

Blowing Bubbles is AWESOME!!

How do you use blowing bubbles with your children?

Why?



1

Make the Connection
Nurturing Experiences and Toxic Stress



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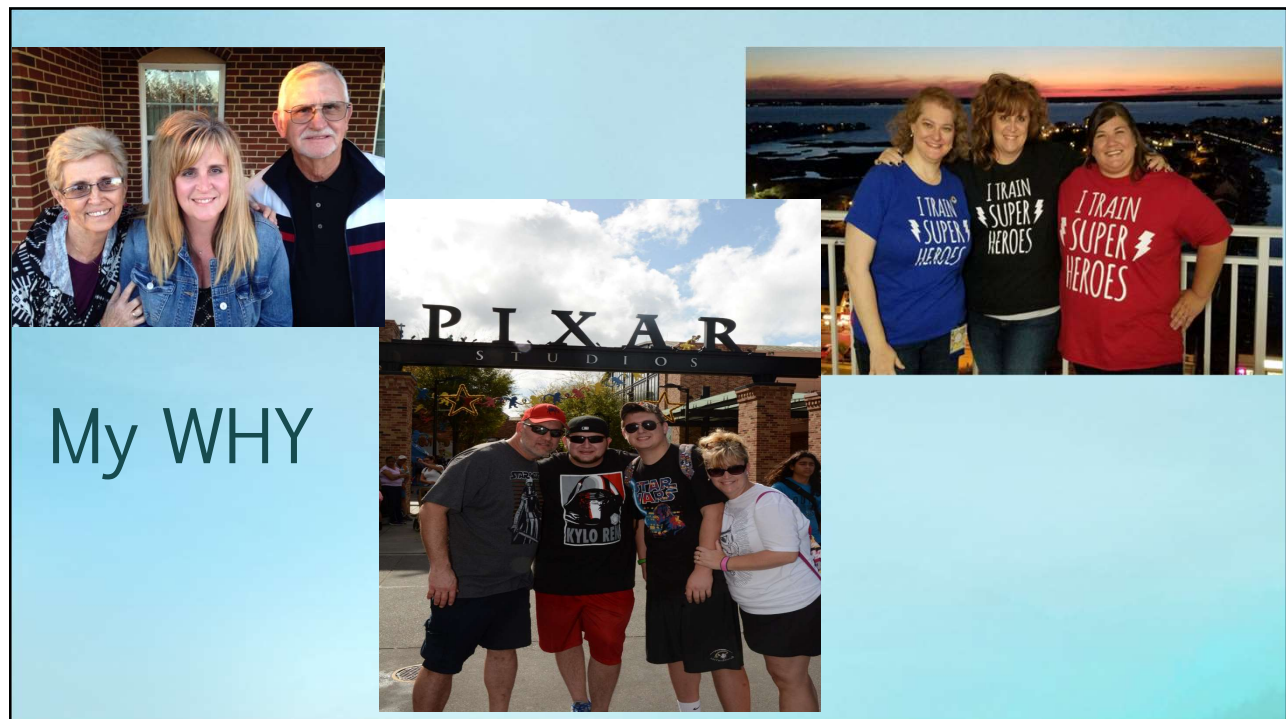
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Today, participants will:

- Identify how the “serve and return” response impacts brain development
- Examine how adverse childhood experiences (ACE’s) can result in toxic stress
- Recognize ideas to support “mindfulness” in yourself and young children

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4



TRUE
OR
FALSE

The BRAIN

5

You're born with all the neurons you'll ever have.

FALSE

The growth of new neurons is a lifelong process. In fact, the brain's marvelous ability to "rewire" itself by sprouting neurons and reshaping their connections is at the root of how you learn new information and gain fresh skills throughout your life.

6

After age 20, thousands of brain cells die every day.

TRUE

But don't lose any sleep over it. Many of these cells are replaced, and the brain has as many neurons as there are stars in the Milky Way — about 100 billion — so the loss of a few thousand daily is very small change.

7

Most of us use just 10 percent of our brains.

There's not even a shred of truth to the still-prevalent notion that most of us use only 10 percent of our brainpower. In fact, we use almost all of our brains every day.

False

8

FALSE

Another brain myth most of us believe is that drinking alcohol kills brain cells. Alcohol does take a toll on your body and brain, but it's not the number of brain cells that are diminished with alcohol consumption—instead, it's actually the production of new cells that's impacted, according to research



Consuming alcohol kills brain cells.

9

Humans are predominately “left-brained” or “right-brained”.

FALSE

Even though we are right- or left-handed, it doesn't mean we are right- or left-brained. Research shows that almost all brain functions require the interaction of both hemispheres for these functions to be carried out accurately.

