

The limbic system requires the co-regulation of an adult in order to develop into self regulation.

Self-regulation is *internalized co-regulation*



Babies do not self soothe. Through the soothing and the joining of the regulating adult, their system down regulates and this begins the patterning in of regulation

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A calm, regulated, and safe limbic system allows the cortical brain to come online about 18 - 36 months when we see a burst in language and improved cognitive skills.

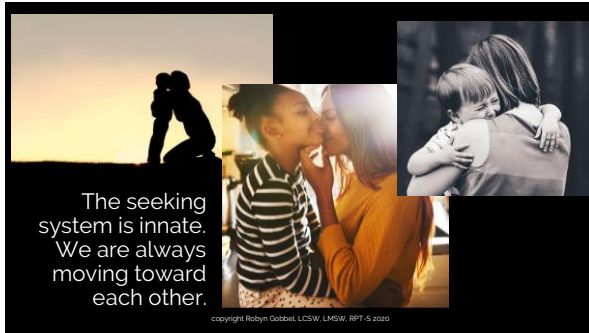


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Connection is a biological imperative
-Stephen Porges, MD



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Regulation

Keeping the accelerator and the brakes (of arousal) in balance.

Dr. Dan Siegel, Parenting from the Inside Out

Autonomic Nervous System

Sympathetic: (Accelerator)

- Stress
- Surprise
- Excitement
- Energy

If Nervousness **DANGER**
Fight/Flight/Freeze

Parasympathetic: (Brake)

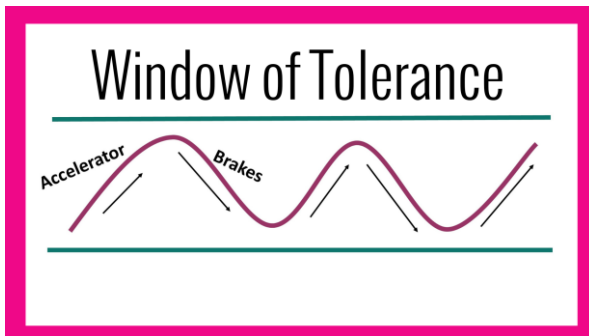
- Brings energy down
- Engage socially/connect
- Calm/Relax
- Repair/Restore

