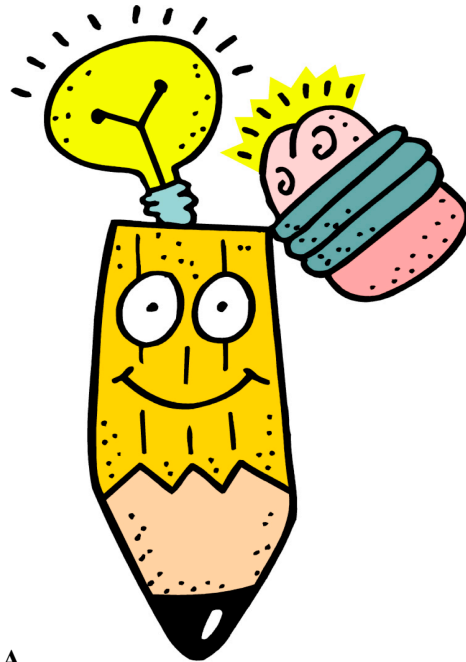


TPNS welcomes you to:

What's The Brain Got To Do With It?

*Parenting Your
Child's Brain*

Your Facilitator: Sharon Bowman M.A.




Delayed
Gratification

5 Parenting Tips

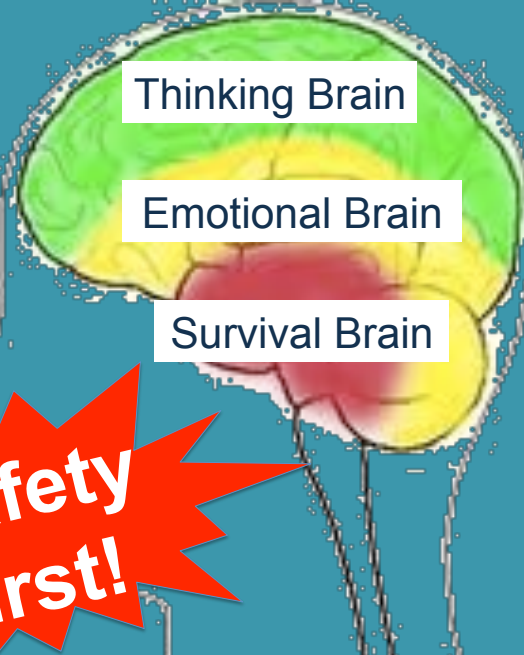
Adapted from: *Brain Rules for Baby*
by John Medina

1. Play waiting games with your child.



Skill: Delayed gratification

The Triune Brain



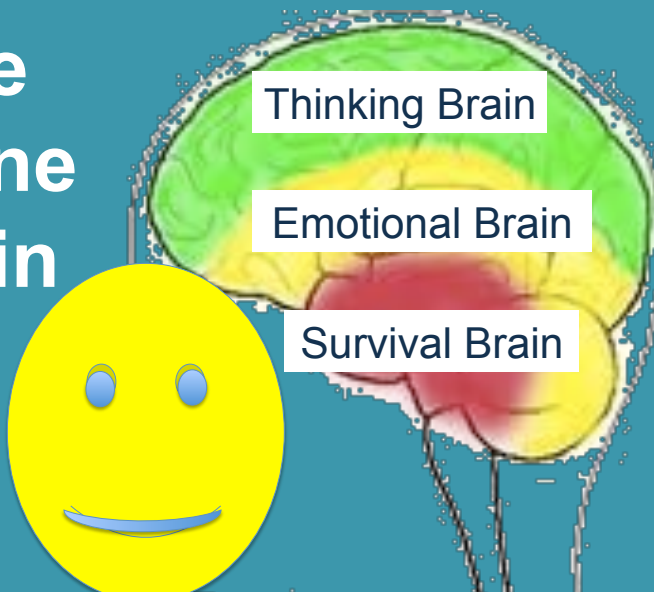
Thinking Brain

Emotional Brain

Survival Brain

Safety first!

The Triune Brain



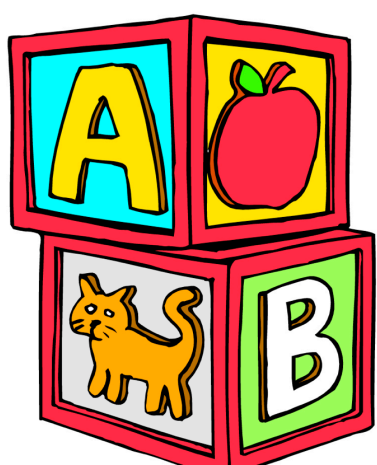
Thinking Brain
Emotional Brain
Survival Brain

Feelings = the brain's sticky notes

5 Parenting Tips

Adapted from: *Brain Rules for Baby*
by John Medina

2. Talk about feelings (a lot).

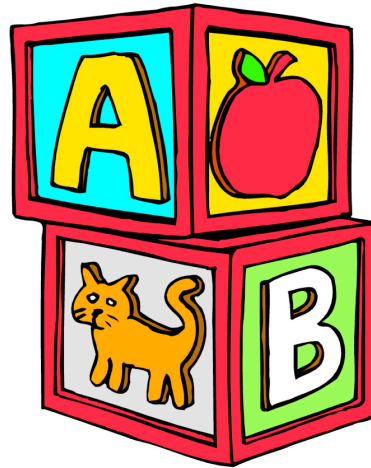


Skill: Empathy reflex

5 Parenting Tips

Adapted from: *Brain Rules for Baby*
by John Medina

**3. Give
your child
choices.**



Skill: Executive function



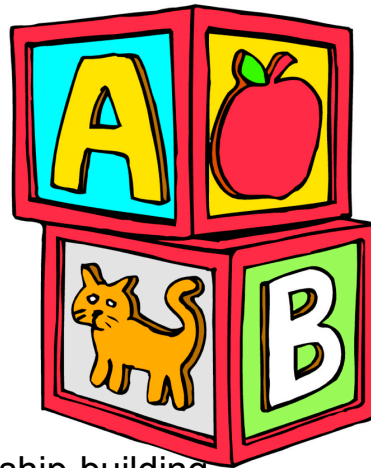
**Every brain is wired
differently.**



5 Parenting Tips

Adapted from: *Brain Rules for Baby*
by John Medina

4. Read to your child as often as possible.

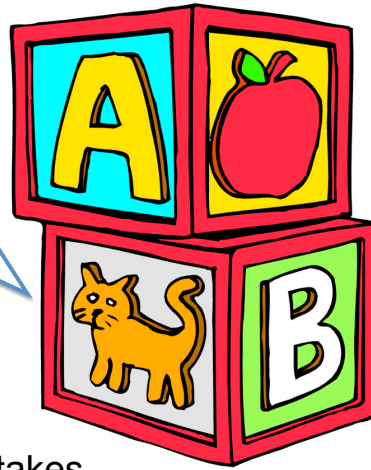


Skills: Language and relationship-building

5 Parenting Tips

Adapted from: *Brain Rules for Baby*
by John Medina

**5. Praise
effort, not
achievement.**



Skill: Ability to learn from mistakes



TV Guidelines

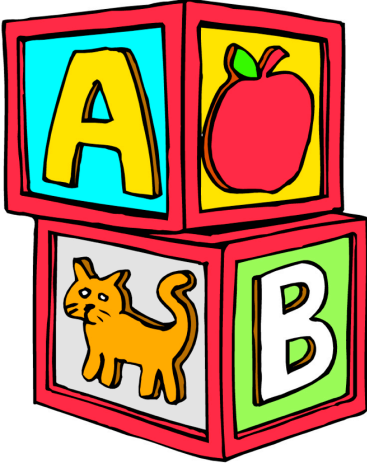
- * No TV before 2 years old.
- * Choices and time-limits from 2 – 5 years.
- * Watch TV with your kids.

5 Parenting Tips

Adapted from: *Brain Rules for Baby*
by John Medina

Bonus Tip

Have daily face time, not screen time.



Stand, Stretch, and Speak

**What is one
change you can
make as a result
of what you
have learned
this evening?**

