

Team Up!

FAMILY EDUCATION AT PUNAHOU

HELPING YOU RAISE CHILDREN WHO ARE HAPPY,
HEALTHY, AND FULLY THEMSELVES

T I N A
Payne Bryson, Ph.D.



If you're interested in learning more, or you'd like to receive my newsletter and social-media blasts, please follow me and use the links below. You can also read articles, listen to podcasts, and watch video blogs about kids and parenting at my website, www.TinaBryson.com.



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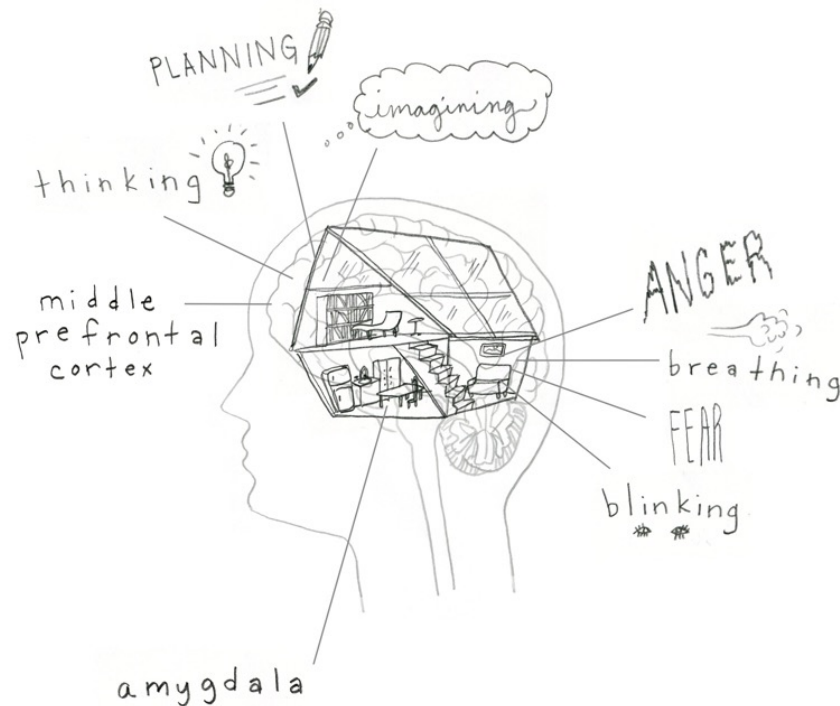


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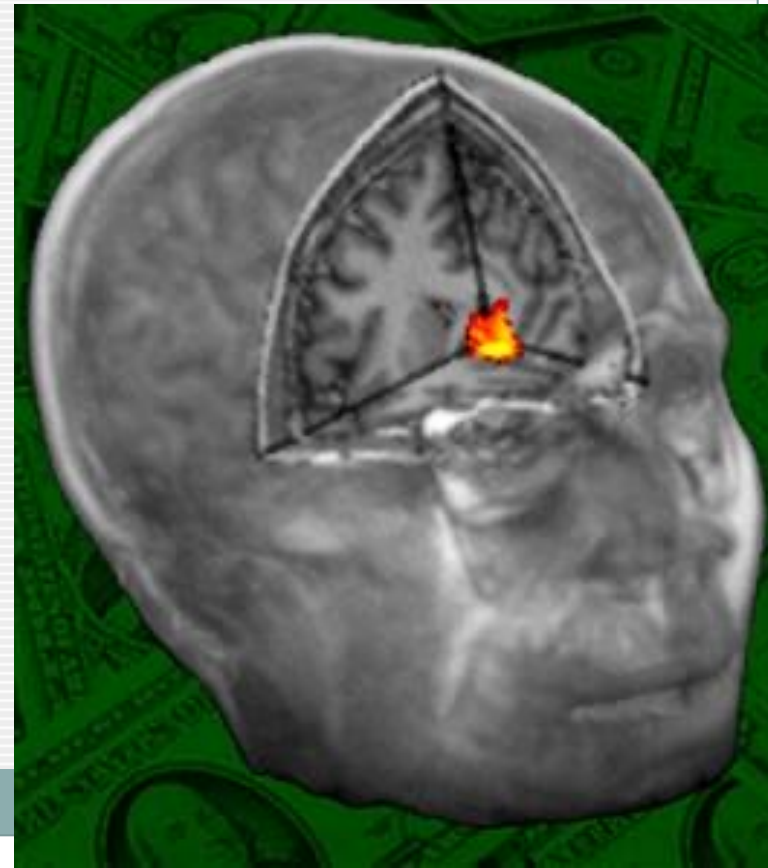
Unlocking Potential: Building Resilience in Children through Brain-Informed Strategies



