

..... A TALE OF TWO MINDS

FLIPPING YOUR LID

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No one likes to flip their lid. As parents we might dread when our children flip their lids, too. Knowing what is happening in their brains in those moments can help us manage the situation in a calm manner.

Dr. Dan Siegel's Hand Model of the Brain shows the brain as a closed fist. The bottom part of the hand is like the **BRAINSTEM**, which is well developed at birth because it is necessary for controlling heart rate, breathing and other critical functions. The thumb, tucked up under the fingers, represents the **LIMBIC REGION** of the brain. This group of structures processes all incoming information for possible danger, which can be anything from physical danger to overwhelming emotions. The fingers are like the **PREFRONTAL CORTEX** and **FRONTAL LOBES**. This part of the brain is not fully developed until our mid-20s and is responsible for reasoning and logical thinking.

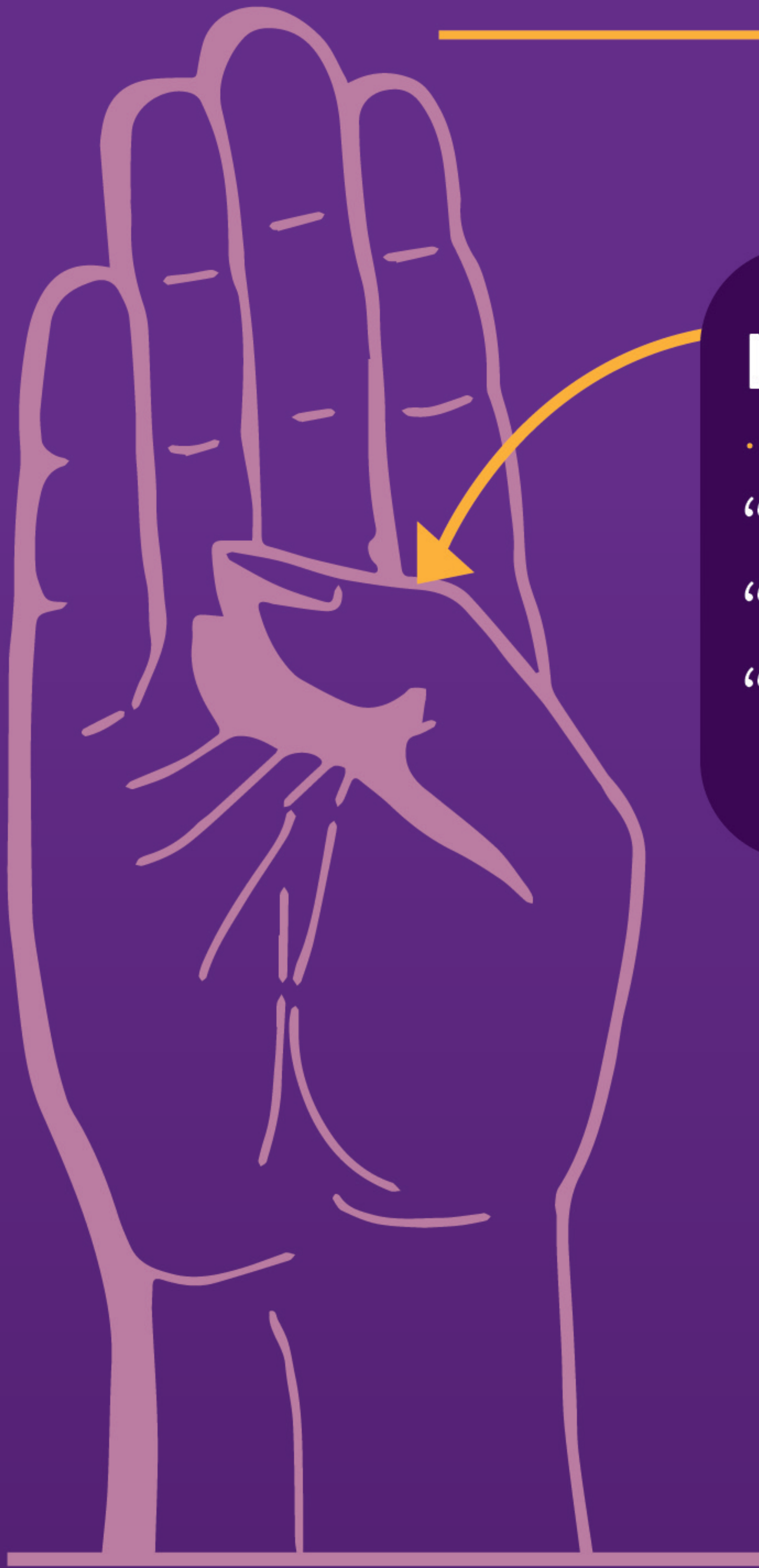
Brains work best when all of these parts are communicating with each other and working together. However, if danger is perceived, the **LIMBIC REGION** shifts us into survival instincts and we **FLIP OUR LID**. This often happens when we are overstimulated or have overwhelming emotions. In these moments, the reasoning part of the brain is no longer involved. Attempting to reason with someone is ineffective until they are soothed and the brain is working in harmony again.