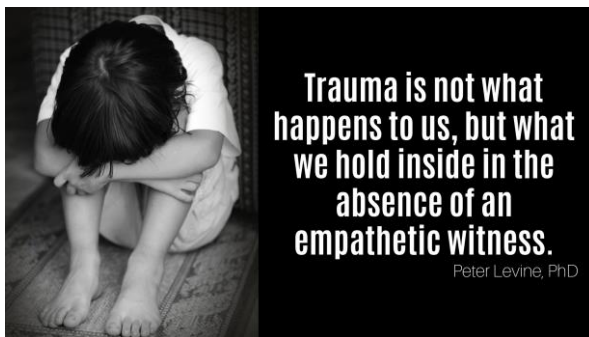
If Nervousness **DANGER**
Collapse

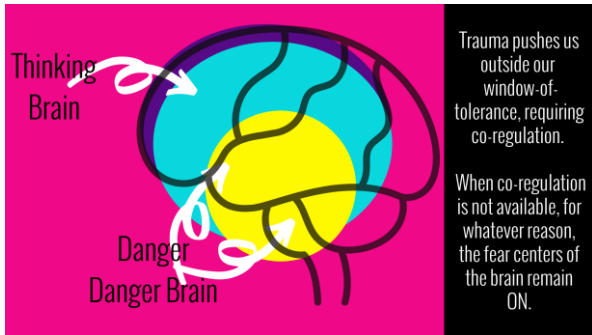
Accelerator

Brakes



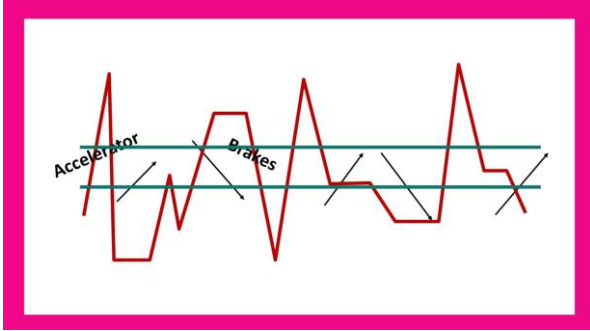






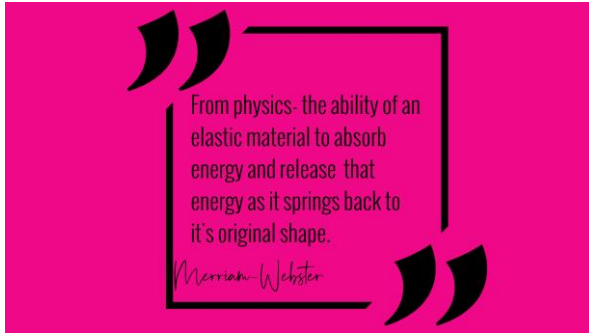




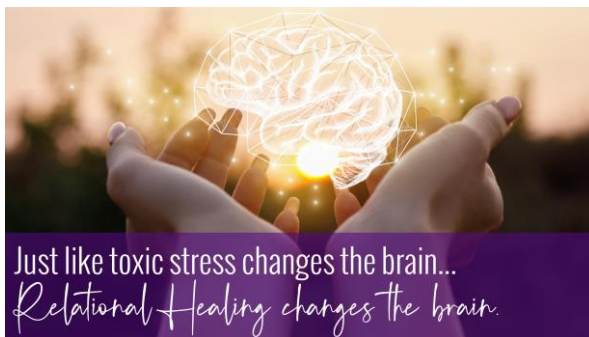




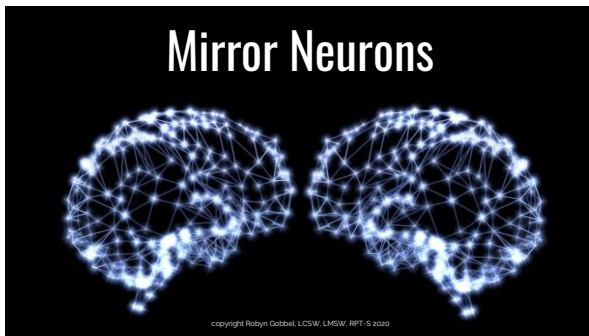


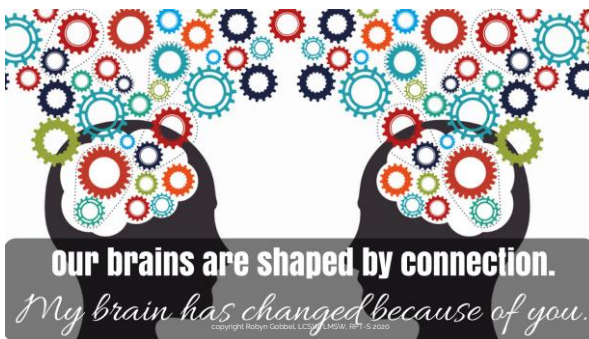


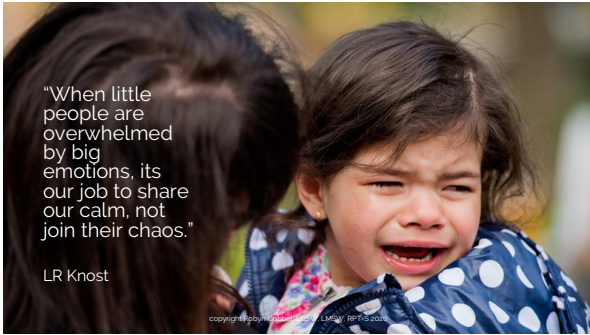












"When little people are overwhelmed by big emotions, its our job to share our calm, not join their chaos."

LR Knost

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CULTIVATE
RELATIONSHIPS
THAT ALLOW
YOU TO FEEL

SEEN, FELT, & KNOWN



CREATE SAFETY TO AUTHENTICALLY EXPRESS EMOTIONS
WITHOUT FEAR OF JUDGMENT OR REPERCUSSION



