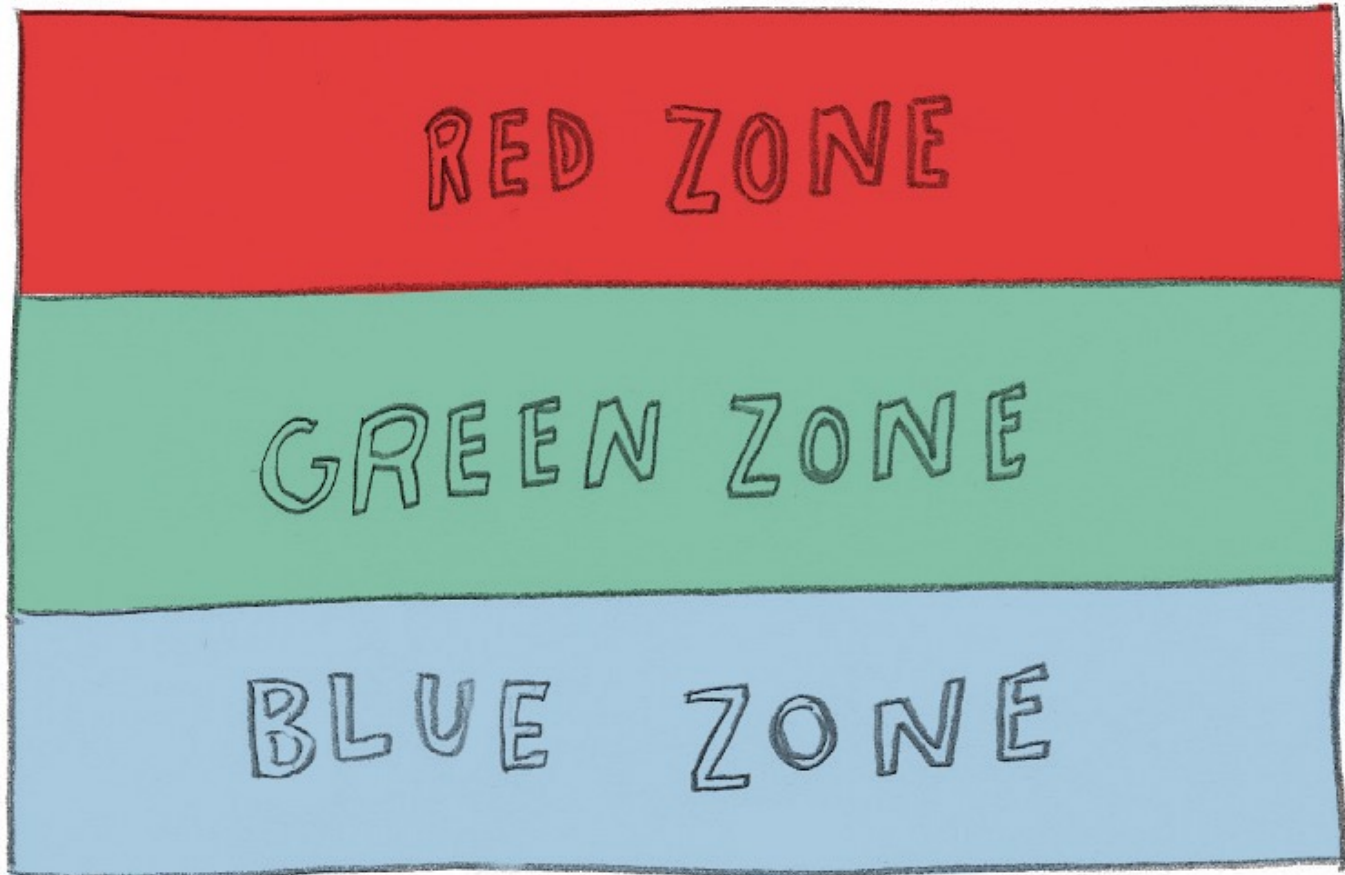
Prefrontal Cortex



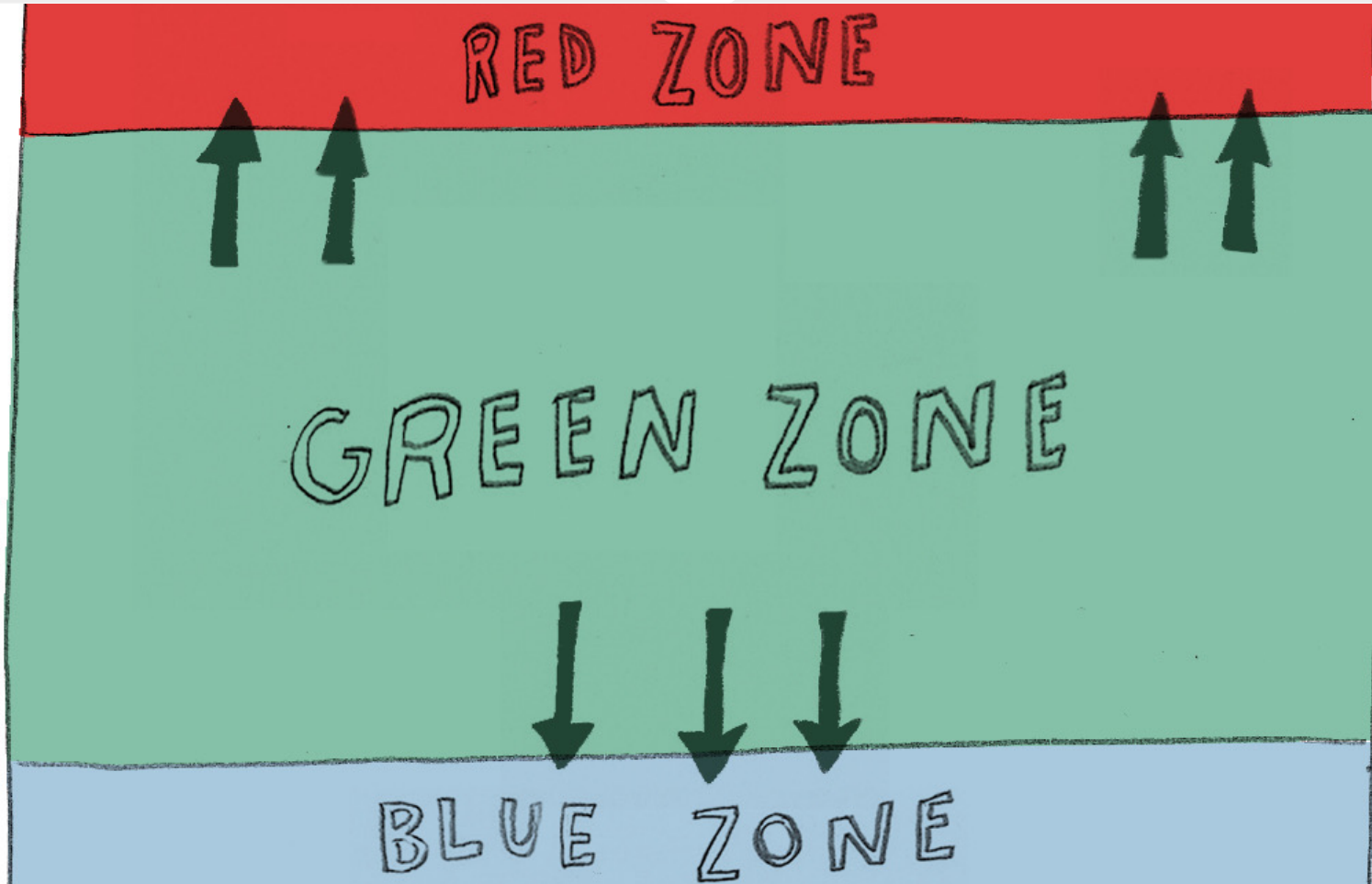
- Regulates body (autonomic nervous system)
- Regulates emotions
- Sound decision making
- Impulse control
- Empathy
- Flexibility
- Personal Insight
- Overcoming fear
- Executive functions
- Intuition
- Morality



