

Rupture and Repair -

Repair is vital to help your child feel secure after a rupture



Don't Chase and Dodge -

Let your child 'look away' to process what you've said



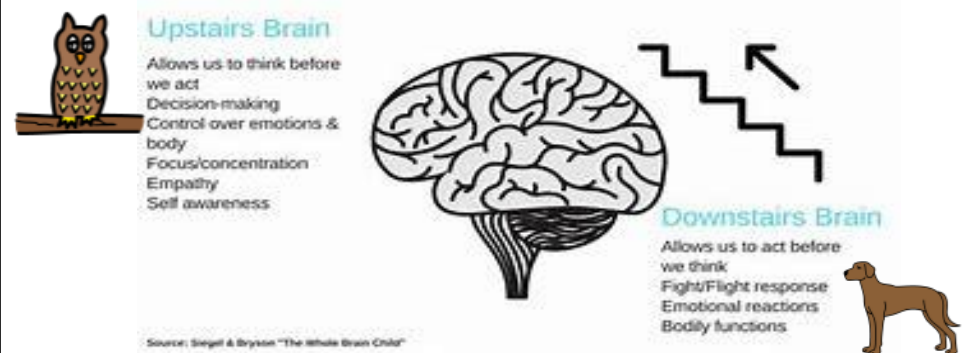
Family Learning

SOLIHULL APPROACH

How do I support my child's emotional development?
'Brains, Emotions and Behaviours'

Firstly, learning about our brains can really help us to understand our emotions and behaviours.

At school your child has been learning about the key parts of the brain involved with self-regulation: the amygdala (our 'guard dog'), the downstairs part of our brain; the pre-frontal cortex (our 'wise owl'), the upstairs part of our brain.



Ask your child to talk about their wise owl and guard dog and what happens when we 'flip our lids'.

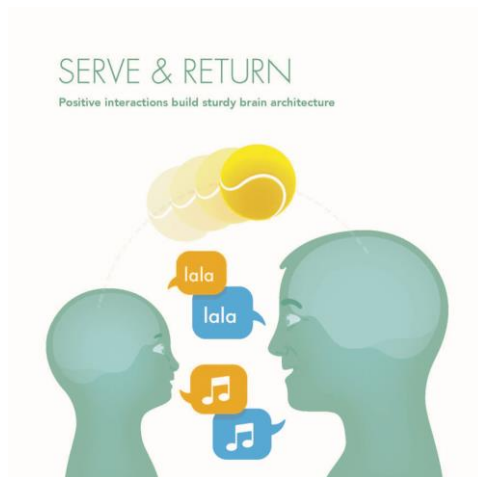
Name it to Tame it -

If we understand our feelings we deal with them better



Serve and Return -

Positively interacting with your children helps them learn and builds brains!



Connection before Correction -

Connect with your child first will help them keep calm and to listen to you



Containment -

To be able to contain others, when they're full up of a problem, we need to be contained. We need a strong protection around us

