

Empowered Parents
Cultivating Calm Connected Families

Learning in a Time of COVID

Think 'Co-regulation & Connection' Before 'Compliance & Consequences'
By Lisa Pinhorn


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Control, Consequences, and Compliance might look like a behaviour management plan, but they are only creating illusions of better behaviour.


2



The quality of relationships with adults and caregivers is literally sculpting the architecture of the brain.

Dr. Jean Clinton

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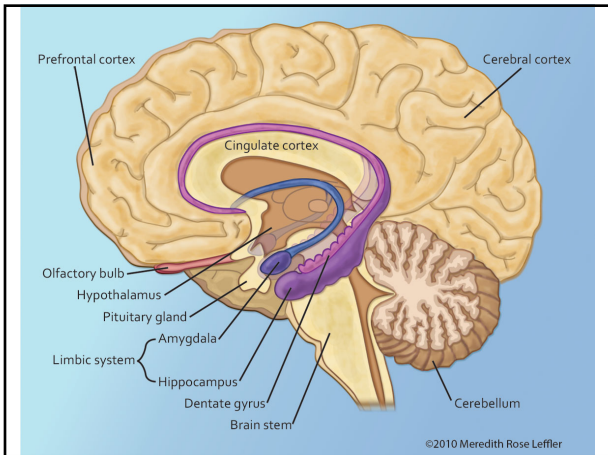
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Brain Basics

- The brain is a profoundly social organ
- We are wired for connection
- The brain is constantly seeking safety
- Parts of our brain needed to learn are not available when scared, stressed or feel unsafe
- Our brain growth and development is impacted by our experiences and environments



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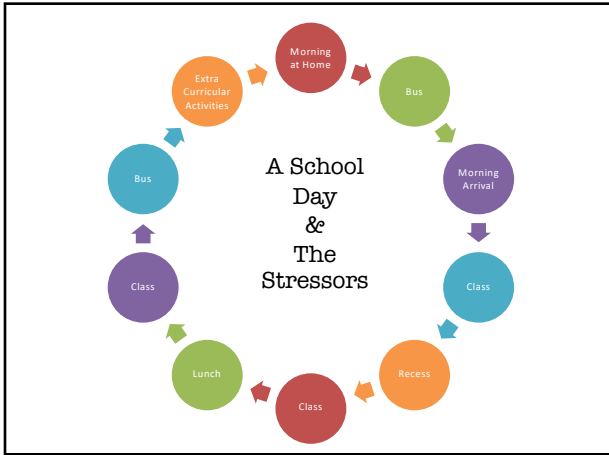
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5 Primary Domains of Stress

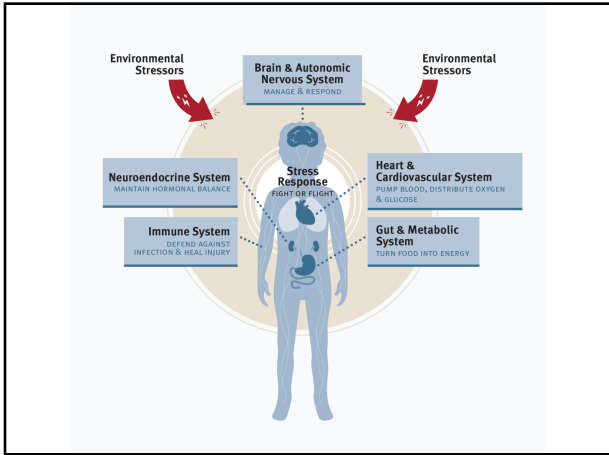
- * **Biological**—noises, crowds, too much visual stimulation, not enough exercise
- * **Emotional**—strong emotions, both positive (over-excited) & negative (anger, fear)
- * **Cognitive**—difficulty processing certain kinds of information
- * **Social**—difficulty picking up on social cues, or understanding the effect of his behaviour on others
- * **Prosocial**—difficulty coping with other peoples' stress