10

Your brain is very sensitive to pain.



FALSE

Although the meninges encasing the brain and scalp have pain receptors, the brain itself does not. This allows neurosurgeons to operate on patients who are awake and responsive. But why do that? When surgeons probe the brain, patient feedback helps the doctors identify — and stay clear of — crucial sections, such as those for understanding language.

11

You can train your brain to be healthy.

TRUE

12

Studies show practicing new *thinking strategies by being mindful* about positive experiences can actually alter the structure of the brain.

13



Tie Breaker!

What percentage of your dry brain matter is fat?

60%

The brain is comprised of 60 percent fat, so having a diet full of the right kinds of fats and oils is an essential part of maintaining your brain health. These fats and oils include omega-3, monounsaturated fats, and olive oil.

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If you want a child to be a good reader,
when do you put effort into that?



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If you want a child to have a strong brain architecture,
*which ALL future development will be
built*, when do you put effort into that?



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What is Serve and Return??

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Three Core Concepts in Early Development

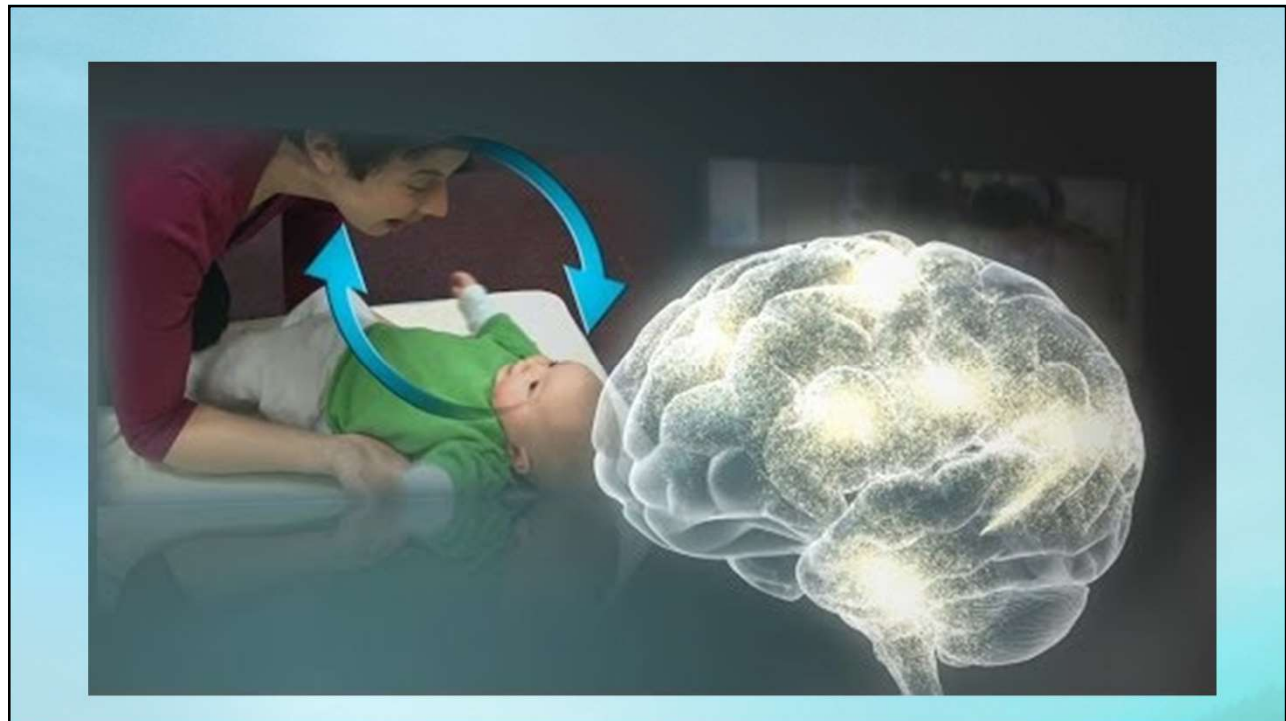
2 Serve & Return Interaction Shapes Brain Circuitry

NATIONAL SCIENTIFIC COUNCIL ON THE DEVELOPING CHILD

Center on the Developing Child  HARVARD UNIVERSITY

Center on the Developing Child at Harvard University

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What does Serve and Return look
like??


