

NEURO NURTURING™

It feels so GOOD to have you understand that my brain is still learning how to control all of the emotions I feel!

NeuroNurturing Insight: A better understanding of children's brains is quite comforting to caring parents and dedicated educators. When gaining insights into what is going on in a child's mind, adults can better handle stressful situations.

The "thinking area" of the brain is the very last area to fully complete development. This area is called, the pre-frontal cortex. This area is critically important for the ability to self-regulate and control behavior. Since it is the area that takes the most time to fully develop, it is valuable for adults to remember the brains of growing children are still immature. Keeping in mind that the young brains of children do not always have the ability to control emotions is very helpful. Children need the adults in their lives to help them work through, calm down and deal with big and overwhelming emotions with empathy and understanding.



Tips to try: *Your child says:*

- "When I am not able to control my emotions, it helps when you stay calm and be patient with me. Take a deep breath and encourage me to do it also."
- "Yelling or demanding increases my stress and makes it harder for me to get back in control. Using a softer and quiet voice helps me begin to calm a bit."
- "Remember I need your help to learn how to handle my emotions more than I need to be punished for not knowing how to do this well yet. Let me know you understand that my emotions are overwhelming and I am still learning."
- "Talk to me like you would like to be spoken to when you are feeling emotional. Your respect and empathy are a good model for helping me learn."