

Parenting with the Brain InMind

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Self-Fulfilling Prophecy

Our beliefs and actions about children directly impacts a child's beliefs about themselves and their actions.

<https://www.youtube.com/watch?v=hy7CptLHIV0>

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Brain Development

The brain develops and operates from the bottom up.

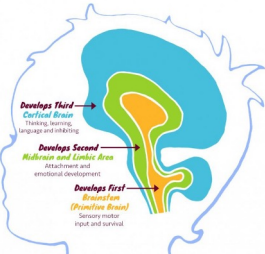


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Brain States

The brain gets stressed from the top down.

- Calm- Cortex
- Alert- Cortex
- Alarm- Limbic
- Fear- Midbrain
- Terror- Brainstem

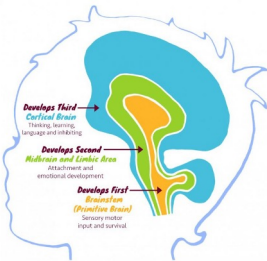


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Bottom-Up Approach

Approach your work with children from a bottom-up perspective.

1. Regulate
2. Relate
3. Reason

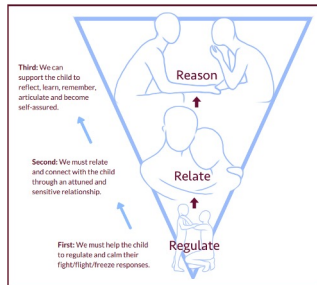
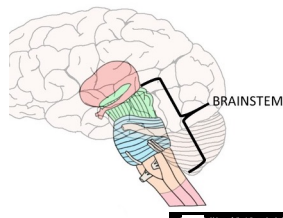


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Supportive Interventions: Brainstem

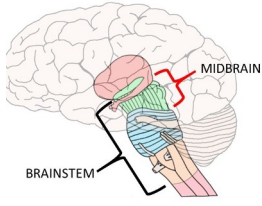


- Movement:**
 - Balance/stretching (Yoga/ Martial Arts)
 - Rocking
- Rhythm:**
 - Music
 - Deep breathing
- Sensory:**
 - 5 Senses
 - Animal-assisted activities
 - Pressure

Source: National Atlas of Human Anatomy

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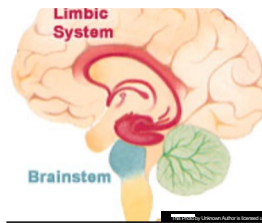
Supportive Interventions: Midbrain



- Movement:**
- Walk/ run/ sports
 - Large muscle movement
 - Fine motor skills
- Rhythm and Creative:**
- Music/drumming
 - Breathing exercises
 - Dance
 - Artistic activities (painting, sculpting etc.)
- Miscellaneous:**
- Animal-assisted activities
 - Transition rituals

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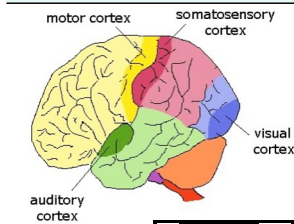
Supportive Interventions: Limbic System



- Modeling/discussing emotions
- Relationship-building into routines
- Parallel interactions (walk and talk)
- One-on-one attention
- Counseling
- Mentoring
- Small group play

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Supportive Interventions: Cortex



- Collaborative Conversations
- Future planning
- Responses to behavioral issues
- All learning
 - New skills
 - Instruments
 - Homework

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Questions/ Comments

Thanks for having me!
I would love to connect with you!
Contact me at: josh@InMindServices.com
www.inmindservices.com



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Parenting with the Brain InMind

Please complete the post-training survey now:

- Training Name: Parenting with the Brain InMind
- Training Date: 09/19/2023
- Access the survey using the QR code or the following link:
<https://go.inl.edu/ab1-gwzr2>



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