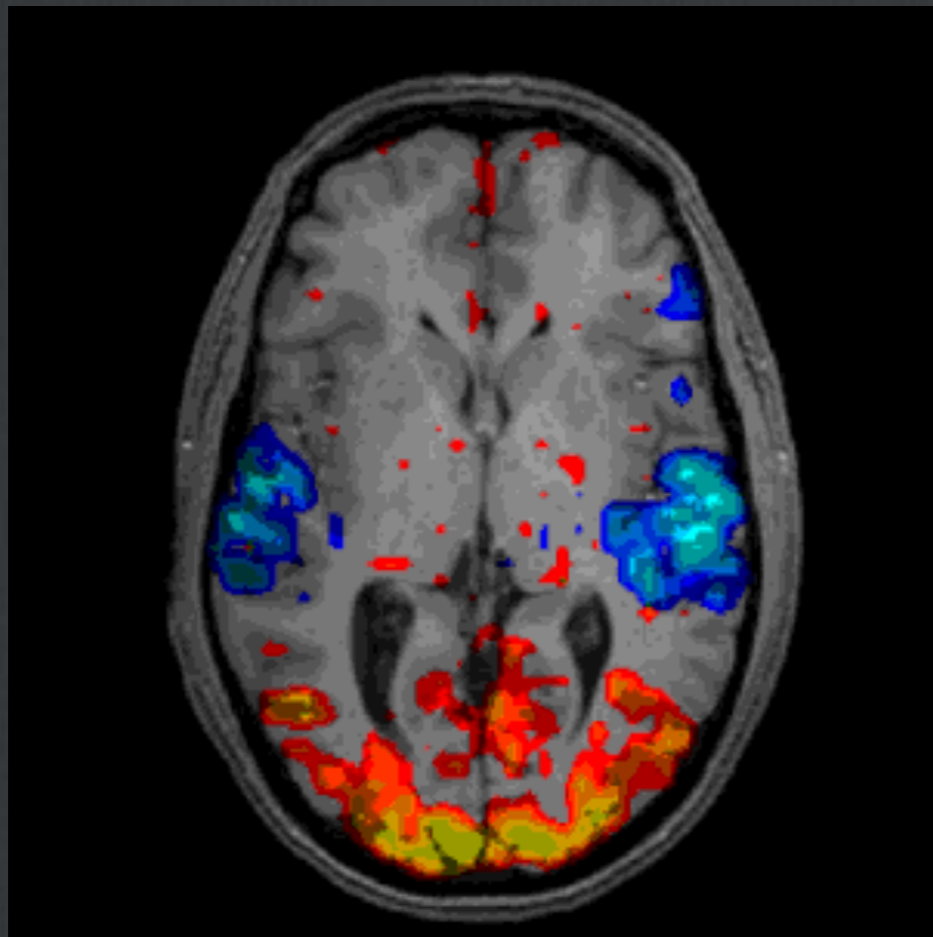




# fMRI brain scans

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- what have we learned from brain research?
- the brain reaches 90-95% total size by age 6-7 and by age 12, is fully grown
- not fully developed until into 20's
- myelination and pruning going on in adolescent years