Doodle
Neighbor Nudge

Caregiver Responds in a Direct and
Meaningful Way


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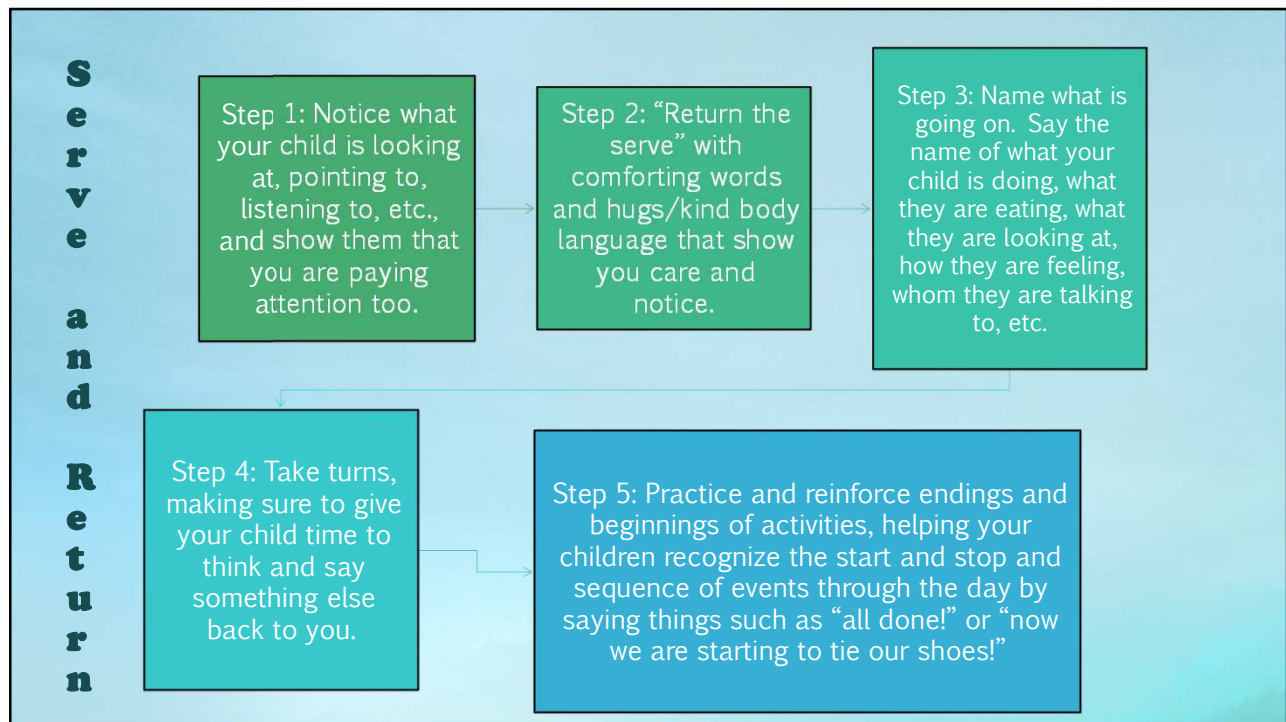
Brains are built through
back and forth interactions





These interactions can be through eye
contact, facial expressions, gestures,
babblings and eventually words

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What happens to the brain when this interaction is disrupted?



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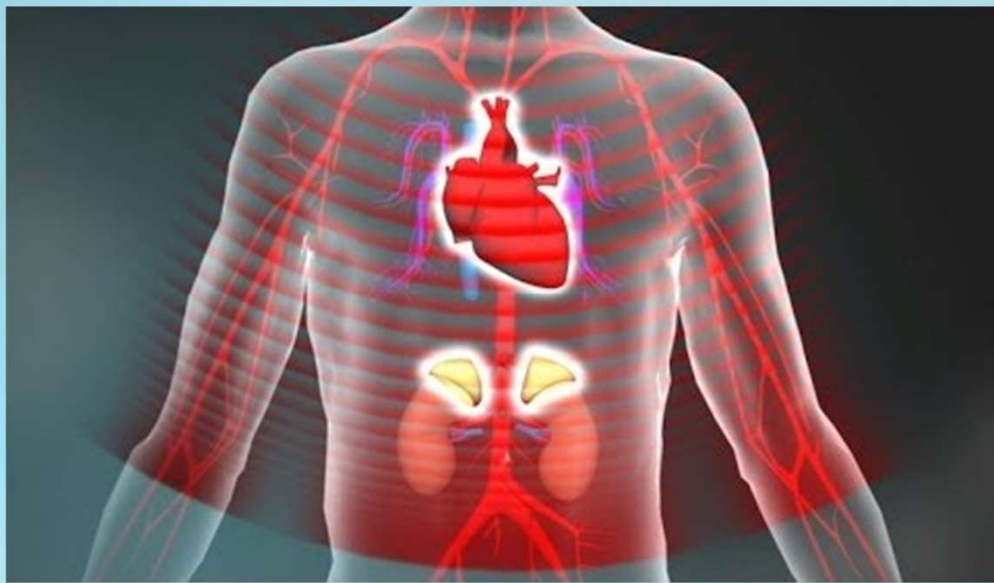
Three Core Concepts in Early Development

3 Toxic Stress Derails Healthy Development

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What does Toxic Stress look like??





