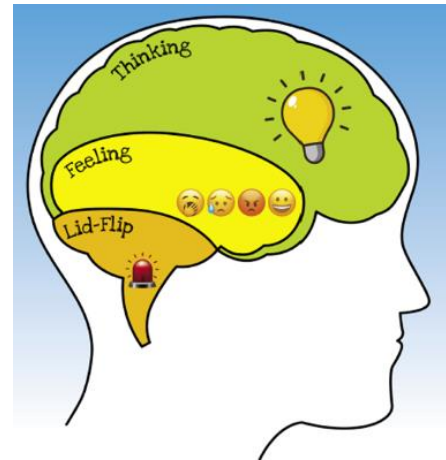


Got It!



Brain Development

Brains are roughly spilt into three sections that 'switch on' from the bottom up. Understanding these parts can help us support our child in the right way at the right time.



Lid Flip/Survival brain: The brain stem is the only part of our brain that is fully switched on at birth. This controls survival systems such as breathing, swallowing and the fight, flight or freeze responses. **In the picture it is called 'Lid-Flip'** because when we feel unsafe our survival brain can take over. When someone is super upset focus on helping them feel safe!

Feelings brain: At birth the limbic system comes online. It helps us stay safe by being attracted to things that are good for us (eating, hugging) and avoiding things that are not (getting hurt).



The thinking brain: The pre-frontal cortex starts to develop at 3 or 4 years and will not be fully developed until our late twenties. This is the part of our brain that helps us to problem solve, communicate and reason with and only works when a child feels safe. Supporting children to feel calm and warm connections will help to switch their Thinking Brains on more often.