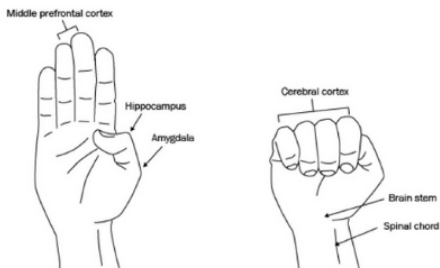


FLIPPING YOUR LID

Strategies to Calm a Child's Brain in Emotional Crisis

FIRST, WHAT IS FLIPPING YOUR LID?



Hand model courtesy of Dan Siegel

In times of crisis or emotional distress, children (and adults) stop using their ability to reason.

UPSTAIRS AND DOWNSTAIRS BRAIN?

Downstairs includes our emotional and primitive areas such as the amygdala and brain stem. These areas respond first to crisis.



Upstairs is responsible for planning, empathy and thinking preformed by areas such as the cerebral cortex. These are processed slower in crisis.

Bottom Up Processing

WHAT IS THE RIGHT VS. LEFT BRAIN?

The Left Brain deals with language, logic and planning.



The Right Brain deals with emotions, creativity and imagination.

Both are sides are good, but in crisis the right (emotional) brain takes over. Making it hard for the child to understand their experience.

STRATEGIES FOR "FLIPPED LID"

Name It to Tame It

Engage left brain by story telling what happened.



Engage Don't Enrage

Listen to the child and empathize rather than react.



Move It or Lose It

Encourage physical activity to calm the right brain.

Connect & Redirect

First, connect to the child's right brain by empathizing and listening. Next, allow the child to plan next steps.



Rewind & Remember

Pause, rewind, or fast forward in order to help child understand experience.



Use It or Lose It

Exercise the upstairs brain by problem solving and considering other's feelings.



Feeling Come & Go

Let child know that negative feelings are temporary.

Remember to Remember

Have child practice remembering explicit and implicit memories.



Exercise Mindsight

Give child tools to calm themselves down such as calm breaths and visualizing peaceful place.



Enjoy Each Other

Spend time together creating positive memories.



Connect through Conflict

Use difficult times as a teaching opportunity.



SIFT

Have children explore:

- Thoughts
- Images
- Feeling
- Thoughts



in order to understand or change their experiences.

These strategies and more information can be found in Dr. Dan Siegel's "The Whole Brain Child."