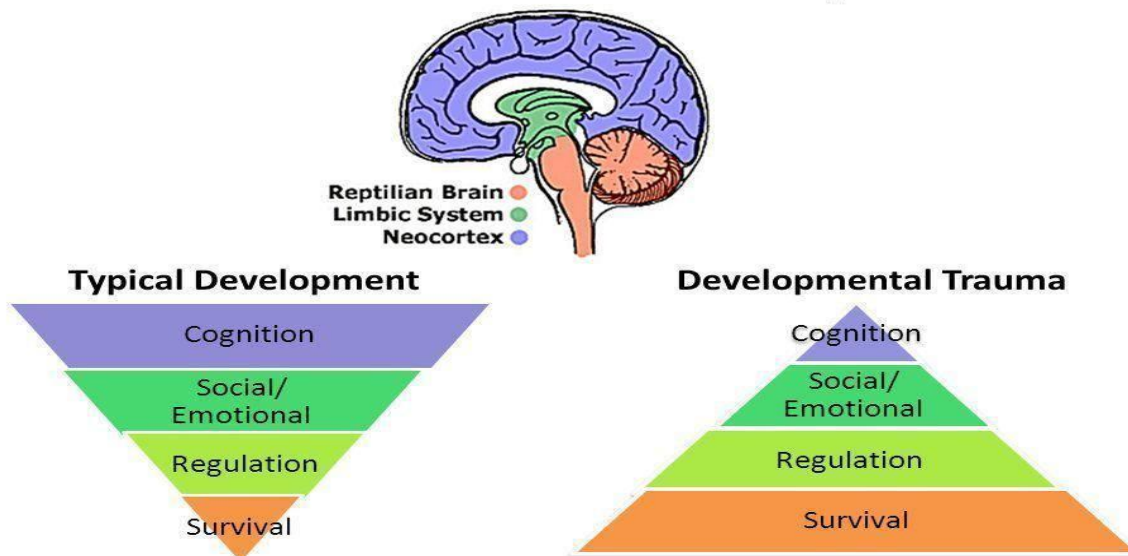


# Trauma & Brain Development



Adapted from Holt & Jordan, Ohio Dept. of Education

## The Three R's - Reaching the Learning Brain

- 1) **Regulate** - We must help the child regulate and calm their Fight/Flight/Freeze response (toxic stress)
  - a. Am I calm? (tone of voice, body posture, language)
  - b. What will help the child experience calm in their body?
- 2) **Relate** - We must relate and connect to the child through an attuned and caring relationship
  - a. Help the child feel connected and understood. "It looks like you're feeling really upset/hurt/angry/sad right now, I'm here to listen and help!"
- 3) **Reason** - We support the child to reflect, express, reason and learn
  - a. Help the child think through 'what happened' and possible solutions. "It sounds like you got mad when your sister took your toy and then you kicked her". Can you think of 3 other things you could have done when your sister takes your toy?"
  - b. "Great job thinking about all those choices - let's practice some of them together!"