



HOW THE BRAIN OPERATES WHEN SOMEONE IS TRIGGERED BY TRAUMA

LEARN HOW TO LISTEN AND UNDERSTAND YOUR CHILD'S EMOTIONAL NEEDS

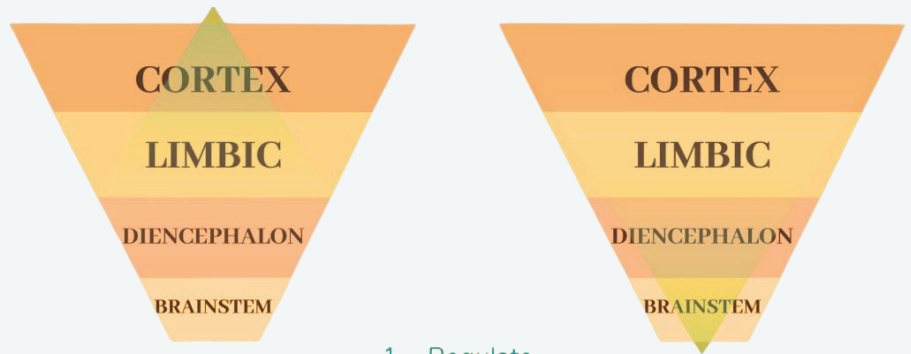
WHAT THIS MEANS?

When children are dysregulated, their brain shifts control:

- Lower brain (survival) takes over
- Upper brain (thinking) becomes less accessible

This is why logic and instructions often don't work in the moment

NEUROSCIENCE OF CHALLENGING BEHAVIORS



1. Regulate
2. Relate
3. Reason

DYSREGULATED → **REGULATED**
 Inefficient access to cortical memories → Cortical memories accessible

WHEN A CHILD IS DYSREGULATED

- Emotional reactions increase
- Access to thinking decreases
- Behavior is driven by survival

TRY THIS IN THE MOMENT

- Pause before reacting
- Lower your voice
- Stay calm and present

"I'm here. You're safe."
First calm → then teach

WHEN A CHILD IS REGULATED

- Thinking brain is active
- Learning is possible
- Memories and reasoning are accessible

HOW TO SUPPORT A CHILD

1. Regulate → Help them feel calm and safe
 2. Relate → Connect with empathy
 3. Reason → Teach or problem-solve after
- Order matters — you cannot skip regulation*



(646) 639-7711



sonia@dignityofchildren.com



www.dignityofchildren.com