

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

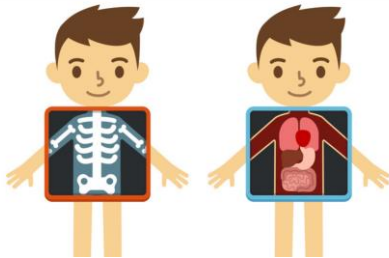
---

---

---

---

Behaviors are just what we see on the outside that gives clues about what's happening on the inside.



---

---

---

---

---

---

---

---



Changing how we  
see people  
*Changes People*

---

---

---

---

---

---

---

---

REGULATED,  
CONNECTED CHILDREN  
*Who Feel Safe*  
(and know what to do!)  
BEHAVE WELL

---

---

---

---

---

---

---

---

**Behavior is  
NOT a  
reflection  
of**



---

---

---

---

---

---

---

---

*Felt-Safety*  
A subjective  
experience  
based on



Alan Sroufe, PhD

---

---

---

---

---

---

---

---



---

---

---

---


---

---

---

---

Felt-safety is not only dependent upon the caregiver but on the child's internal experience as well, including mood, physical condition, imaginings, etc. (Sroufe & Waters, 1977)



---

---

---

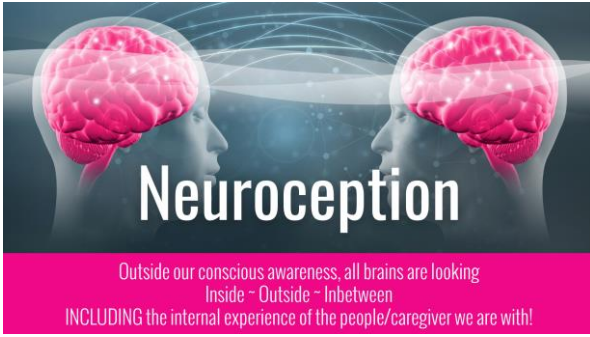
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

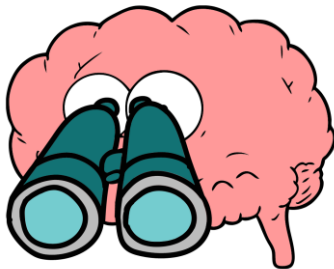
---

---

---

---

At least four times every second!



---

---

---

---

---

---

---

---

**SAFE!!**

---

---

---

---

---

---

---

---

*Connection*

---

---

---

---

---

---

---

---

**NOT  
SAFE!!**

---

---

---

---

---

---

---

---

# Connection Protection

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

Our brain assumes connection: it's our baseline. When we can't find connection, our nervous system experiences that as a cue of danger and flips into protection mode.



---

---

---

---

---

---

---

---

“Attachment promotes emotional security and ensures survival.”

John Bowlby  
Father of Attachment Theory

---

---

---

---

---

---

---

---





We do not outgrow attachment needs

---

---

---

---

---

---

---

---

When our kids are behaving in a way that is either rejecting of or not inviting of connection, we know their nervous system is in protection mode.

Let's pause and ask ourselves

*What's up with that?*

---

---

---

---

---

---

---

---

*Regulation*

Keeping the accelerator and the brakes of energy & arousal in balance.

