**The Whole-Brain Child**
* A quick guide for busy parents

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**LEFT BRAIN = LOGICAL PART**
**RIGHT BRAIN = EMOTIONAL PART**
**UPSTAIRS BRAIN = SOPHISTICATED, ANALYTICAL**
**DOWNSTAIRS BRAIN = PRIMITIVE, REACTIVE**

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**CONNECT AND REDIRECT**

When your child is upset:
1. **CONNECT FIRST**
   - RIGHT BRAIN TO RIGHT BRAIN
   - eg, loving touch, empathy, validate their feelings, listen, reflect
2. **REDIRECT WITH LEFT BRAIN**
   - When they are more receptive, involve child in making amends

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**NAME IT TO TAME IT**

USE LEFT-BRAIN STORY TELLING to help them understand what is upsetting them + feel more in control

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**ENGAGE, DON'T ENRAGE**

In high stress situations:
**APPEAL TO THE UPSTAIRS BRAIN**
Keep them thinking and listening rather than just reacting

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**REBUILD AND REMEMBER**

After a difficult event:
**USE THE REMOTE OF THE MIND TO PAUSE, REWIND AND FAST-FORWARD**
To help them process what happened

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**FEELINGS COME AND GO**

LET THE CLOUDS OF EMOTION ROLL BY
Help children understand that negative feelings are temporary

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**EXERCISE MINDSIGHT**

GIVE TOOLS + STRATEGIES TO CALM THEMSELVES
- eg, taking calm breaths, visualising a calm place

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**CONNECT THROUGH CONFLICT**

USE CONFLICT AS AN OPPORTUNITY TO TEACH KIDS

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**NAME IT TO TAME IT**

**EXERCISE THE UPSTAIRS BRAIN**
- eg, give choices, practice solving problems with them, practice controlling emotions, build self-understanding, consider other’s feelings

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**REMEMBER TO REMEMBER**

GIVE KIDS PRACTICE AT REMEMBERING to help integrate implicit and explicit memories
- eg. important and valuable moments of their lives

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**SIFT**

Teach kids to explore
- SENSATIONS
- IMAGES
- FEELINGS
- THOUGHTS
inside them to help them understand and change their experience

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**ENJOY EACH OTHER**

FAMILY FUN + ENJOYABLE RITUALS creates positive memories

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