

January 2005: Loving Your Child to Success

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Publisher's Pen: Loving Your Child to Success

“To love deeply in one direction makes us more loving in all others.”

Anne-Sophie Swetchine

Brain research shows us that a powerful way to help our children succeed is to love them into success. The power of our love and encouragement opens up the learning center of the brain, and helps children to develop their creativity, along with their ability to problem-solve.

The opposite is also true: continually telling children (or adults for that matter) that they are wrong has an impact on the brain, too. A phenomenon called “downshifting” occurs, where the different parts of our brain shuts down, one by one, until we arrive at the center of the brain which is in survival mode. It is the “fight or flight” part of the brain, where we look for comfort, and are unable to think clearly or take on new information.

The most recent research says that it takes 55 repetitions for something learned to go from short-term memory to long-term memory. So if you are at the 53rd time of telling your child what you would like him/her to do, don't give up! You are almost there!

May we hang in there with our children, show them love and compassion, and have the courage to keep going through thick and thin.

Smiles,

Elaine

Empowering Parents and Teachers:

Study the diagram of what the research tells us, and learn what you can do to help your children, or the children in your classroom.

THE POWER OF LOVE

How Brain Research Supports Loving Your Children Into Success

Parts of the Brain: What Children Need:

Neocortex: outer portion of brain, highly specialized with four lobes that process visual, auditory and tactile information. It governs higher level thinking, creativity, logic and reason. It is the center for learning.

Allow children to explore possibilities and develop their creativity.

Limbic: centered around the smaller brain core; combines internal and external messages to think about, express, and change our emotions. It is the emotional center and our connection to past experiences.

Allow children to express their feelings, think about them, and make decisions based on the internal and external forces at play.

Reptilian: smaller brain core, reacts with basic survival techniques such as, flight or fight reflex, our sense of territory, and our need for safety.

Allow children to feel safe by taking care of their basic physical needs.

DOWNSHIFTING: a phenomenon that occurs under stress and when a child is continually told they are wrong. The different parts of the brain shut down, one by one, until we get to the reptilian brain where we react, look for comfort, and are unable to think clearly, learn, problem-solve, or be creative.

BUILD CONFIDENCE AND COURAGE: take care of their most basic needs, allow open and honest communication, give lots of praise and encouragement, and involve them in as many decisions as possible.

Empowering K.I.D.S. (Kids In Daily Situations):

Empowering K.I.D.S. (Kids In Daily Situations):

Catch yourself and your friends doing something right. Match up the task with the appropriate brain center.

When you are working on a project and have come up with some good ideas, you are using which part of your brain?

Neocortex

Limbic

Reptilian

When you realize that you have enough money saved to buy the video game you want, it stirs which part of your brain?

Neocortex

Limbic

Reptilian

When nothing has gone right all day, you walk outside and someone in a group of kids sticks out his foot and trips you, you may have reached which part of your brain?

Neocortex

Limbic

Reptilian

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