



HUFFMAN NDQ FRAMEWORK™

Created by Dr. Jennifer I. Huffman

Proprietary Neuro-Biological Model for the Pilot's Drive for Autonomy

Welcome to the Flight Crew. If you've felt like you're constantly fighting a losing battle with your child or student's behavior, it's because you've been given the wrong manual for their operating system. It is time to move beyond the 'broken behavior' narrative and view your child/student as a high-spec Pilot navigating a complex world with a sensitive Safety Signal (DS). Our mission isn't to make your child or student to 'comply'; it's to help you become an expert Navigator who can calibrate the environment, optimize their hardware, and help them launch. – Dr. Jennifer

I. Formula for Success

$$NDQ = (DS \times DC) + M$$

NDQ = Neurodynamic Quotient

DS= Dynamic Safety

DC= Dynamic Capacity

M = Motivation

System Status Mode: Mapping the Formula

The formula determines which "Mode" the individual is in.

Zone	Formula State	Physical Indicators	Navigator's Goal
Green Optimal/Flow	High DS X High DC	Engaged, flexible, curious, relaxed.	Maintain: <u>Protect the autonomy</u> ; stay out of the way.
Yellow Caution/Alert	Dropping DS or DC	Fidgeting, "silly" behavior, negotiating, masking.	Adjust: Lower demands immediately. Increase DS.
Red Emergency/Survival	DS = Zero	Fight/Flight/Freeze. Meltdown or total shutdown.	Safety: Remove all demands. Stop talking. Co-regulate.

II. The Navigator's Creed

- I am not a Behavior Manager; I am a Navigator.
- I believe every Pilot is inherently capable of flight.
- I honor the Signal (DS): Autonomy is the foundation of the math for a PDA brain.
- I respect the Hardware (DC): Dynamic Capacity is a system limit, not a choice.
- I celebrate the Warp Drive (M): Interests are Engine Boosters, not distractions.



III. The NAVIGATOR Mnemonic: Your Access Codes

Use this mnemonic to ensure your "Transmitter" is clear and your "Signal" is safe:

- **N – Notice the Signal:** Always check the Safety Signal (DS) before sending a data request.
- **A – Admin Rights:** Ensure the Pilot has the final say over their own "Ship" (body and mind).
- **V – Validate the Hardware:** Stop calling a "System Overload" a "Refusal".
- **I – Interest-Driven:** Use the Warp Drive (M) to jump across the friction of a task.
- **G – Give Radio Silence:** Allow 20–60 seconds for the Pilot's RAM to process a transmission.
- **A – Adjust the Map:** If the "Weather" is stormy, change the environment—don't force the launch.
- **T – Target the Data:** Use Declarative Broadcasting ("I notice...") rather than "Imperative Hacks".
- **O – Offer Menus:** Provide choices for the "Flight Path" to maintain Pilot Autonomy.
- **R – Reciprocal Calibration:** Every "System Crash" is just data to help you tune your frequency for tomorrow.

IV. The Universal Laws of Flight

- **Safety is the Multiplier of Ability:** If the Signal (DS) is at zero, the math is zero, regardless of how "smart" the hardware is.
- **Motivation is the Spark of Action:** Interest-driven flight allows a Pilot to bypass hardware friction.
- **Reciprocal Collaboration is the Goal of Connection:** We don't "fix" the person; we optimize the system together.