# Integrating emotional brain and rational brain

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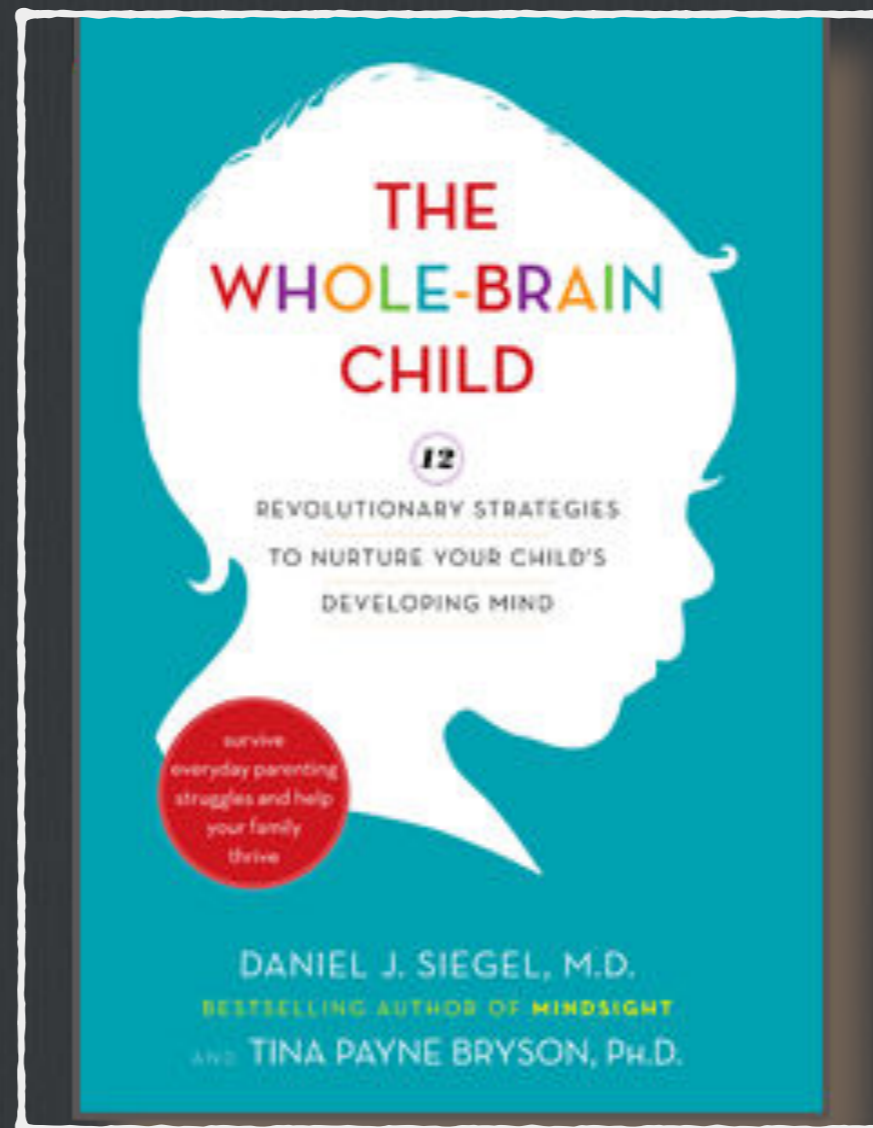
Left

