

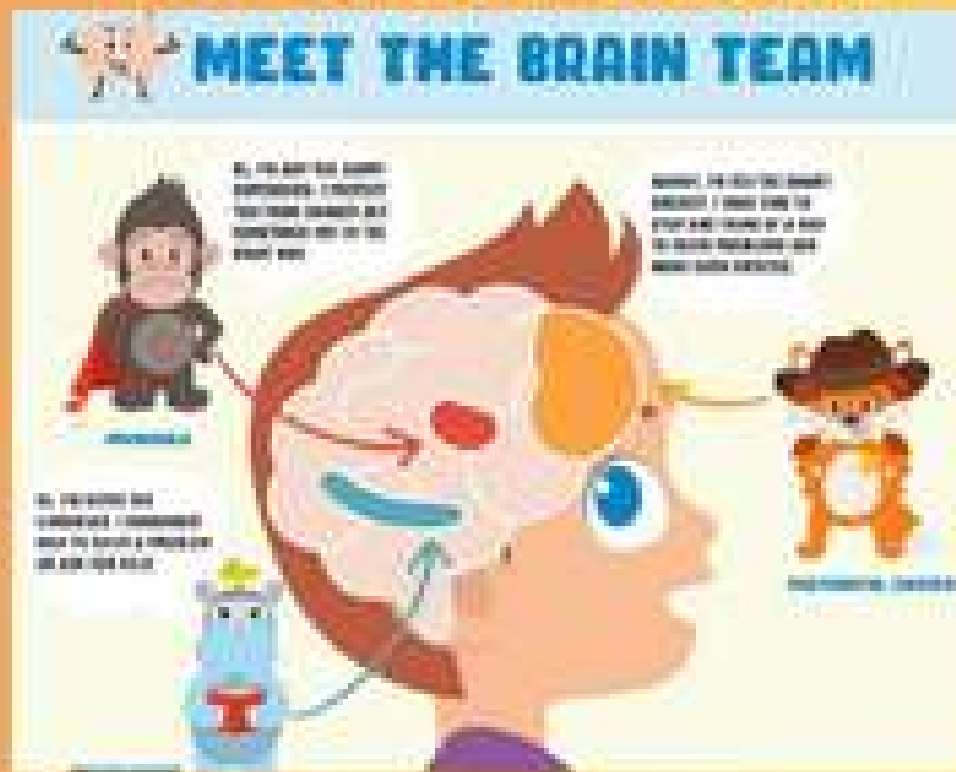
THE WHOLE-BRAIN CHILD

A Gentle Mini
Book for Parents

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What's happening in the child's brain?



Amygdala (Emotional Brain)

- Acts like an alarm system
- Detects danger, stress, or big emotions
- Triggers reactions like crying, shouting, or shutting down

Middle Prefrontal Cortex (Thinking Brain):

- Helps with decision-making, planning, and self-control
- Understands right from wrong
- Calms emotions and thinks logically

What can parents do in that moment?

- Connect first, don't correct.
- Use a calm voice and simple words.
- Invite movement: "Let's jump or stretch together."
- Encourage deep breathing.
- Stay close and present.

★ When a child is overwhelmed, the amygdala takes over and the thinking brain goes offline.



Your calm helps your child's brain feel safe again.

CONNECT & REDIRECT

*When your child is upset,
Connection comes first.*

*Help them feel safe and understood before
judging behaviour!*

Connect & Redirect

When your child is upset, connection comes first.
Help them feel safe and understood before
guiding behaviour. Connection opens the door to
learning.

Connect

Redirect



NAME IT TO TAME IT

*Naming feelings calms the emotional brain.
Words give shape to big emotions and brings
peace.*

Name It to Tame It

Naming feelings calms the emotional brain.

Words give shape to big emotions
and bring peace.



ENGAGE DON'T ENRAGE

*Invite thinking through curiosity.
Gentle questions awaken cooperation.*

Engage, Don't Enrage

*Invite thinking through curiosity.
Gentle questions awaken cooperation.*

What happened from your point of view?

How are you feeling right now?

What do you think would help make this better?

What were you thinking when that happened?

How do you think the other person felt?

What is one thing we can do together now?



USE IT OR LOSE IT

*Let children practice decision making
The thinking brain grows
stronger when used.*



MOVE IT or LOSE IT

*Movement releases emotional tension.
The body helps calm the mind*



LET THE CLOUDS ROLL BY

*Feelings come and go like clouds.
They are not permanent*

Let the Clouds Roll By.

Feelings come and go like clouds.
They are not permanent.



- Angry



Sad



Calm



Sit and notice:

"Feelings come and go."

MINDSIGHT

Help children notice their inner world





SIFT :

Sensations, Images, Feelings, Thoughts
To understand emotions.

Notice **Sensations, Images, Feelings,** and
Thoughts to Help Calm Emotions

SENSATIONS



IMAGES



FEELINGS



THOUGHTS

*I'm always
going to feel this
way.*





Exercise Mindsight

Small daily reflection builds lifelong self-awareness.

Exercise **MINDSIGHT**

Small daily reflection builds lifelong self-awareness.



Feelings



Behaviors



How did I feel?
What did I experience?
What can I learn?



Thoughts

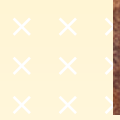




Let Feelings Pass
Feelings don't need fixing.
They need space and safety.

Let Feelings Pass

Feelings don't need fixing. They need space and safety



Gentle Daily Practices