The brain is either receptive or reactive.



RESILIENCE

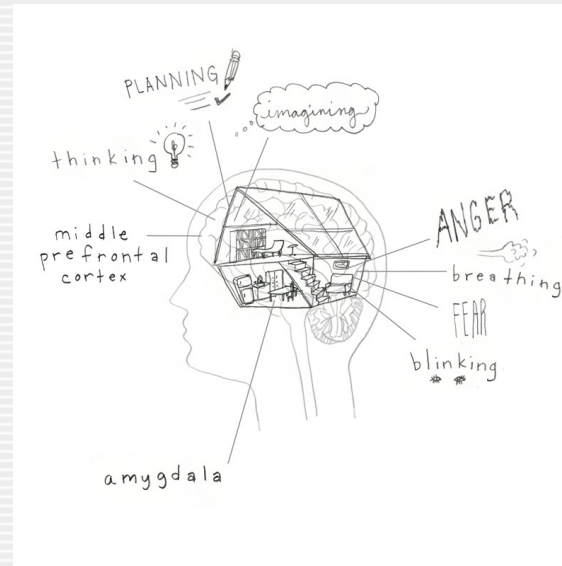


Where
attention
goes,
neurons
fire.

Where
neurons
fire, they
wire.

What can we do to develop the
brain—to integrate it?

- USE IT—”reps”



- RELATIONSHIPS—4 S's!

The BENEFIT of challenging behavior?



STRUGGLES → OPPORTUNITIES

Behavior is communication.

Sometimes behaviors are their best adaptations/strategy.

Discipline



Discipline

=

Teaching
(skill-building)

