



THE THREE R'S

ADAPTED FROM THE WORK OF DR BRUCE PERRY

1) REGULATE

Brainstem and midbrain- What we need to do is help children regulate and calm their stress responses (fight - flight - freeze). What can we do? Offer comfort and reassure them you are there.

2) RELATE

Limbic Brain - For this R we need to connect with our child. Their feelings need to be validated so they know we really see, hear and understand them.

3) REASON

Cortical Brain- Once the child is calm and connected they are able to engage in learning what to do (and only then). Heading straight for the reasoning part of the brain does not work if your child is dysregulated and disconnected from you.