manifestation of an environment that is too complex to deal with or process.
 - Increased Demand, Increased Complexity = Increased Behaviors.
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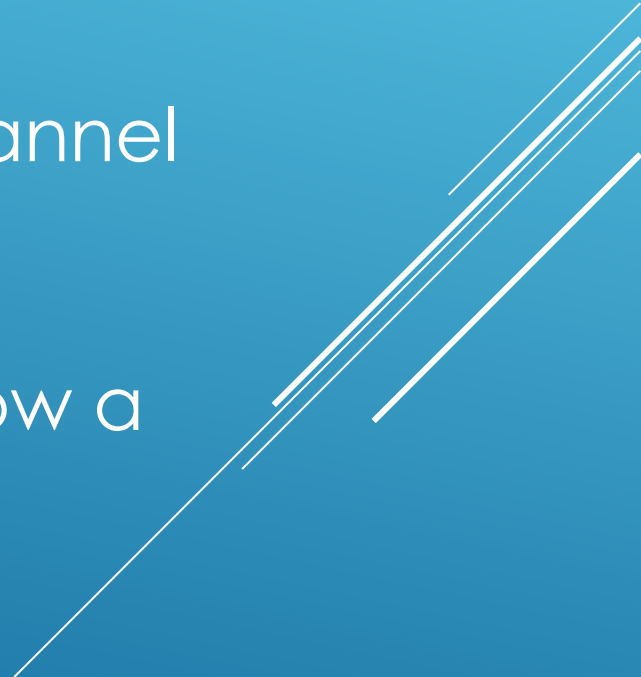
BRAIN-BASED STRATEGIES

- Lower Demand, meet kids where they are, connect and then adapt/accommodate/provide new tools.
 - Connect with the child, not the behavior.
 - Behaviors makes parents FEEL things (like anxiety, anger, worry, embarrassment etc.). Brain-Based Parenting gives us greater understanding and greater ability to lead our kids and ourselves to a better trajectory. Is there a conflict of expectation?
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BRAIN-BASED STRATEGIES

- Our FEELINGS about behaviors can often drive our reactions to them.
 - Behaviors happening in public spaces.
 - Behaviors happening in front of family at events.
 - Behaviors that are safety challenges.
 - Behaviors that evoke shame response (sexual in nature/ hygiene in nature etc.)
 - Tending to our own resilience/adaptability in the form of self-care is paramount.
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BRAIN-BASED STRATEGIES

- Giving PREDICTION greatly reduces complexity.
 - Start with pictures, drawings
 - Relay less on verbal dialogue, particularly for young kids and those with processing delays
 - Anxiety and Anticipation run in the same channel
 - Timing is very important!
 - Rituals, routines and rigidity are windows into how a child is navigating the world.
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SOME EXAMPLES

- My son Spencer and his physically aggressive behavior
 - Easter Egg Hunts
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- A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

The next time you lose it,
think about whether you did
that intentionally or *because*
you were overwhelmed or
lacked the support you
needed in that moment.

Kids are the same.

They don't emotionally crumble
to upset us. Their falling apart
is sometimes *the only way they*
know to ask us for help in
being put back together.

-Shelly Robinson

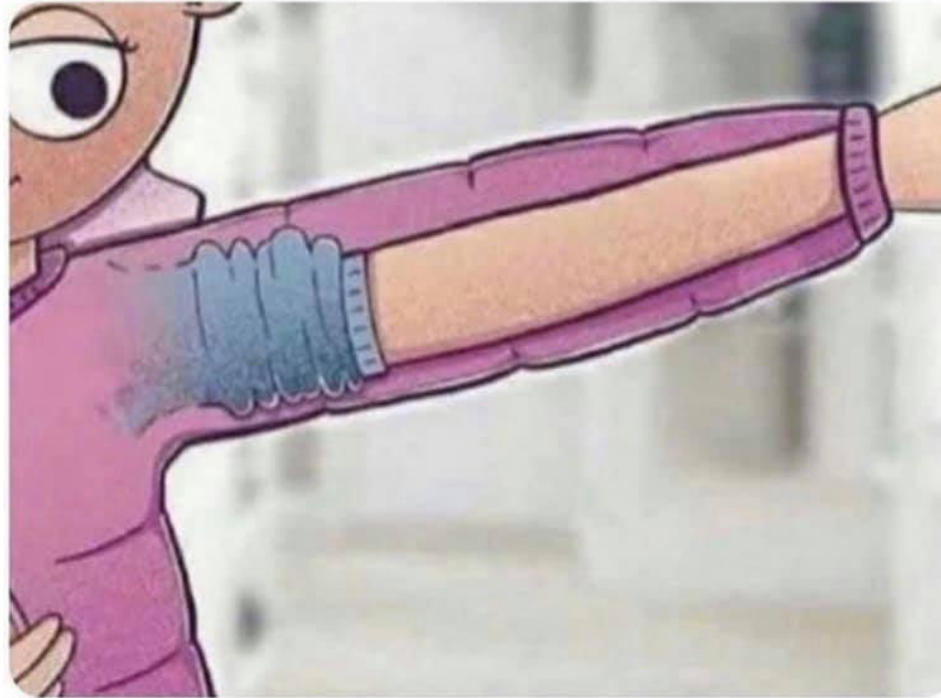


"Every time you think of calling a kid 'attention-seeking,' consider changing it to 'connection-seeking' and see how your perspective changes."




JODY CARRINGTON

If "uncomfortable" was a picture



SUMMARY

- Behavior is a window to the brain.
 - Complexity drives anxiety and stress.
(and complexity is not static)
 - Kids have fewer tools for dealing with stress and complexity.
 - Lower demand, increase connection before offering correction.
 - Our reactions WILL affect the outcome of any behavior event.
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*Helping Special Needs
Parents
Live Exceptional Lives*



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