



tool two: kid brain savvy



essential **Parenting for Peace™** toolkits

with Dr. Marcy Axness

Your children are not your children. They are the sons and daughters of Life's longing for itself. ~ Kahlil Gibran

Your child is not a blank slate or empty vessel who needs to be filled up with copious amounts of excellent information. Your child comes to you with a nascent intellect that is consolidating energy and waiting to unfold in good time, like a flower in the bud. You would never pry open a rosebud to somehow optimize or improve upon it!

Out-of-the-Gate Application

The young child is a sensory-motor creature, so... "Physical-ize," don't verbalize! When you want something to happen, move your body (and maybe your child's), rather than just moving your lips. *List some areas / circumstances where you can make a change in this way:*

THE SCIENCE: Sequential, Layered Brain Development ~ Who Are They At Each Stage?

The 3 Functional Phases / "Layers" of The Brain:

1. _____

2. _____

3. _____

The Prefrontals: "Angel Lobes" & Key to our Upward Evolving

What kinds of situations tend to dis-integrate your own brain systems -- that "hijack" your higher brain functions?

THE SPIRIT: On Learning, Discipline and Cultural Norms

What Does KBS Mean for Education?

“Want lots of very smart people who don’t care about other people? Then focus on cognitive learning at age three.” --Dr. Bruce Perry

What has your experience been with early education? Have you felt pressure (from family, friends, the status quo) to start teaching your child very early on?

Can you think of some activities you might not have chosen for your child, knowing what you know now?

What Does KBS Mean for Discipline?

Just as sheep aren’t plotting to annoy the shepherd when they stray, the young child’s brain simply isn’t equipped to marshal the kind of complex planning and detailed motivational linkages that would enable her to systematically drive you crazy. Children need guidance and instruction, not punishment.

Note some instances in which you assume / expect more sophisticated brain functioning than your child possesses at his/her age?

THE PRACTICE: KBS Discipline Moves That *WORK*

Effective sensory-motor discipline ideas that resonate for you include:

KBS criteria for choosing toys that BUILD, not DRAIN brains:

Television: Confronting the Media Hydra

Greek mythology offers us a fitting image for the proliferation of media aimed at children in the past decade or two—the Hydra, a daunting water creature that begins with nine heads but grows two for every head that is cut off. I encourage you to recognize that aspects of both the dangerous creature and the hero dwell within each of us, and to consider that it isn't part of our journey to kill anything (as in the bumper sticker slogan, "Kill Your TV"), but to *master our relationship with it* so as to minimize its negative effects.

What is the current TV/media diet in your child's life? Would you like to make a change in that arena, and if so, how would you like things to shift?

When are the times in your daily life when you most feel the need for something that will "reliably" engage your child for a period of time?

Some KBS screen alternative that sound like feasible options for you to try with your child(ren):

GO-TO FAILSAFE MOVE™ for TOOL 2

Brain Gym® Break: Cross-Crawls & Hook-Ups

Homework: Honing Your Tool

- *Continue your Presence practice from last time.*
- *Choose at least one predominantly sensory-motor activity with which to engage your child... and see how he/she responds.*
- *Choose at least one predominantly cognitive activity to dial back or eliminate this week...and see how she/he responds.*
 - *Share any impressions you have (shifts, changes, ah-hahs) in doing either / both of these, at the Facebook group, in the thread you'll find with #hands-on*