Doodle

Neighbor Nudge


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ADVERSE CHILDHOOD EXPERIENCES – ACES

What are Adverse Childhood Experiences (ACEs)?
ACEs are potentially traumatic events that occur in a child's life:

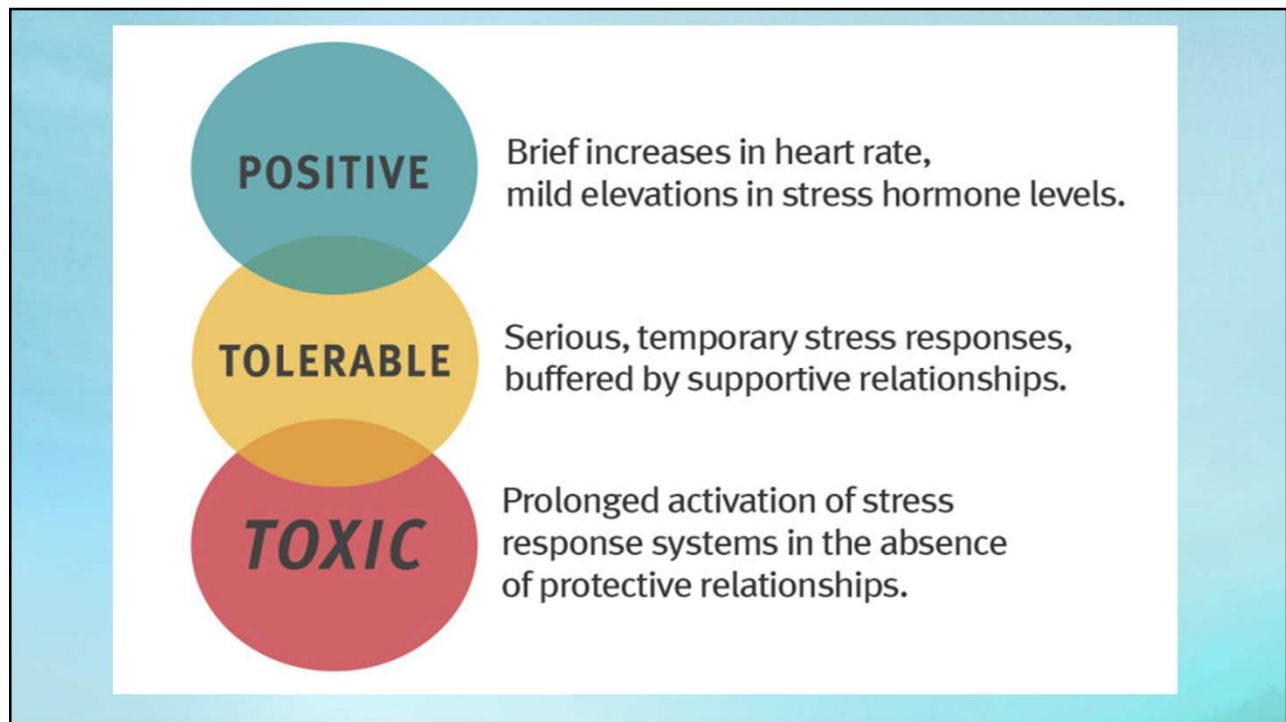
			
Physical Abuse	Emotional Abuse	Sexual Abuse	Domestic Violence
			
Parental Substance Abuse	Mental Illness	Suicide or Death	Crime or Imprisoned Family

Causing lifelong medical, mental & social suffering

 American SPCC
American Society for the Positive Care of Children




americanspcc.org
The Nation's Voice for Children
*Center for Disease Control

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THE FAST AND THE FURIOUS

- One Minute 
- On your DOODLE note sheet, write down one example of each type of stress – try to look at it from a child's lens. 
- Spokesperson Share 

