

THE BRAIN BEHIND MELTDOWNS

Due to the prefrontal cortex's lack of development children under 7 years are physically not able to:

- Understand perspectives other than their own
- Reason logically
- Empathize
- Consider multiple aspects simultaneously
- See a situation from another person's point of view
- Understand that others might have different information or beliefs
- Compare multiple items of size or color and categorize them or establish an asymmetrical order
- Understand that quantity remains the same despite changes in shape or appearance.

Due to immature brain development children under 7 years old tend to have the following behaviors:

- High impulsivity
- Emotional intensity
- Rapid mood swings
- Meltdowns over minor things
- Assuming everyone's internal experience mirrors theirs
- Self-centered behaviors
- Inflexibility

Prefrontal Cortex (part of the frontal lobe) is responsible for:

Attention & focus
Emotion Regulation
Planning
Decision-making
Judgement
Risk assessment
Impulse control

Human Brain Anatomy

