

#2: ME & YOU

#2 CONNECT AND REDIRECT

Example: *I can see you are angry. Am I right?*

This softens the repons a little bit.

What made you angry?

What can help you get through this? What do you need? What can you do yourself?

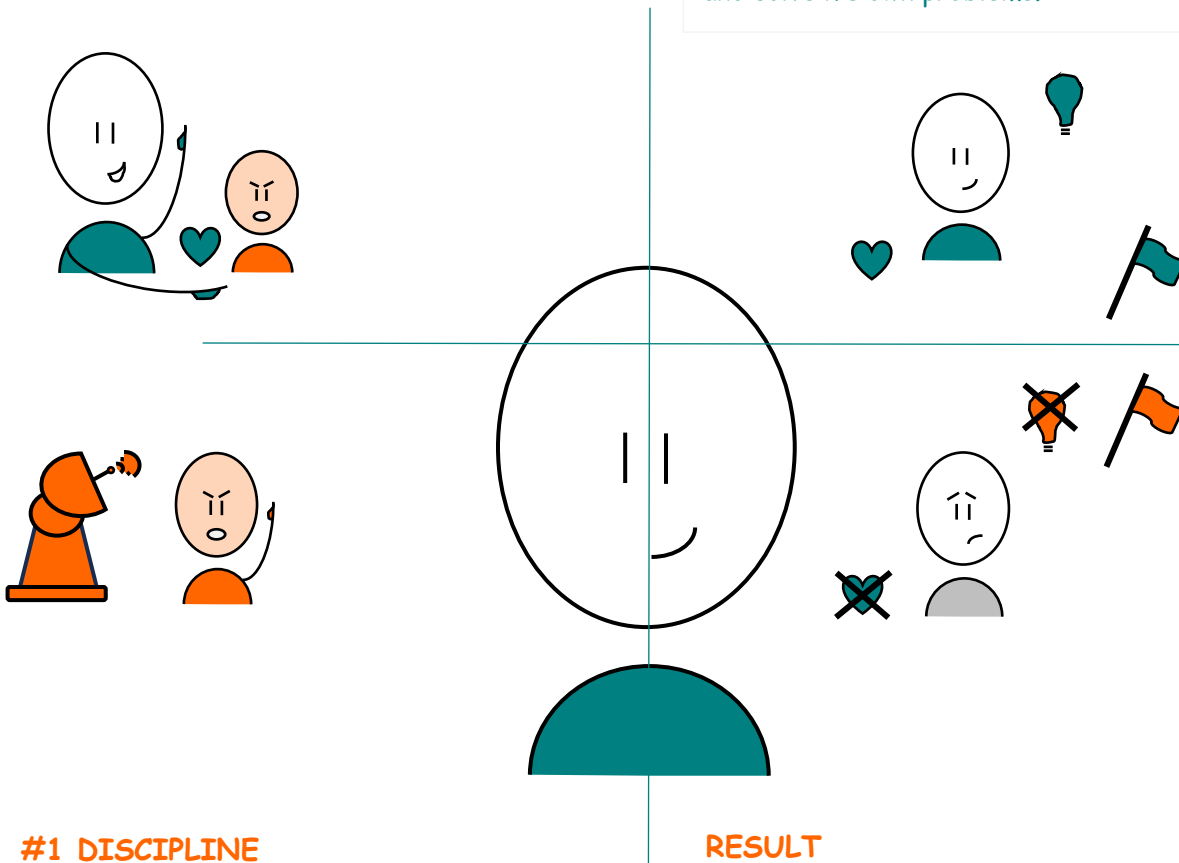
I am here for you and I can help, if you want me to.

RESULT

The child feels seen, heard and safe. This way, the emotional brain can cooperate with the learning brain.

The child feels empowered that it can make choices, affect his environment and solve problems.

Besides, the child has learned that the adult is a **CALM** and **SAFE** haven. The adults responds with understanding and compassion and helps the child redirect it's focus and behavior so it can feel better and solve his own problems.



#1 DISCIPLINE

Example: *I want you to stop and listen to me!*

Or: *I want you to stop and do as I say!*

RESULT

The child doesn't feel seen, heard and possibly not safe. The reaction of the adult is overwhelming to the child whom is already in a triggered state. The emotional brain will try harder to defend itself:

- getting even more angry (fight);
- look away, walk or run away or turn away (flight);
- give up (freeze).

WARNING

The defensive state 'freeze' SEEMS to be obedience but it's not! It's the last possibility of the autonomic nerve system of the child to cope with a (to the child's autonomic nerve system) overwhelming situation.

Besides, the child has learned **NOTHING** from this situation but the fact that the adult was not capable of providing help or care in this difficult and overwhelming situation.