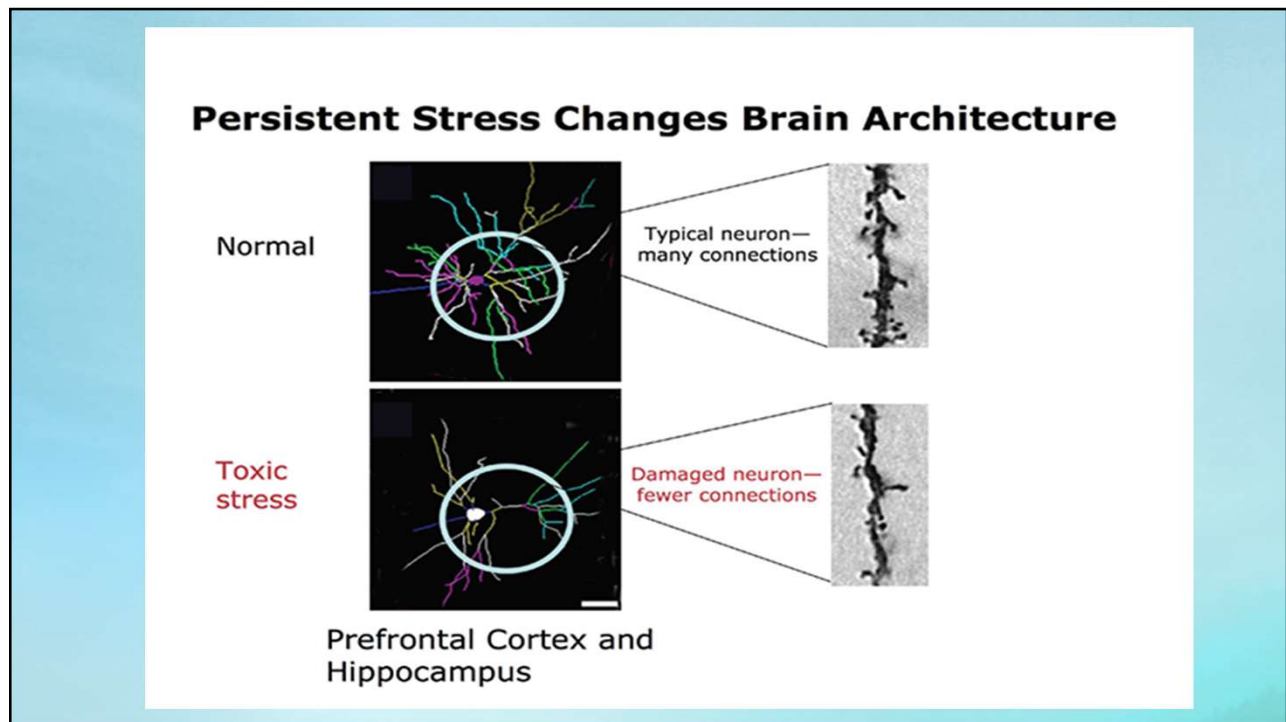
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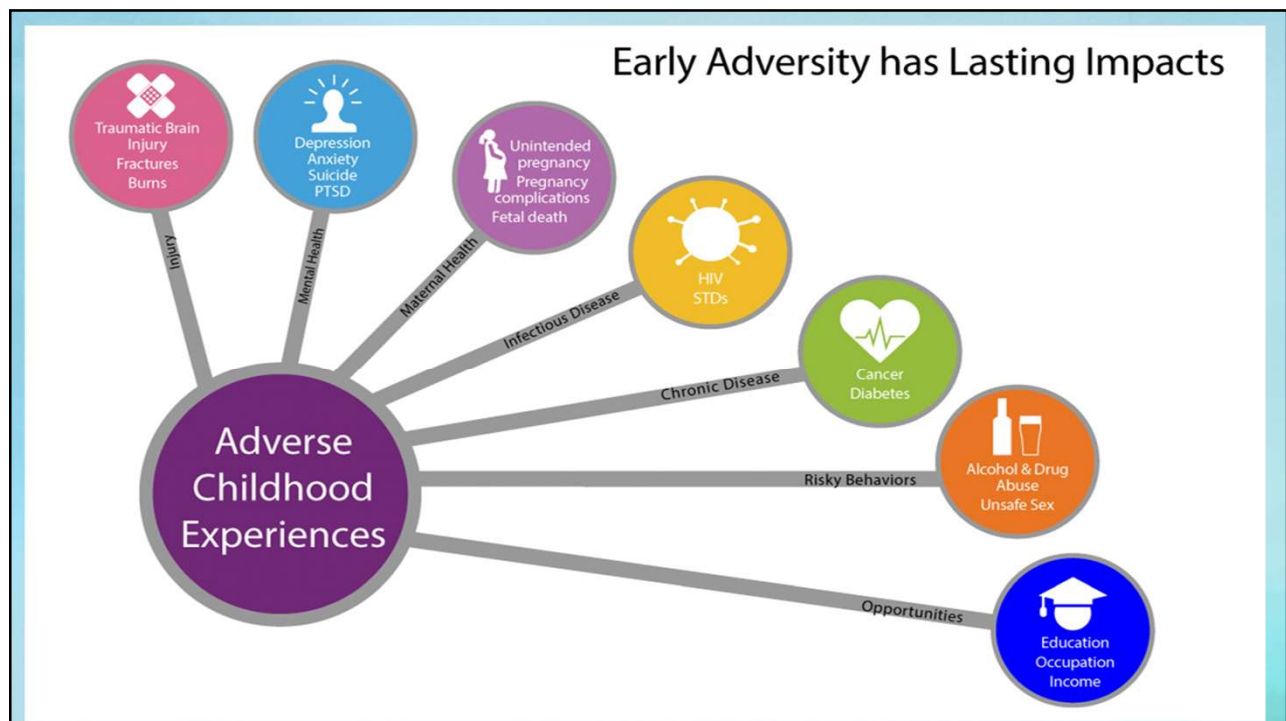
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Positive Stress	Tolerable Stress	Toxic Stress
Immunizations	Fire/Hurricane/ Natural Disaster	Caregiver Mental Illness
A Mild Fall	Car Accident	Living in Poverty
Taking a test	Admittance to Hospital	Caregiver Substance Abuse
First time up to bat	Terrorist Attacks	Emotional Neglect

