

Parenting with Brain Plasticity InMind
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 INMIND SERVICES

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Brain Plasticity

- The brain's ability to positively change throughout life.
- Until recently it was thought that the only change the brain could make was decline. (After initial brain growth)
- Significant finding as it offers hope to many people

Image or information courtesy of Beacon House Therapeutic Services & Trauma Team | 2022 | www.beaconhouse.org.uk

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Brain Basics

The brain develops and operates from the bottom up.

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A procedure or group of automatic actions occurring outside our focused attention, in which words are generally not required

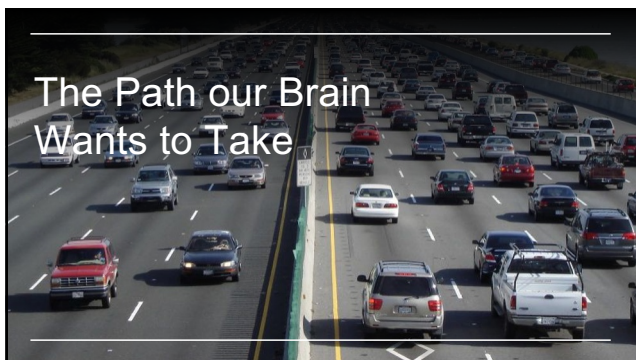
Physical:

- Riding a Bike
- Walking
- Swimming

Emotional:

- Anxiety
- Anger
- Sadness

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Relationships and Stress

Fire can warm or consume, water can quench or drown, wind can caress or cut. And so it is with human relationships: we can both create and destroy, nurture and terrorize, traumatize and heal each other.
-Bruce Perry

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Positive
Relational
Experiences

Reduces stress in the child

Improves neural-development

Improves self-worth

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Brain Plasticity and Self-Care

There is a reciprocal relationship between parent-self-care, and creating an environment that promotes positive brain change.

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What are Mirror Neurons?

Neurons that respond the same way when either performing or viewing something someone else is doing.

Neurons that allow us to feel empathy.

Neurons that allow us to re-enact actions or qualities observed in others.



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Co-regulation and Mirror Neurons



- People will mirror a leader's level of calm.
- Important for helping to regulate dysregulated students.
- Important for maintaining regulation in all people.

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Positivity is a Solution For All

Parent

- See child in a different light
- Releases calming chemicals in the brain
- Increase likelihood for positive behavior in children

Child

- Feel seen and cared for by Parent
- See environment as safe environment
- Release of calming chemicals in their own brain

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How can you make your child's day tomorrow?

Try this soon, repeat often.

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Questions/ Comments

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