→ SELF-DISCIPLINED

The 3 Discipline Questions



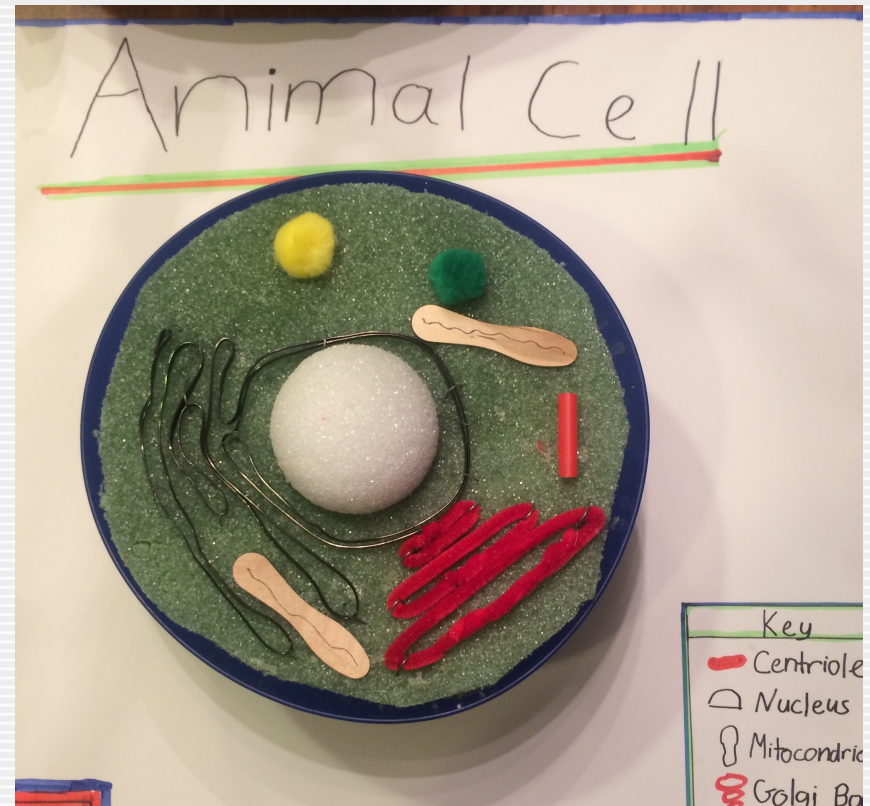
- #1 Why did the child act this way? *Tuning into the mind behind the behavior*
 - *Be curious.*
 - *Look BENEATH the behavior*
 - *Chase the why*

#2 What is the lesson or skill I want them to learn?

The cell



The last-minute cell



#3 What is the most effective way to teach/build it?



- *They have to be in a receptive state--regulated*
- *Coaching & Practice*
- *Use the PFC—*
 - ✦ *reflect*
 - ✦ *repair*
 - ✦ *plan going forward*

Is the way I'm handling this moving the child closer to or further away from doing better next time?

Starting with the punch line



One of the best predictors for
how kids turn out →



“secure attachment”
with at least 1 person.

The punchline of 70+ years of research: 4 S's

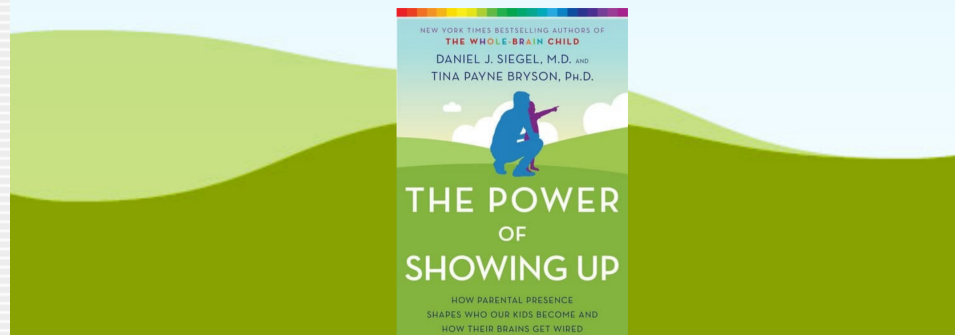


SAFE-Keeping them safe.

SEEN-Seeing the mind behind the behavior

SOOTHED-Comforting and helping them

SECURE-They know we will show up for them



The Power of Showing Up

What is Attachment?