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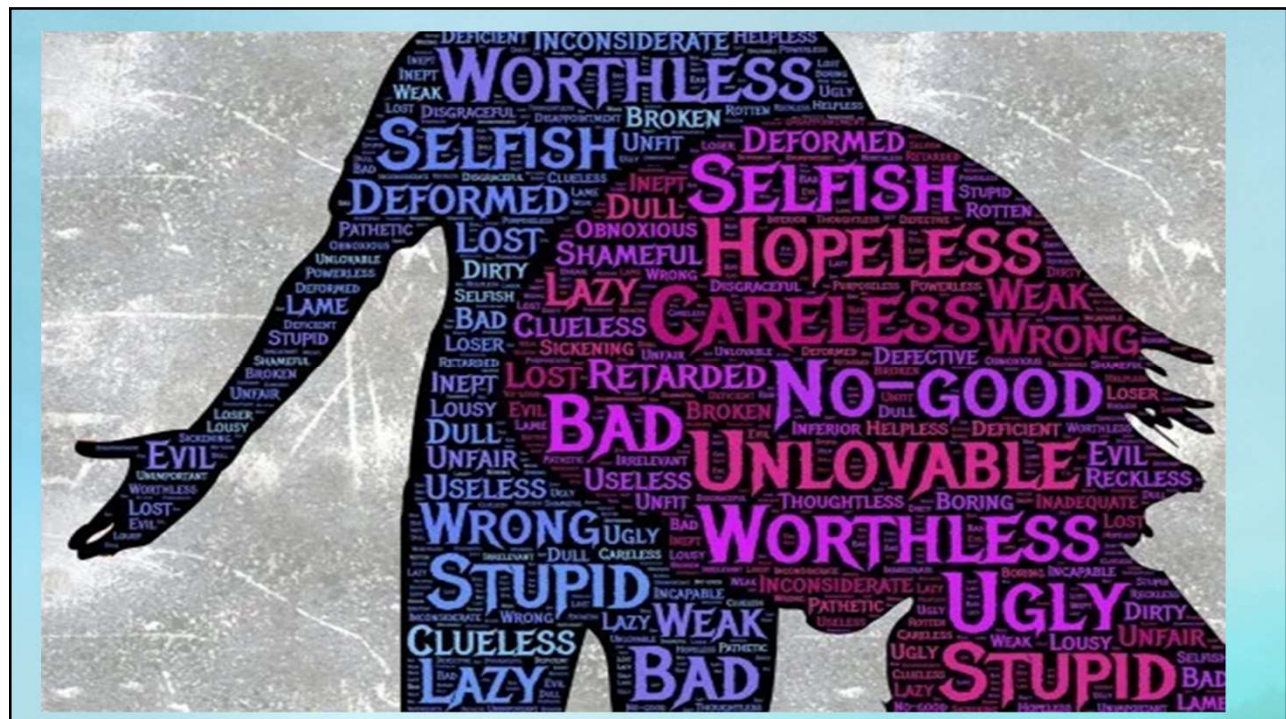


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What can WE do???

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The ability to overcome serious hardship, while others do not.

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The *SINGLE* most common factor for children who develop resilience is at least *one stable and committed relationship with a supportive parent, caregiver, or other adult.*

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HOW?

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BE THE BUFFER

“You are kind. You are smart. You are important.”

