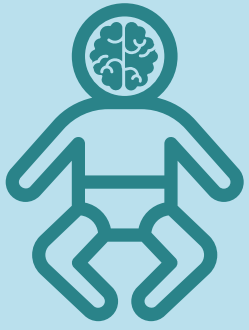


A LOOK AT

NEURODEVELOPMENTAL TRAUMA



EARLY CHILDHOOD TRAUMA CAN AFFECT THE WHOLE CHILD

- both the brain and the body
- can include prenatal trauma

THE BRAIN HAS A LOT OF PARTS, BUT ONLY A COUPLE OF THEM THINK

- like the prefrontal cortex and the frontal lobe
- the rest of the brain just does what the brain does



WHEN A CHILD'S BRAIN IS DEVELOPED BY EARLY STRESSFUL EXPERIENCES, THEIR STRESS RESPONSE SYSTEM GETS "STUCK" IN THE "ON POSITION"

- often the limbic system is in control
- the limbic system controls fear, anger, and stress

THE MORE STRESSED OUT YOU ARE, THE FARTHER BACK IN YOUR BRAIN YOU GO

- the thinking brain can choose and be intentional
- the rest of the brain is reactive
- if the limbic system detects a possible threat, it can result in a behavior within 50 milliseconds



THIS IS WHY TRADITIONAL BEHAVIORAL STRATEGIES AREN'T CONSISTENTLY EFFECTIVE

- these kinds of strategies rely on the thinking brain
- the thinking brain isn't in control when we're stressed
- 50 ms isn't enough time to think

USE STRATEGIES THAT HELP THE BRAIN AND BODY STAY ORGANIZED BEFORE AN UNWANTED BEHAVIOR OCCURS

- these will be best at teaching and preventing



THE WORK OF COREGULATION HELPS THIS PROCESS DEVELOP AND CHANGE WITH TIME

- coregulation works to organize a child's dysregulated body and brain
- done well through repetitive rhythm and relationship

LEARN MORE ABOUT
BRAIN-BASED WAYS OF SUPPORTING
CHILDREN