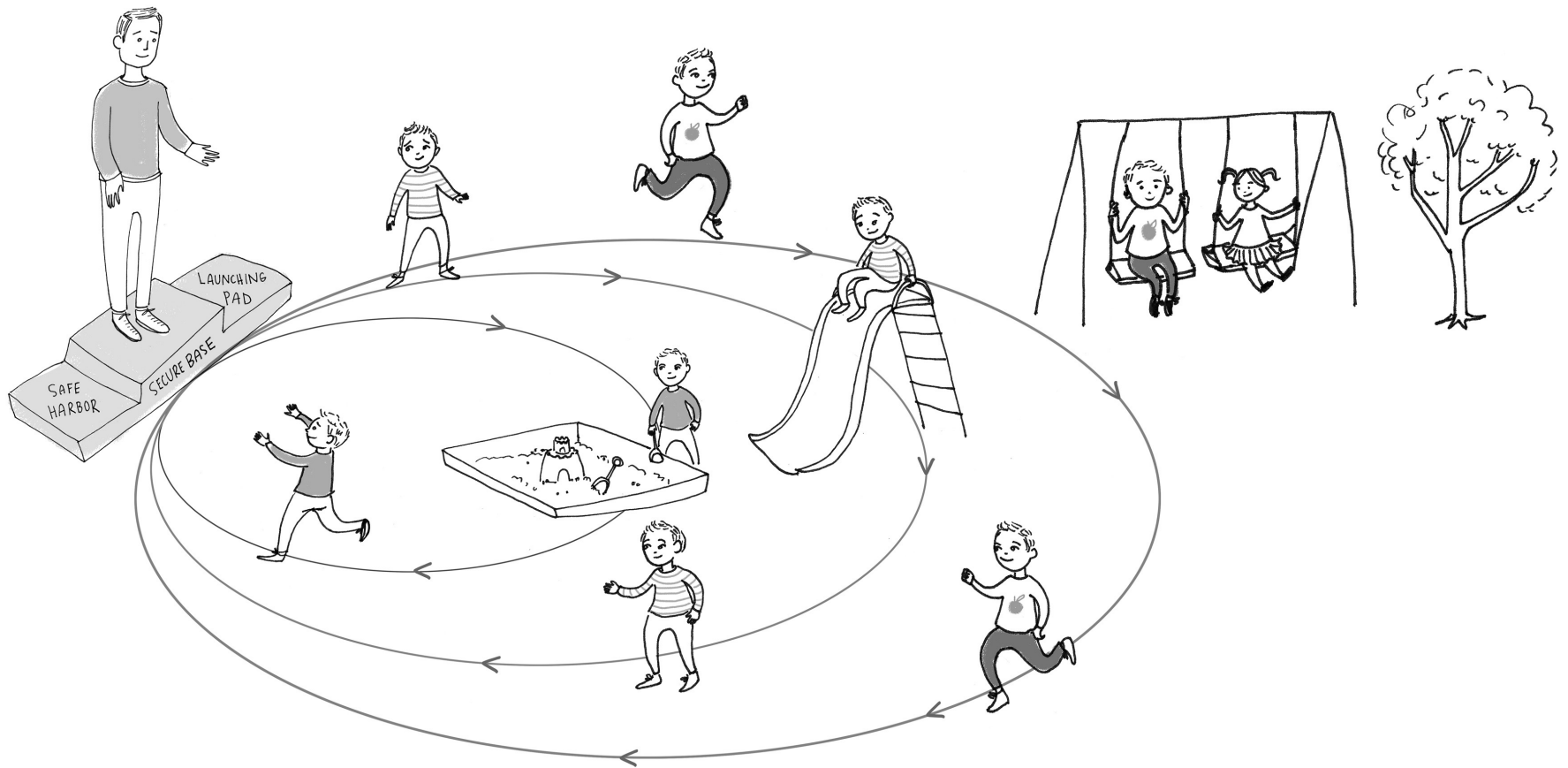


- Innate system activated by fear/threat/distress.
 - Child → *seeks proximity (safe haven.)*



What's happening in these moments of connection and protection?