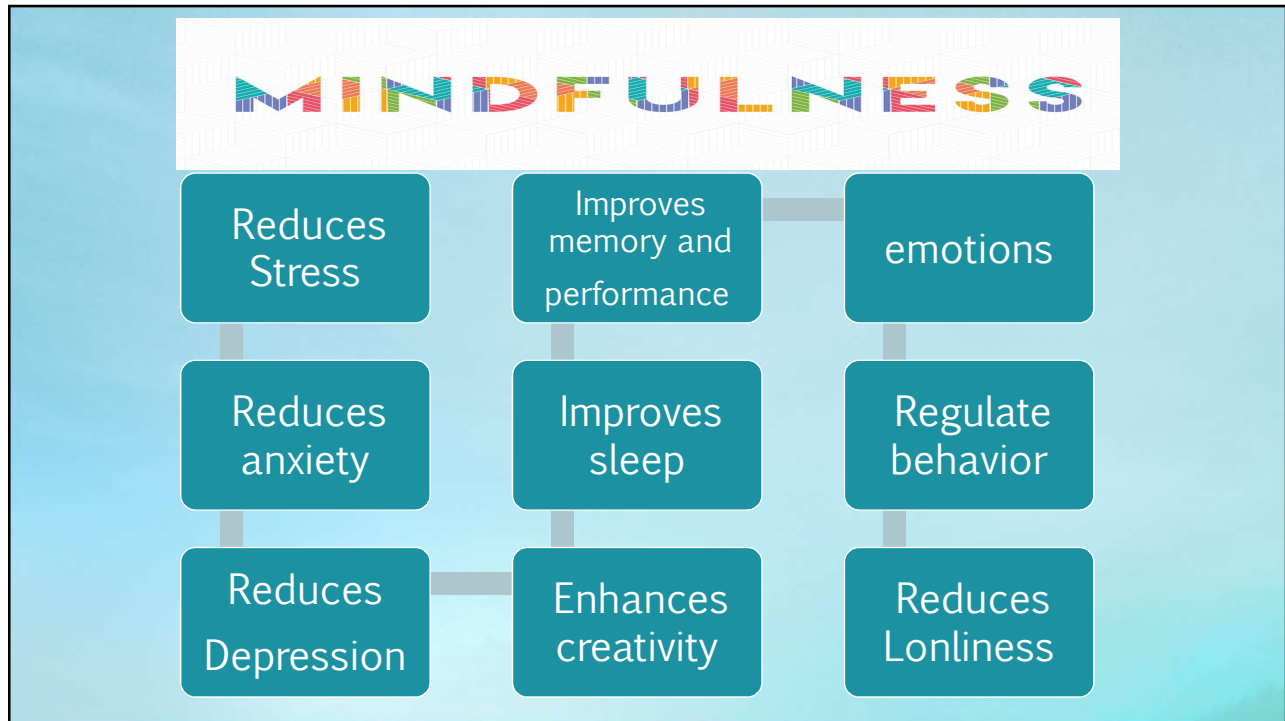
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Paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally

Focus on the HERE and the NOW with no judgement

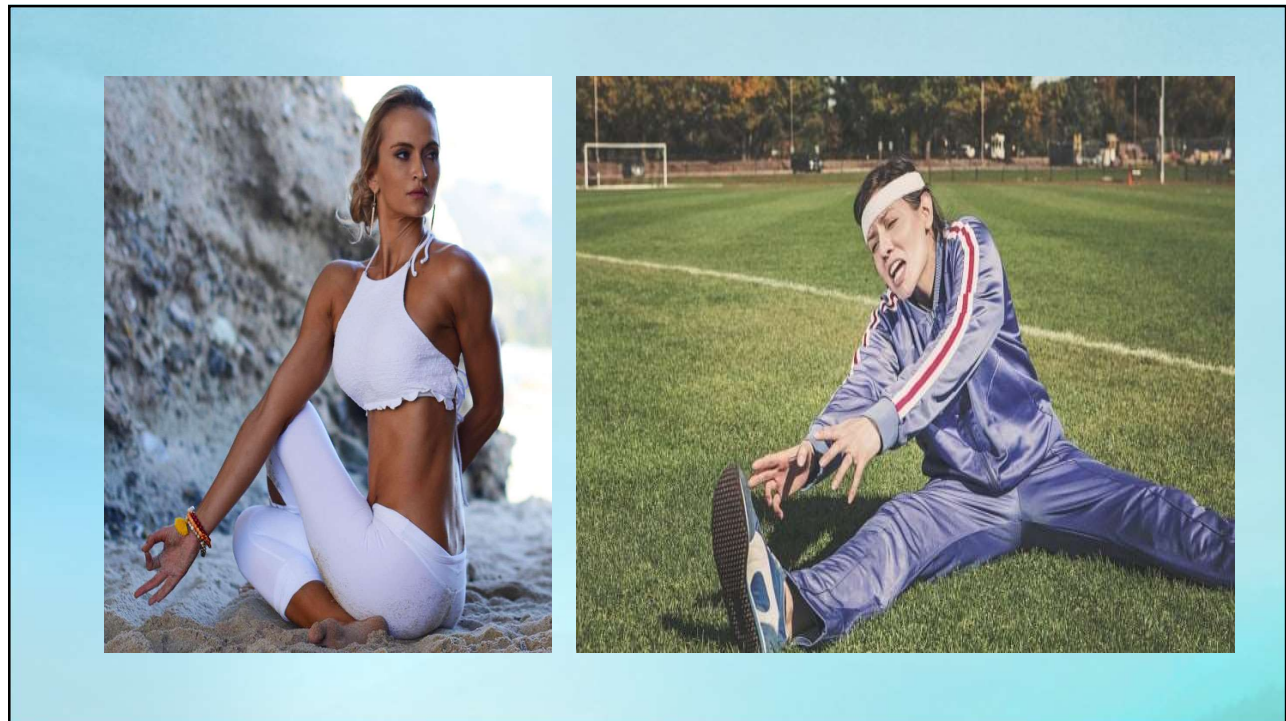
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YOU must practice first!