Dr. Dan Siegel, Parenting from the Inside Out

---

---

---

---

---

---

---

---



---

---

---

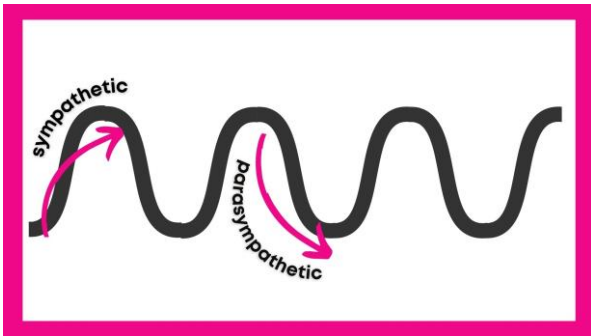
---

---

---

---

---



---

---

---

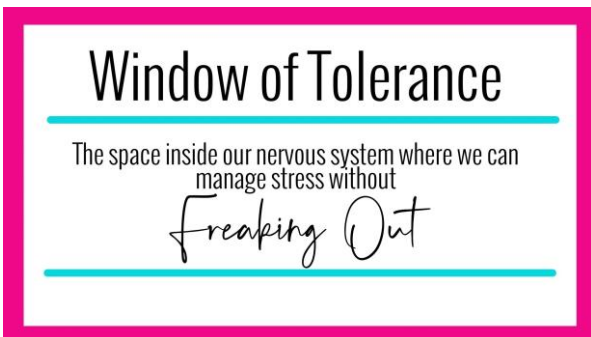
---

---

---

---

---



---

---

---

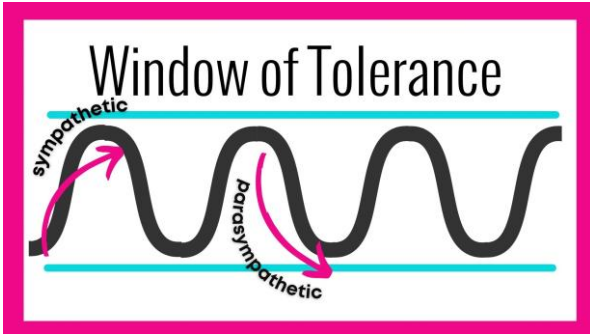
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

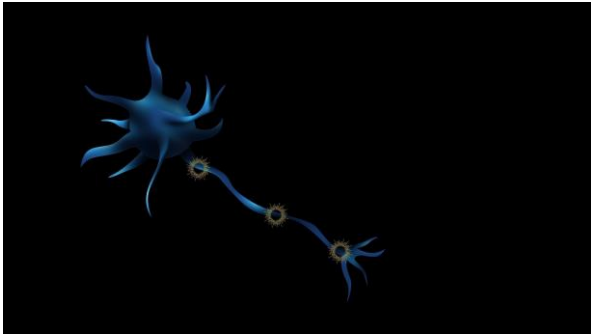
---

---

---

---

---



---

---

---

---

---

---

---

---



The  
*Parasympathetic Break*  
is MYELINATED through  
the co-regulated  
attachment cycle.

---

---

---

---

---

---

---

---



*Self Regulation*  
is internalized co-regulation.  
IT IS DEVELOPED THROUGH EXPERIENCE- NOT TEACHING OR SKILLS

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

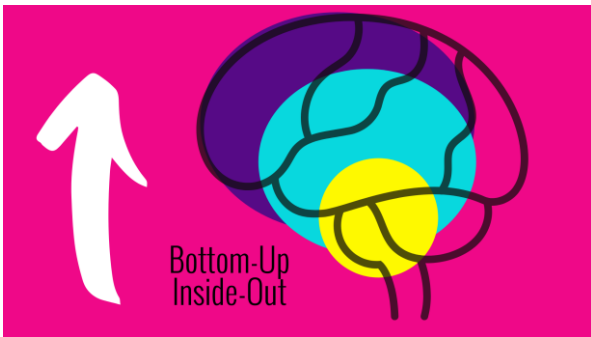
---

---

---

---

---



---

---

---

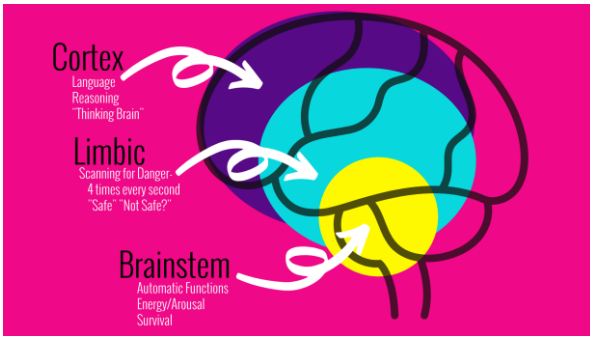
---

---

---

---

---



---

---

---

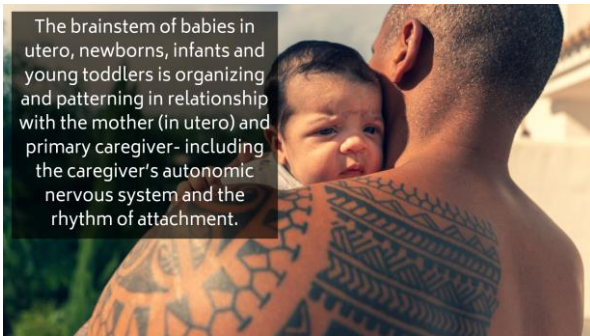
---

---

---

---

---



---

---

---

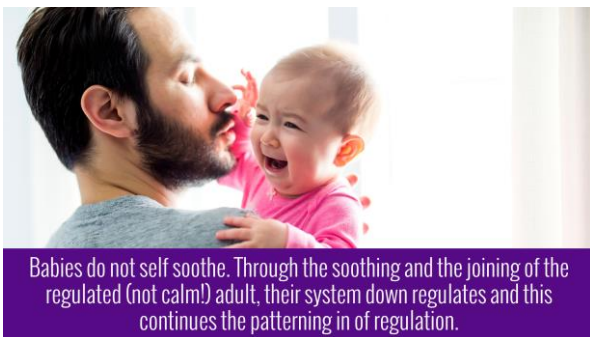
---

---

---

---

---



---

---

---

---

---

---

---

---



The limbic system is genetically primed to form connection through relational experiences and requires the co-regulation of an adult in order to develop into self-regulation. (Badenoch, 2008)

