

Brain Growth Visual Chart



Making Emotional Skill-Building Visible

Kids don't build emotional skills by waiting.

They build them through **practice, support, and repetition.**

This chart helps you track **brain growth over time**, not just behavior in the moment.



How to Use This Chart

- Choose **one or two skills** your child is working on
- Revisit the chart weekly (not daily)
- Focus on **progress**, not perfection

This tool shifts the question from "Why can't my child do this yet?" to "What skill are they building right now?"

Brain Growth Chart

Hard for Me Right Now	I'm Learning This	I'm Getting Better At This
Losing control when frustrated	Taking a break with help	Calming with fewer reminders
Yelling instead of asking	Asking for help sometimes	Using words instead of yelling
Melting down during transitions	Managing transitions with support	Transitioning with less distress
Shutting down when overwhelmed	Naming feelings with prompts	Naming feelings independently
Giving up when things feel hard	Trying again with encouragement	Persisting through frustration

(Add, remove, or personalize skills based on your child's needs.)

Why This Works

- Makes **invisible brain growth visible**
- Reduces shame and comparison
- Builds motivation and self-awareness
- Reinforces that skills develop over time



Children are more willing to practice when they can see progress.

How to Talk About the Chart With Your Child

Use language that emphasizes growth, not judgment.

Examples:

"You're learning this. That means your brain is growing."

"This used to feel impossible, and now it's a little easier."

"Everyone's chart looks different — that's okay."



Important Reminder

Skills don't move in a straight line. Stress, fatigue, or big changes can temporarily shift skills backward.

That doesn't mean the skill is gone. It means the brain needs more support.



When Progress Feels Slow

Brain growth happens in small, repeated moments — not overnight changes. Supporting regulation, especially during hard moments, is what strengthens these pathways over time.

Parents who want deeper guidance on teaching these skills step by step often find *The Dysregulated Kid* helpful as a companion to this chart.