

YOUR CHILD'S BRAIN

WHEN YOU STAY *Calm*

A FASTER MATURING

PREFRONTAL CORTEX

- ✓ MORE SELF REGULATION
- ✓ MORE SELF CONTROL
- ✓ MORE REASONABLE
- ✓ HIGHER SELF ESTEEM

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MORE *Oxytocin*
RECEPTORS

- ✓ MORE SECURE
- ✓ HAPPIER
- ✓ MORE CONNECTED

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SMALLER, LESS REACTIVE

AMYGDALA

(OUR ALARM SYSTEM)

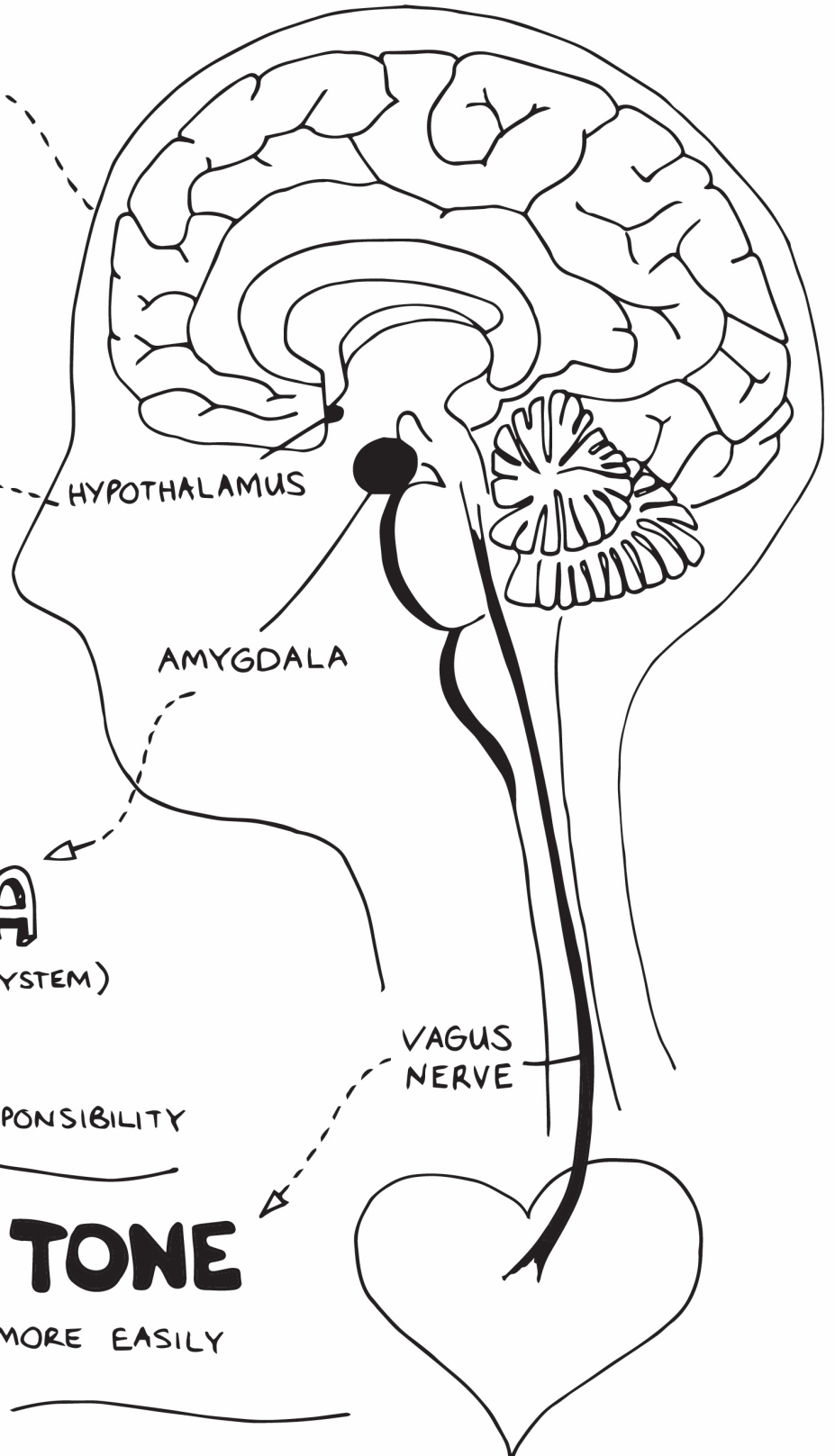
- ✓ LESS ANGER AND DRAMA
- ✓ LESS DEFENSIVE
- ✓ MORE ABLE TO TAKE RESPONSIBILITY

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BETTER **VAGAL TONE**

- ✓ ABILITY TO CALM DOWN MORE EASILY
- ✓ MORE RESILIENT

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YOUR CHILD WILL REAP THE BENEFITS OF A CALMER
BRAIN FOR THE REST OF THEIR LIVES