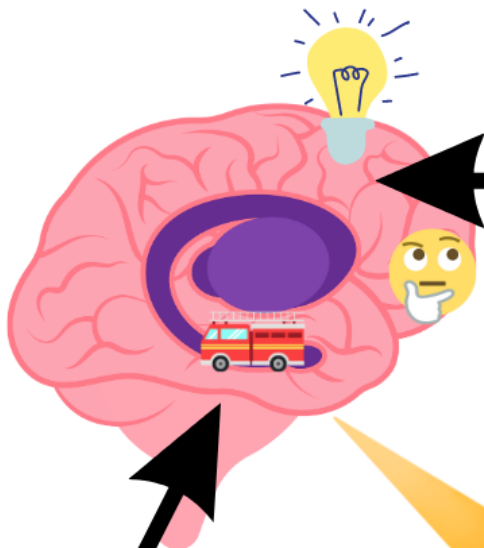


The Prefrontal Cortex

THIS IS THAT GOOD THINKING, PROBLEM SOLVING PART OF YOUR BRAIN THAT CAN DO MATH, ANSWER QUESTIONS, READ BOOKS AND FIGURE THINGS OUT.



"Firetruck Brain"

OUR "FIRETRUCK BRAIN" STAYS IN A "GARAGE" IN THE CENTER OF OUR BRAIN, READY TO HELP IN AN EMERGENCY. HE SHOWS UP SIRENS BLARING, HOSES READY, LIGHTS FLASHING, READY TO PUT OUT THE FIRE. BUT HE CAN'T DO MATH, READ A BOOK OR PROBLEM SOLVE.



Stress Response

WHEN A BIG EMOTION TAKES OVER, OUR GOOD THINKING PART OF OUR BRAIN GOES OFFLINE AND WE ARE BEING DRIVEN BY OUR FIRETRUCK BRAIN! WHEN YOU FEEL CALMER, YOUR GOOD THINKING BRAIN COMES BACK ONLINE & THE FIRETRUCK GOES BACK IN HIS GARAGE.



Inspired by Dan Siegel's "Flipping your lid," Mindsight, Bantam 2010

Back the Bus Up

A Parenting Problem-solving Approach