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Ms. Marianna has a lot on her mind. She sits at the table with eight 2-year-old children, thinking about her director observing her later in the week, her daughter's big soccer game that night, and the many tasks she must complete over the weekend. Suddenly, Ms. Marianna is snapped back into the present moment as Emma screams in frustration. It takes Ms. Marianna a few seconds to realize what's wrong: Emma was trying to scoop food onto her spoon and, after many failed attempts, has pushed over her bowl, spilling mixed vegetables all over the table. Ms. Marianna quickly scoops up the spilled food, accidentally knocking over Austin's bowl in the process. Ms. Marianna sighs, feeling overwhelmed. She pauses, remembering a breathing exercise she learned at a recent workshop.

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Ms. Marianna places a hand on her belly and inhales slowly to the count of four, feeling her belly expand into her hand. She holds her breath for two seconds, then exhales slowly through her mouth to the count of six and waits a few seconds before breathing in again. The children laugh at Ms. Marianna, and Ms. Marianna laughs too, refocusing on the children. She pulls Emma closer, looks her in the eye, and reassures her in a warm tone that it is frustrating to not be able to scoop her food with a spoon. Emma relaxes and, with Ms. Marianna's help, scoops a heap of peas into her mouth. Ms. Marianna takes another deep belly breath of relief.

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Deep belly breathing: put your hand on your belly and inhale deeply as you count to four, feeling your belly rise. Pause at the top of your inhale, then exhale for a count of six, feeling your belly contract. Repeat five times.

Mental body scan: beginning with your toes and moving up to your head, notice any tension in your body and intentionally relax those areas. (This technique is especially helpful to ensure that you are calm and ready before attending to a task such as a diaper change.)

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Six-month-old Yamir has been crying every day as he wakes up from nap time. He has a sharp, loud cry and Ms. Sybil, his teacher, notices tension in her shoulders as she walks over to his crib. By practicing mindfulness, Ms. Sybil has found that if she picks up Yamir while she is still feeling that tension, he detects it too and cries harder and louder. Today, Ms. Sybil continuously relaxes her shoulders as she approaches Yamir's crib. When Ms. Sybil reaches him, she places her hand on his belly and takes a few deep breaths. She gently leans into the crib and whispers in Yamir's ear, "It's okay, I'm here now. I'm going to pick you up." As she lifts Yamir out of the crib, he starts to calm. She continues talking quietly to him as she takes him to the changing table.

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Teaching Mindfulness to our Children



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Breathing Buddies

Have each child lie down on the floor on their backs, and give each of them a stuffed animal. Tell them to place the stuffed animals on top of their bellies. Have them breathe in silence for one minute, and feel how their stuffed animal ("breathing buddy") slowly moves up and down with their breath. Have them also note any other sensations that they feel.

Have the children imagine their passing thoughts turning into bubbles and floating away. Having a "breathing buddy" will make this form of meditation friendly for the children, allowing them to see that they can have fun without being wild.

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Smell and Tell

Find something fragrant to hand out to each child. This could be an herb such as thyme or rosemary, or something like a lemon wedge. Ask each child to close their eyes and inhale the scent, focusing their attention only on the aroma. Scent is a great tool for relieving anxiety.



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MINDFULNESS JAR



54



55



The *Left* *Right* Game

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“You are kind. You are smart. You are important.”