Self-regulation is internalized co-regulation.

---

---

---

---

---

---

---

---



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.

---

---

---

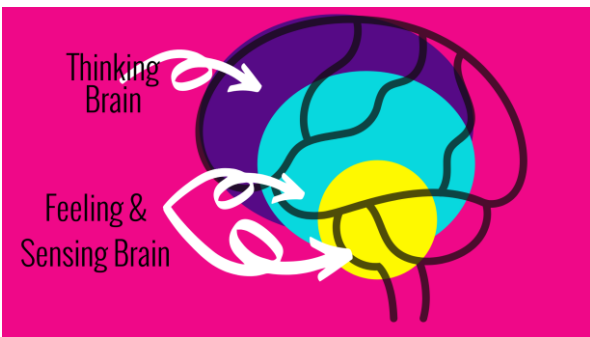
---

---

---

---

---



---

---

---

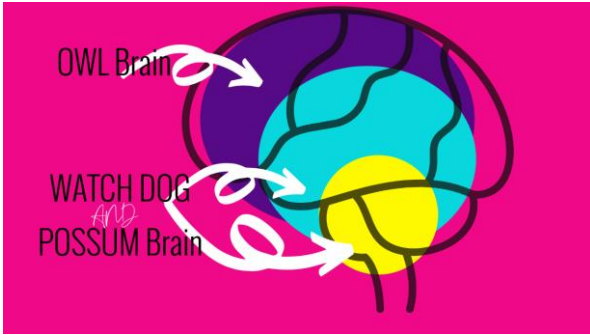
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

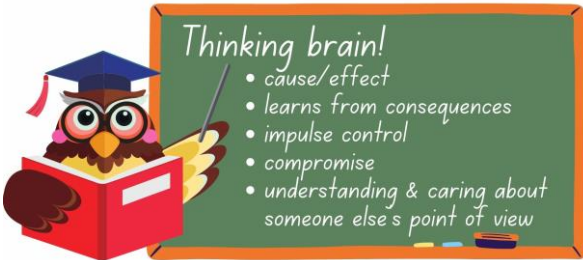
---

---

---

---

## Wise Owl Brain



---

---

---

---

---

---

---

---



NOT  
SAFE!!

---

---

---

---

---

---

---

---

### Watchdog Brain

- Acts scary **but is scared**
- Sometimes has other tactics for getting you to back off



