

The Yes Brain:

Moving from reactive to receptive

Presentation by Margot Parker, MA
September 2018

No Brain

vs.

Yes Brain

Teen Brain



Reactive

Defensive

Stubborn

Rejecting

Attacking

Rigid

External goals

Open

Resilient

Empathetic

Authentic

Receptive

Flexible

Internal compass

The Balanced Yes Brain: Managing Emotions

- Self-regulation
- Emotional stability
- Quick recovery after difficulty challenges

What we can do :	What we can give :
● Soothing	● Sleep time
● Empathizing	● Play time
● Connecting	● Connection
● Loving	● Down time

Red Zone = Tantrum

**Green Zone = Well Regulated
(In the window of tolerance)**

Blue Zone = Shut Down

What triggers lead your child out of balance



The Resilient Yes Brain: Bouncing Back

Pushin' vs. Cushion : what do our children need?

Skill development

How to support our children:

- Safe
- Seen
- Soothed
- Secure
- Shift perspective so they are not victims of their emotions/circumstances



How do we teach our children resilience?



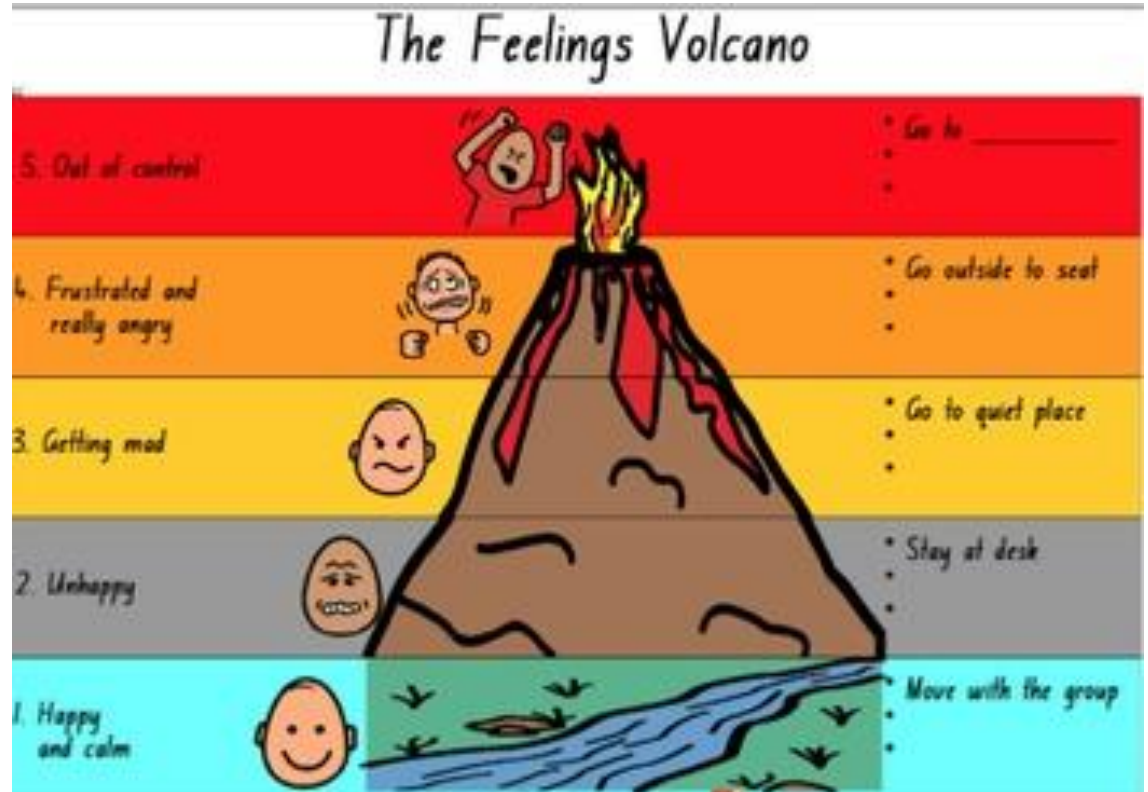
The Insightful Yes Brain: Looking Within

Ability to look at yourself

Be your spectator

“Power in the pause”

Reframe pain



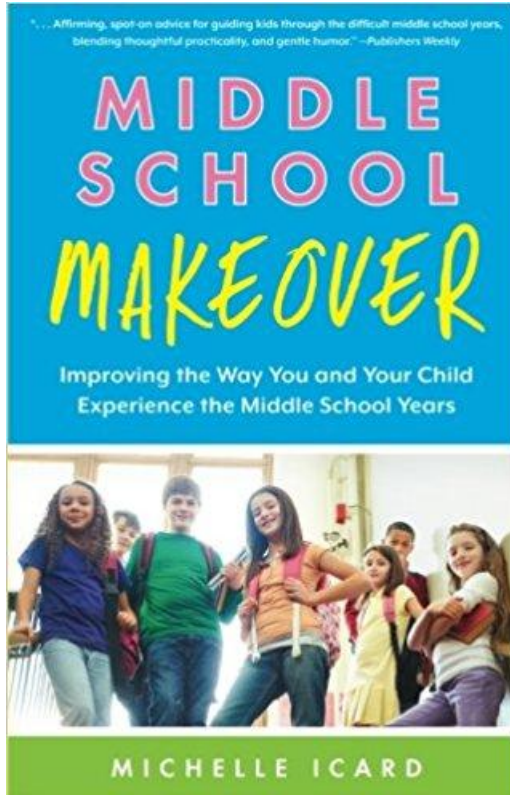
The Empathic Yes Brain: Understanding Others

Perspective Taking: See through the eyes of another

It is bigger than me

- Empathy Radar -- active social engagement (face to face)
- Language of Empathy -- name it to tame it
- Expanding circle of concern -- community service

Next Book Group



Middle School Makeover
By Michelle Icard

We will discuss:
Foundation for Parenting Middle Schoolers
Helping Your Kid Through Real Middle School Problems

Friday, November 16, 2018
8:30 - 10:00am