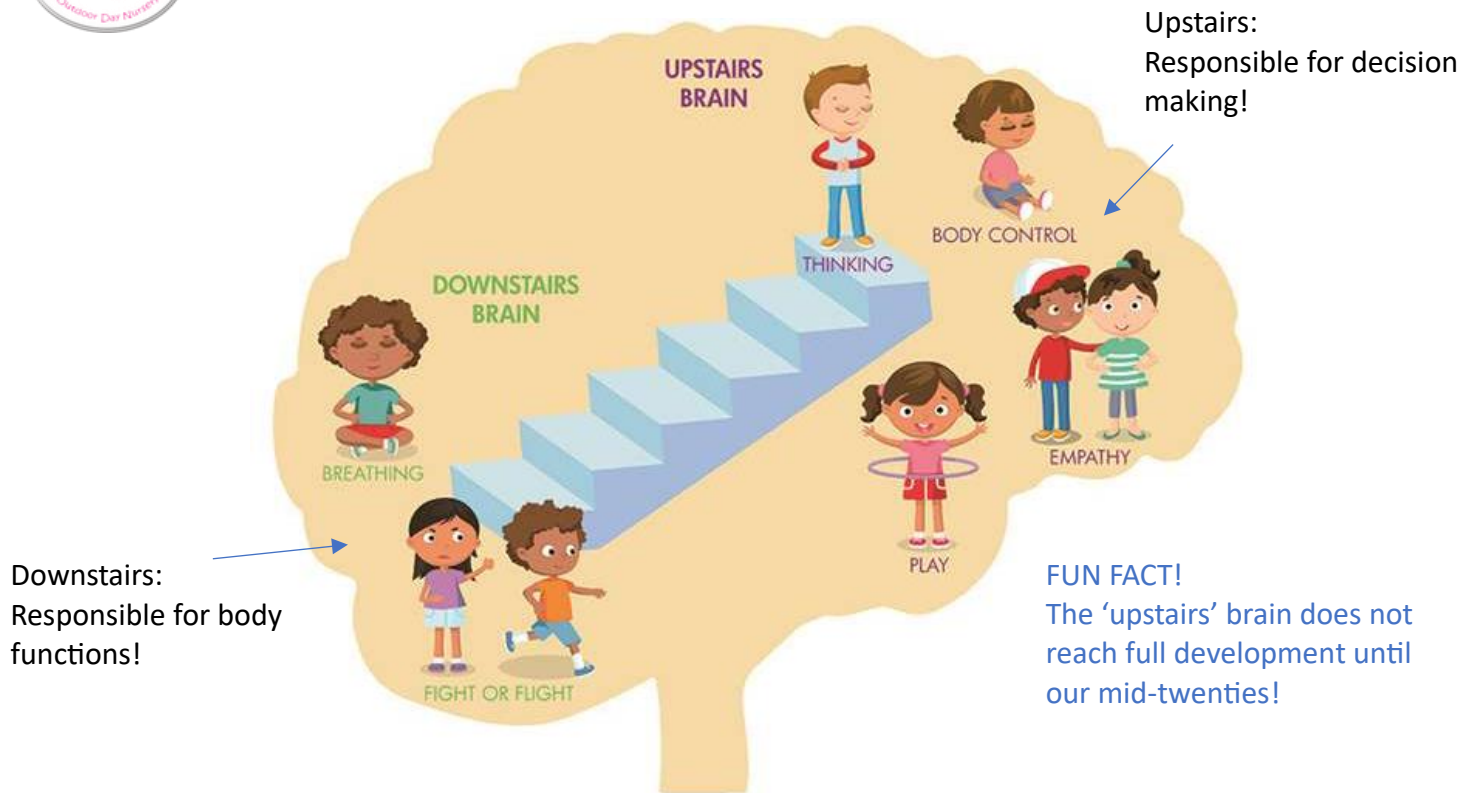




The 'Upstairs' 'Downstairs' brain



- Our brains are like two-storey homes. Both parts of our brains need to work together for us to function well!
- For small children, their upstairs brains are still developing so they often struggle to communicate and share information effectively.
- The upstairs brain can't function all the time so children will be unable to make sound decisions, control their behaviour or show empathy. The upstairs part of their house is under renovation!
- When the brains 'panic button' (the amygdala) is activated, the upstairs brain loses all control, the powerful emotion from the downstairs brain comes out to play.

When children display 'naughty' or 'challenging' behaviours, it is up to us as parents and carers to co-regulate with them to help them reach a safe mental state again, this also supports them in learning through experience, working on their self-regulation.

Kind Hands
Kind Feet
Kind Heart

These are the words we use here at The Shepherds Hut. They support the following of our promoting positive behaviour ABC model – Antecedent, Behaviour, Consequence.

Consistent language used at home and other settings, can support children's development as it is a universal constant for them.

Helpful Books:

The Most Magnificent Thing by Ashley Spires
No Longer Alone by Joseph Coelho Robyn Wilson-Owen
My Big Shouting Day by Rebecca Patterson

More information here!

<https://www.nurseryworld.co.uk/features/article/neuroscience-understand-the-upstairs-and-downstairs-brain>