---

---

---

---

---

---

---

---

### Possum Brain

Acts shut down or checked out,  
**but is scared**



---

---

---

---

---

---

---

---

I didn't make this up!  
*Promise!*

---

---

---

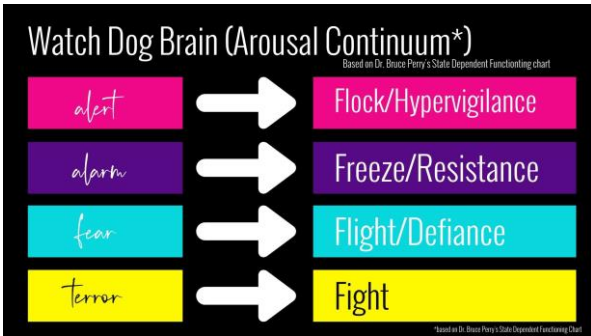
---

---

---

---

---



---

---

---

---

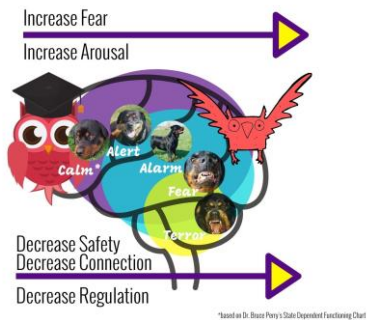
---

---

---

---

**Protection Brain**  
*watch dog*  
Not safe!!!  
Fight/Flight  
Sympathetic Arousal



---

---

---

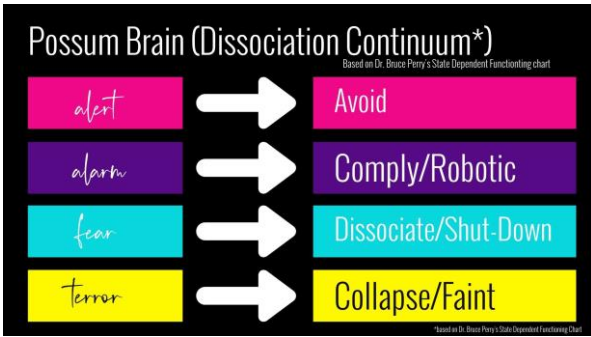
---

---

---

---

---




---

---

---

---

---

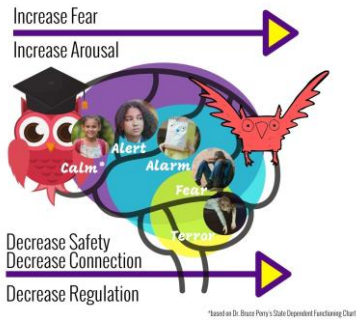
---

---

---

**Protection Brain**

*possum*  
Collapse  
Dorsal Vagal




---

---

---

---

---

---

---

---




---

---

---

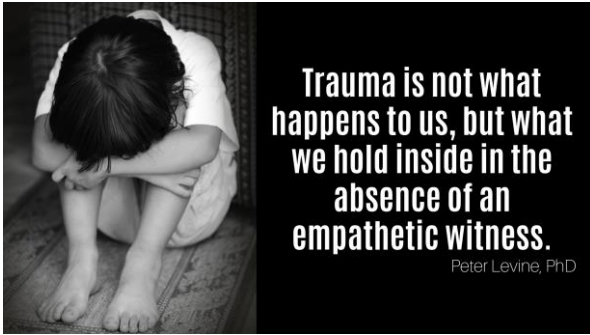
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

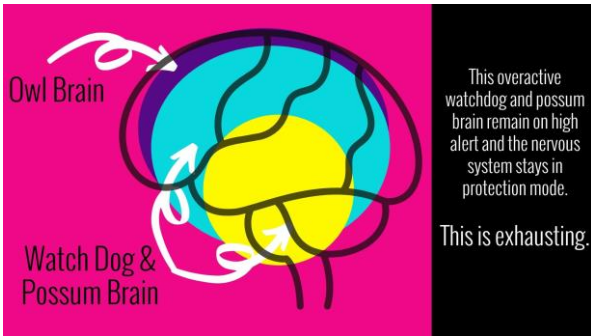
---

---

---

---

---



---

---

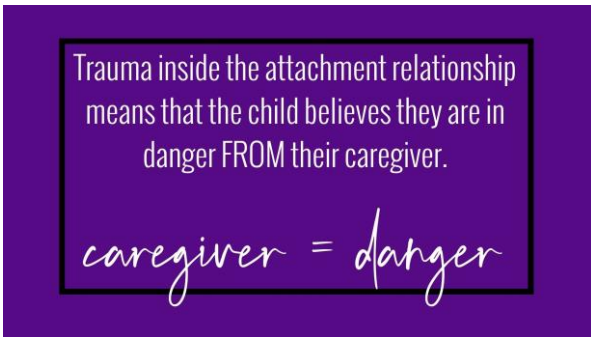
---

---

---

---

---



---

---

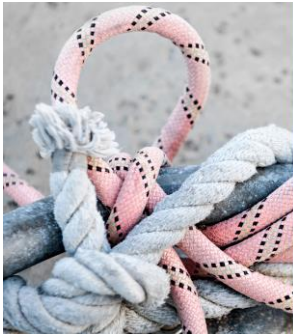
---

---

---

---

---



### Linking Attachment with Danger

- When 'go toward' gets tied together with 'go away' the child experiences no way out.
- Future experiences of 'go toward' triggers the 'danger danger' system

---

---

---

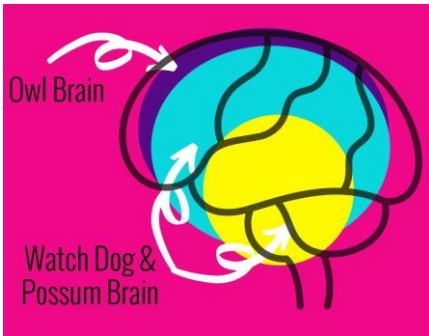
---

---

---

---

---



Owl Brain

Watch Dog & Possum Brain

The watchdog and possum brain experience connection as a 'cue of danger.'