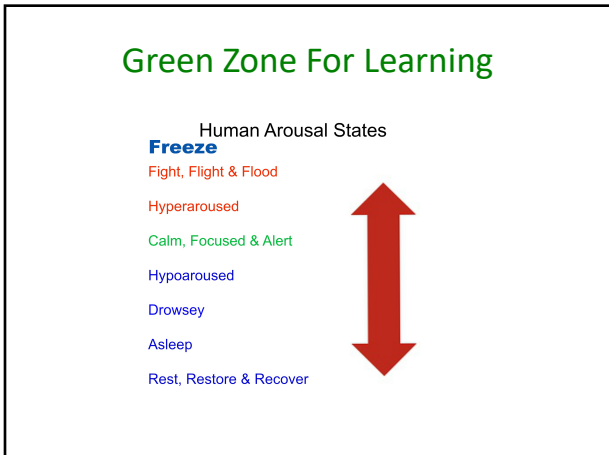
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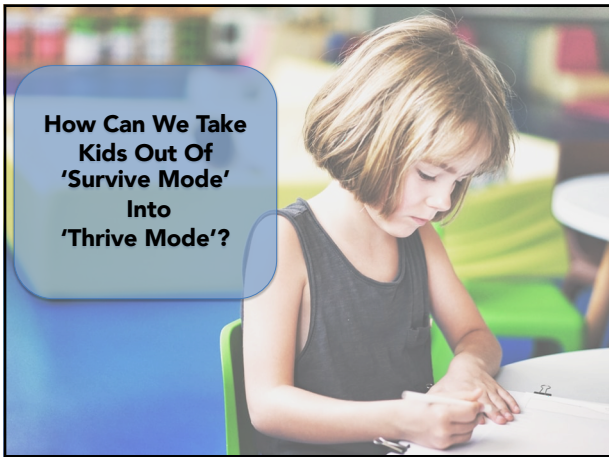
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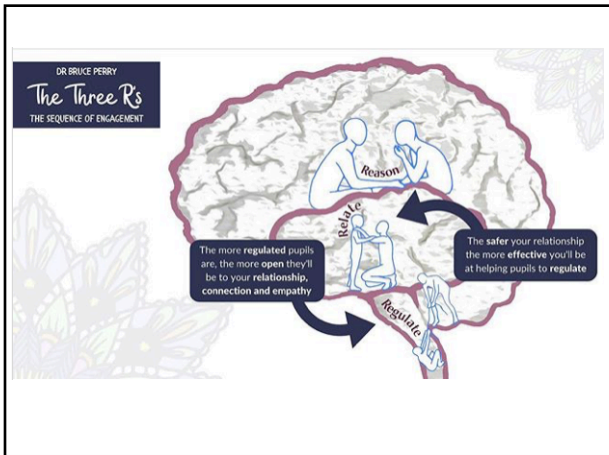
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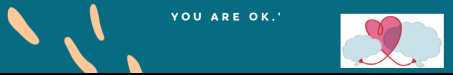
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**COVID BACK TO SCHOOL
COMPASSION BEFORE COMPLIANCE OR CURRICULUM**

DEAR PARENTS & TEACHERS,
THE MICRO-MOMENTS WE CULTIVATE
BETWEEN KIDS AND ADULTS ARE
POWERFUL. OUR BIGGER BODIES HAVE THE
POWER TO CREATE FEELINGS OF SAFETY
OR TRIGGER A STRESS RESPONSE. KIDS
ARE CONTINUALLY SCANNING HOW WE
MOVE, THE TONE OF OUR VOICE AND OUR
ABILITY TO CONNECT. WITHOUT WORDS,
MICRO-MOMENTS CAN COMMUNICATE - 'I
SEE YOU, YOU ARE FINE, YOU ARE SAFE,
YOU ARE OK.'



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The Healthy Mind Platter



SLEEP TIME PHYSICAL TIME FOCUS TIME

TIME IN DOWN TIME PLAY TIME CONNECTING TIME

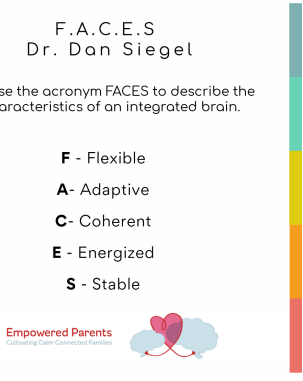
The Healthy Mind platter, for Optimal Brain Matter

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F.A.C.E.S
Dr. Dan Siegel

We use the acronym FACES to describe the characteristics of an integrated brain.

- F** - Flexible
- A** - Adaptive
- C** - Coherent
- E** - Energized
- S** - Stable



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