From The Power of Showing Up, Inspired by Circle of Security

SAFE—2 primary jobs



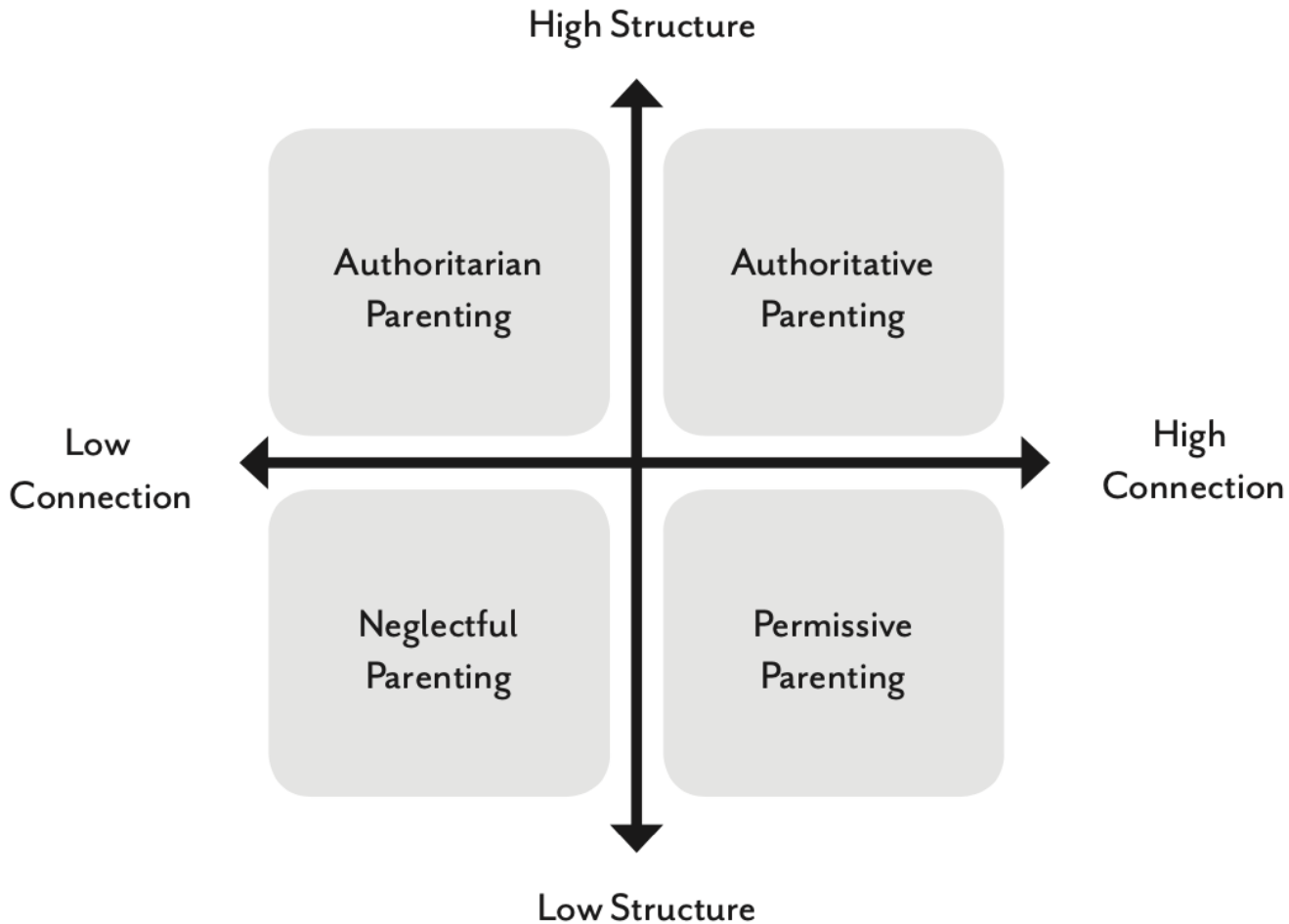
- 1) Protect them from harm
- 2) Don't be the source of fear (incl. unpredictable, & out of control)

Application:

- ✦ Create a Safe Harbor
 - Play & Delight
- ✦ Repair, Repair, Repair!
- ✦ Don't over-protect—makes kids less safe
- ✦ Remember digital world
- ✦ Structure AND Nurture



Limits AND Emotionally Responsive



SEEN



Seen



Tune in & understand the mind behind the behavior

Application:

- ✦ Respond in a way that helps them “feel felt” & known.
- ✦ Avoid criticizing and minimizing
 - (brain is assoc. machine)
- ✦ Say YES to the feelings/experience
 - (even if NO to behavior)

SOOTHED



Co-regulation
Comfort
Presence
Help
Empathy

Soothed



Application:

- ✦ Offer empathy and presence *during*
- ✦ Plan strategies for the future

How to support parents in soothing themselves and their kids:





- PRESENT, not perfect & THEY are the best “strategy”.
- Coach co-regulation/soothing for in the moment
 - ✦ *“I’m right here with you while you feel . . .”*
 - ✦ “I can see why you’d feel that way.”
 - ✦ “That’s so hard.”
 - ✦ “I’m here if you need me.”
 - ✦ “How can I help?”
 - ✦ Physiological sigh
 - ✦ Get below eye level

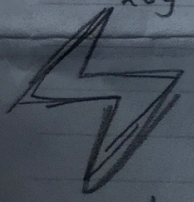


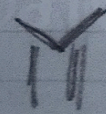
Ask Them!

will try to be
nice
myself

 light
~~soft~~ tears = make me come
into your "office" and talk
it out.

 subtle
and subtle screaming
flow/river of ~~the~~ tears =
sit w/ me and try
to make me tell you
~~with~~ what is wrong,
if not sit next to me and
caress my back and
hug me.

 really mad/sad =
try to talk to me,
if I don't respond
leave me alone
a check on me one
5/10 mins in a while.

 mad at you;
leave before
I start
getting into
"super Karate Kinga
mode" and once you
can't hear any more
screaming come in and
talk about it.
But, be careful.

Science shows . . .



**When we are at our worst, that is
when we MOST need help &
connection.**

THIS IS WHY WE PRIORITIZE RELATIONSHIP

Positive supportive relationships



- Formula for resilience:

ADVERSITY - SUPPORT = FRAGILITY

ADVERSITY + SUPPORT = RESILIENCE

SECURE



Safe, Seen, Soothed → SECURE base

They then learn to keep *themselves* safe, to see *themselves*, to soothe *themselves* when things go wrong.

Secure



What to do:

- ✦ Relational Trust Fund: Keep showing up
- ✦ Predictable, not perfect

They Mirror our States



- Culture of confidence and competence
- “We got this”
- Who is showing up for you?
- Are you showing up for yourself?



If you want to be a safe harbor for your child, you can't be the storm.

Tina Payne Bryson #ThePowerofShowingUp

What your kid need most from you.



YOU

- ❖ Not everything is in your control, but **SHOWING UP** is.
- ❖ Let it be your north star.
- ❖ Relationships change brains.

Relevant Resources



- *The Power of Showing Up, The Whole-Brain Child, The Yes Brain, No-Drama Discipline* by Siegel & Bryson
- All my favorite books here: <https://www.amazon.com/shop/tinapaynebryson>
- TinaBryson.com & IG: @tinapaynebryson
- *Brain Body Parenting* by Mona Delahooke
- *Raising Human Beings* by Ross Greene
- @hubermanlab podcast and Instagram
- *What Happened to You* (trauma) Perry and Winfrey
- Podcast & Instagram: Raising Good Humans by Dr. Aliza Pressman
- PracticalKatie.com for anxiety and depression resources for kids and teens
- *The Emotional Lives of Teenagers* Lisa Damour
- *Never Enough* by Jennifer Wallace
- *It's So Awkward* by Natterson & Bennett
- *Growing up in Public* by Devorah Heitnerx
- *The 5 Principles of Parenting* by Aliza Pressman

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