PARENT
RESTORATIVE PRACTICE
SNAPSHOT

The Brain and Behaviour

QUICK TIPS

1. Try to stay calm and composed. Our emotional state can influence our children's emotions too.
2. Provide comfort to let your child know you are there to support them.
3. Listen actively and validate their emotions, even if you don't agree with them.
4. Set limits. While validating emotions, it is important to set appropriate boundaries to ensure safety and respect ie "It's okay to be angry, it's not okay to hit your brother when you are angry."
5. Wait until the emotion has passed, and you and your child are both engaging your neocortex to problem solve and find solutions to what triggered the limbic response.

REAL SCHOOLS

The human brain is a complex organ that controls our thoughts, feelings and behaviour.

Two important parts of the brain to understand in relation to your child's behaviour are the neo cortex and the limbic system.

The neo cortex is the thinking and reasoning centre of the brain- it helps us to process information, solve problems and make decisions. It can be considered the logical part of the brain, and all of our language is stored here.

The limbic system on the other hand, is the feeling part of the brain. It's responsible for our emotions, such as happiness, fear and anger.

The thing is, that as humans, we aren't very good at using both regions of the brain at the same time—we tend to either be thinking or feeling.

Understanding these parts of the brain can help us to make sense of a child's behaviour. When our kids are having an emotional response to something and are displaying behaviours such as crying, yelling, throwing a tantrum or ignoring us, this means their limbic system is engaged. During these emotional outbursts, they will find it almost impossible to be reasonable and logical, and to access their language.

As parents, understanding that behaviours such as these come from a brain that is still developing logical thinking and emotional regulation can help us to respond in the moment, and to support our children after these outbursts.

WANGARATTA HIGH SCHOOL