Logical

Literal

Linguistic

Linear



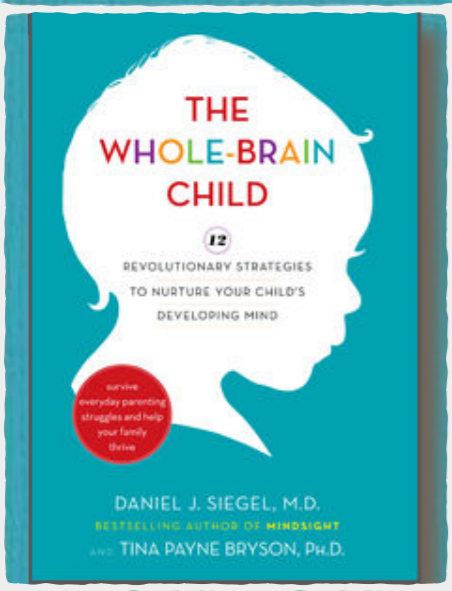
Right

Emotional

Nonverbal

Experiential

Autobiographical



# Goal: Integrating

Left

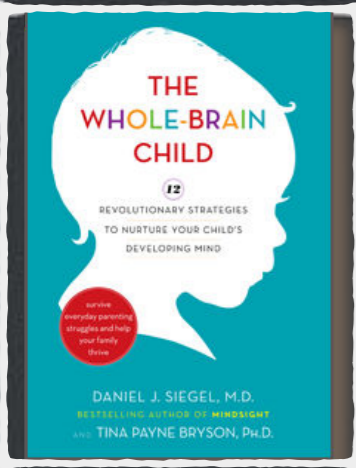
Right



Asking "why" displays  
move toward linear/logic



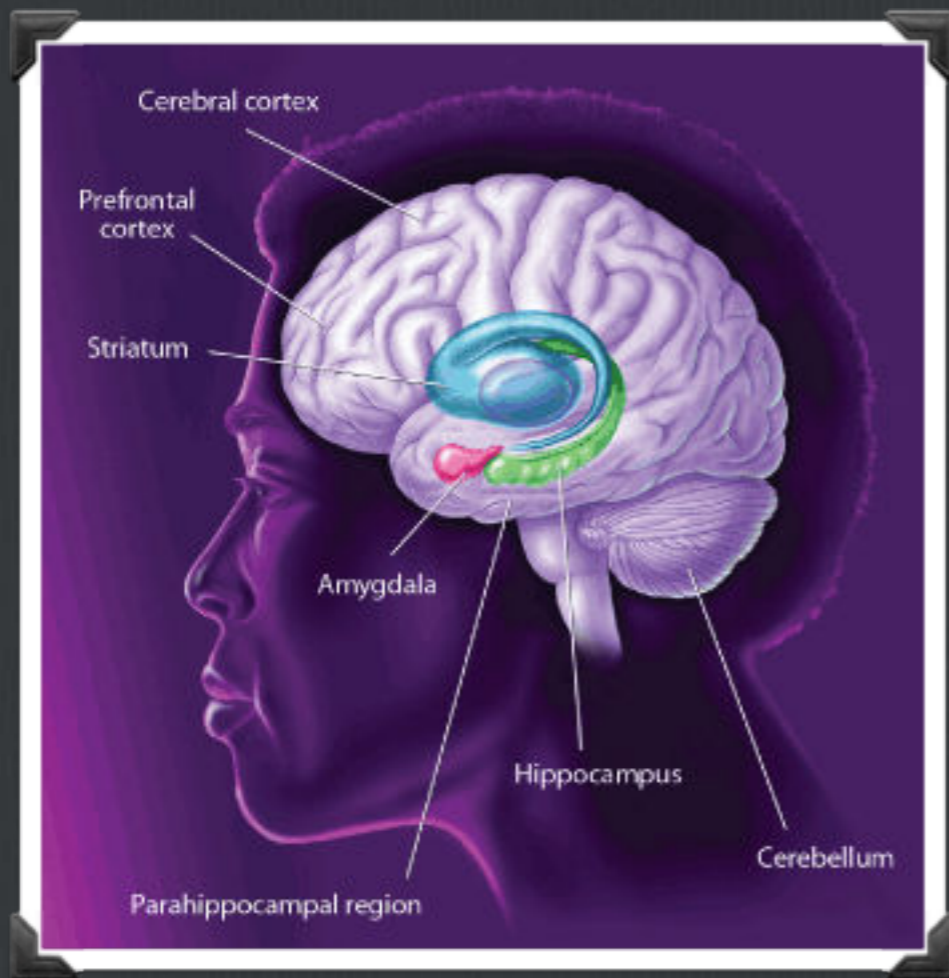
Toddler through  
approx 3 y/o



# Whole-brain strategy

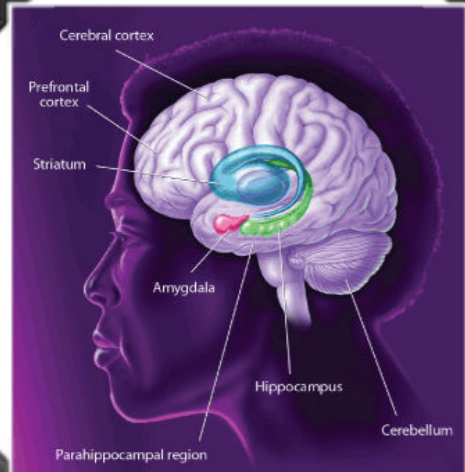
- 1. Connect and redirect**
- 2. Name it to tame it**
- 3. Engage don't enrage**
- 4. Use it or lose it**
- 5. Move it or lose it**
- 6. Use the remote of the mind**
- 7. Remember to remember**
- 8. Let the clouds of emotion roll by**
- 9. SIFT: Sensations images, feelings and thoughts**
- 10. Exercise "mindsight"**
- 11. Increase family fun factor**
- 12. Connect through conflict**

# adolescent brain development



- brain is highly sensitive to rewards
- behaviors that feel rewarding (releases dopamine in the striatum) are highly reinforced-- research from UCLA
- able to understand and apply abstract concepts
- able to absorb and assimilate new information

# adolescent brain development



- **emotion control**
- **initiating tasks**
- **organization**
- **sustained attention**
- **planning/prioritizing**
- **time management**

- **brain development takes place from the midbrain forward**
- **the midbrain is responsible for things like reinforcing rewarding behavior**
- **frontal lobe is responsible for executive functioning**

## Good enough parenting



### Super-parenting

- will wear you out
- too stressful environment



### Adequate parenting

- support emotional development and sense of self
- mirror, validate emotional experience

<http://www.nbc.com/the-tonight-show/seinfeld-analyzes-modern-day-parenting>

# THE REFLECTIVE PARENT

How to Do Less and Relate More with Your Kids



REGINA PALLY

Looking forward to this book release