

Module Two

Building Better Brains

Your Turn!

Practice sinking beneath the surface and naming all the “roots” beneath your child’s behaviour. Choose a specific scenario and see how curious you can be.



FLOWER:

Outward expression of the child’s behaviour

ROOTS:

Everything beneath the surface that the parent must pause and take into consideration.

→ Feelings:

→ Unmet needs:

→ Thoughts:

→ Beliefs:

→ Context of the situation:

→ Brain development:

→ Nervous system regulation:

→ Quality of secure attachment:

