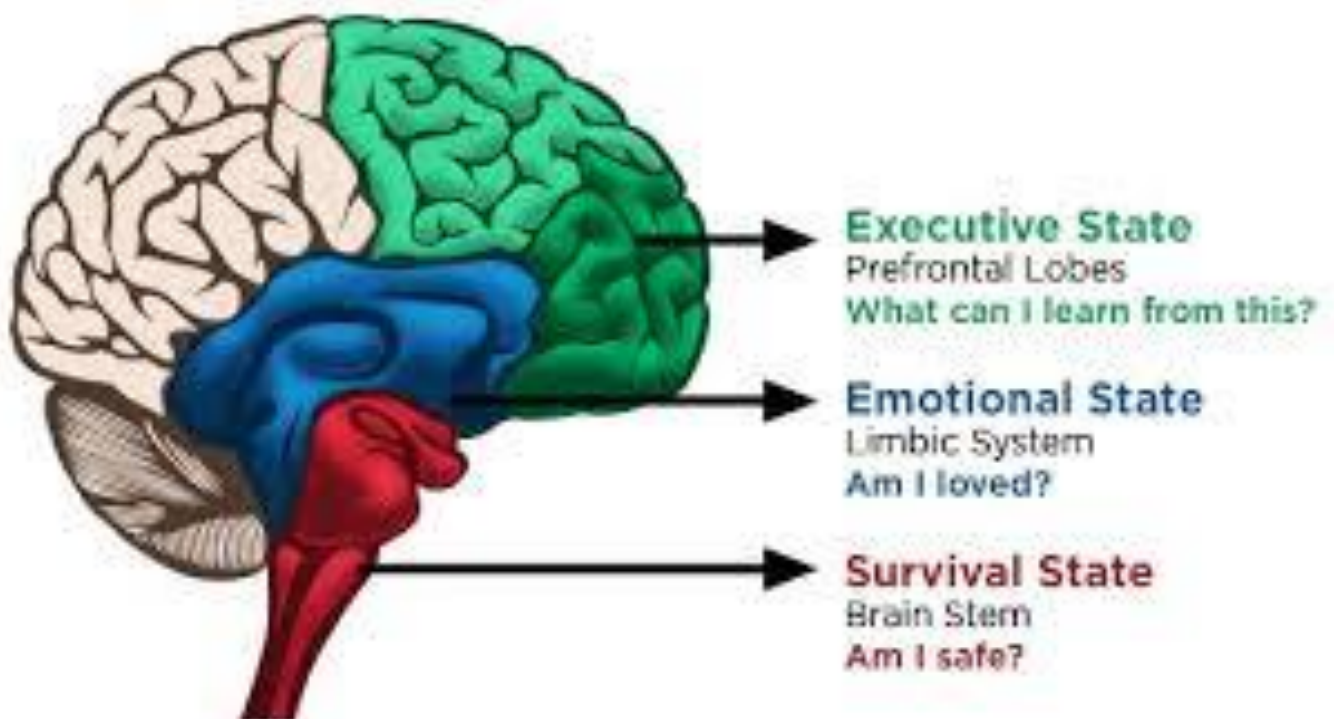


WHAT'S UP?

Connecting brain development to executive functioning, toxic stress and approaches to learning

CYY 2020

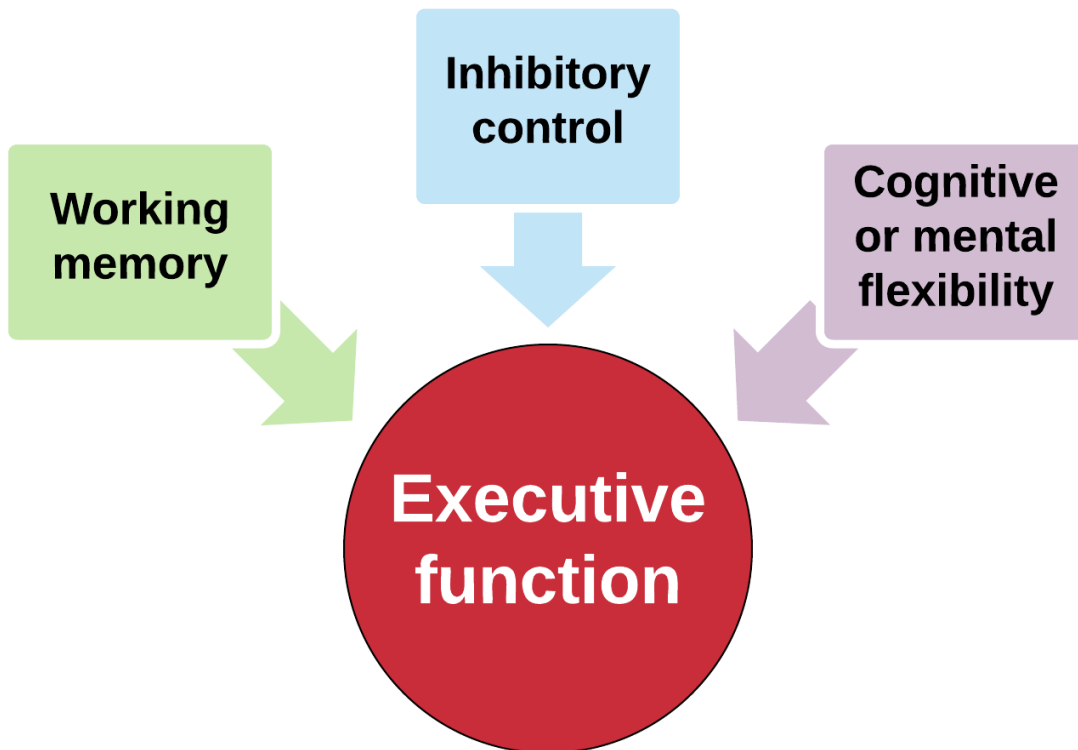
Facilitated by Sheila Lewis and Janis Smalley



Credit: Conscious Discipline



CREDIT: [HTTP://COGX.INFO](http://COGX.INFO) (DR. BROWN)



Positive

Brief increases in heart rate,
mild elevations in stress hormone levels.

Tolerable

Serious, temporary stress responses,
buffered by supportive relationships.

Toxic

Prolonged activation of stress response systems
in the absence of protective relationships.

Approaches To Learning

Helping your child...

To Begin

Initiative and
Exploration

To Stay In

Attentiveness
and Persistence

To Dig

Deeper

Imagination,
Creativity, and
Flexibility