They learn not to trust the grown-ups and believe they can only rely on themselves for their needs and to feel safe.

---

---

---

---

---

---

---

---



Attachment is the Foundation for Regulation

Parasympathetic Break

Sympathetic Arousal

Need

Relax Trust

Need Met

Need Expressed

---

---

---

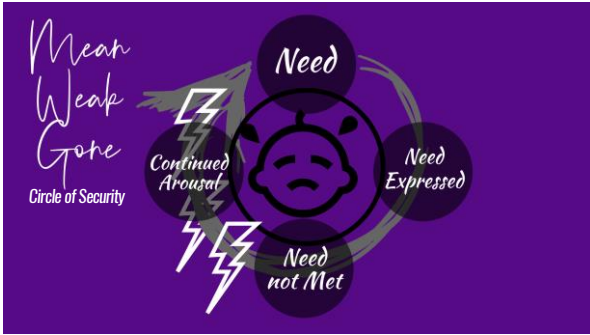
---

---

---

---

---



---

---

---

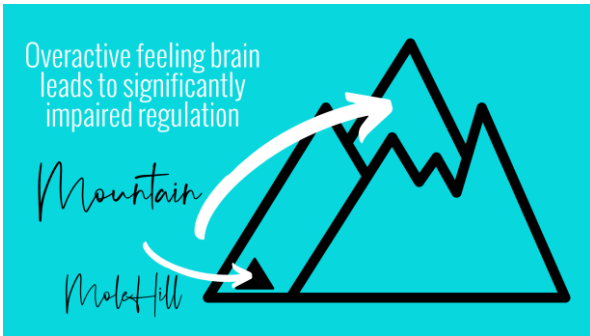
---

---

---

---

---



---

---

---

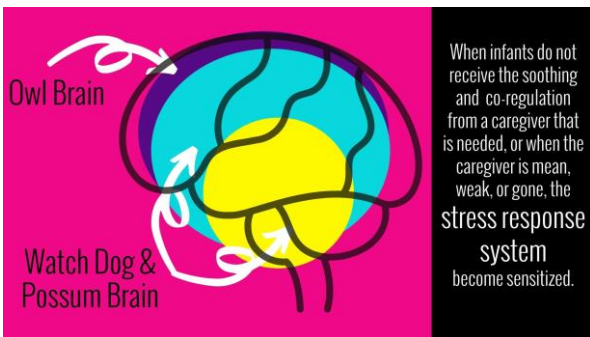
---

---

---

---

---



---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

Seeing Behaviors through  
*a lens of*  
 Regulation, Connection & Felt-Safety

---

---

---

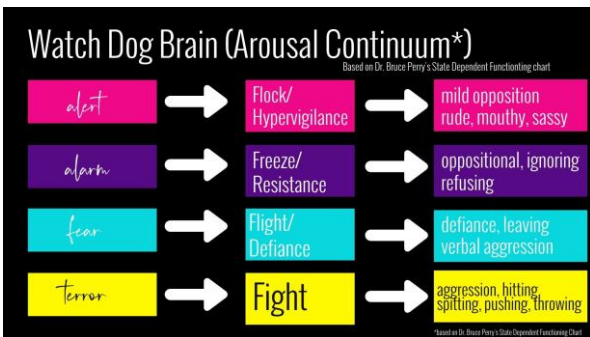
---

---

---

---

---




---

---

---

---

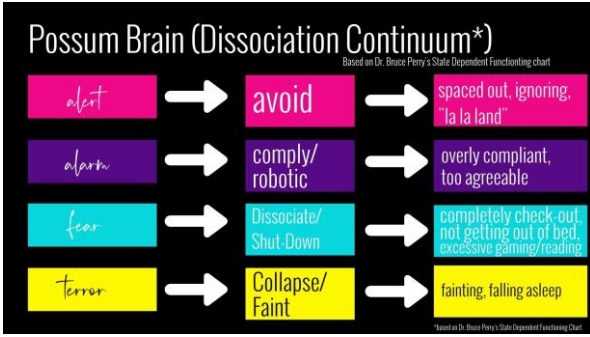
---

---

---

---






---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

**Free Resources**

<https://RobynGobbel.com/podcast>  
*Parenting after Trauma*

<https://RobynGobbel.com/ebook>  
*The Brilliance of Attachment*

<https://RobynGobbel.com/masterclass>  
*What Behavior Really Is* video series & eBook

---

---

---

---

---

---

---

---