Ways of soothing: rocking, swinging, walking, drawing, deep breaths, music

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Hand models on back

FLIPPED LID

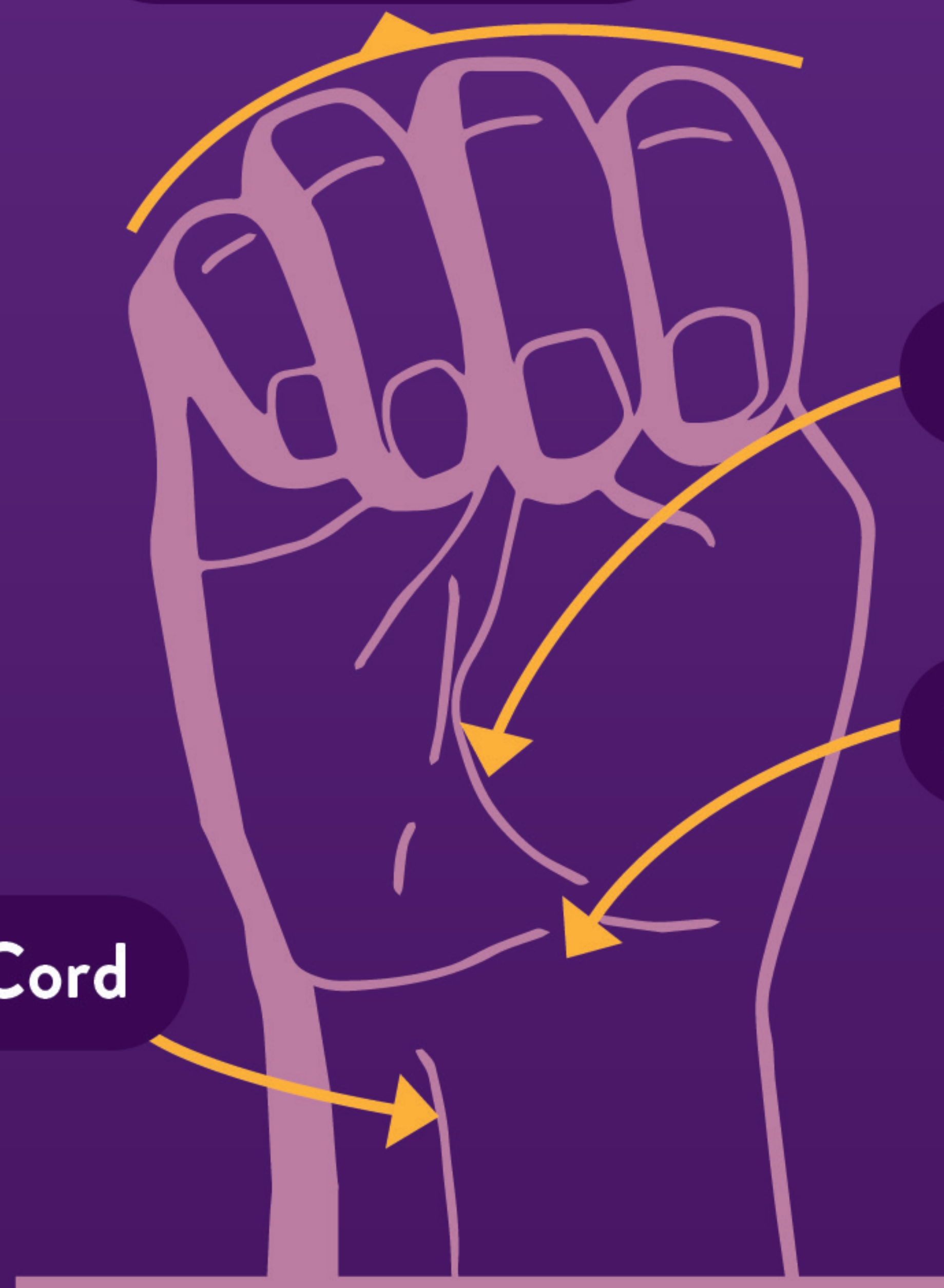


Limbic Region

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"Big Feelings"
"Caveman Brain"
"Downstairs Brain"

CALM MIND

Cerebral Cortex



Brain Stem

Base of Skull

Spinal Cord