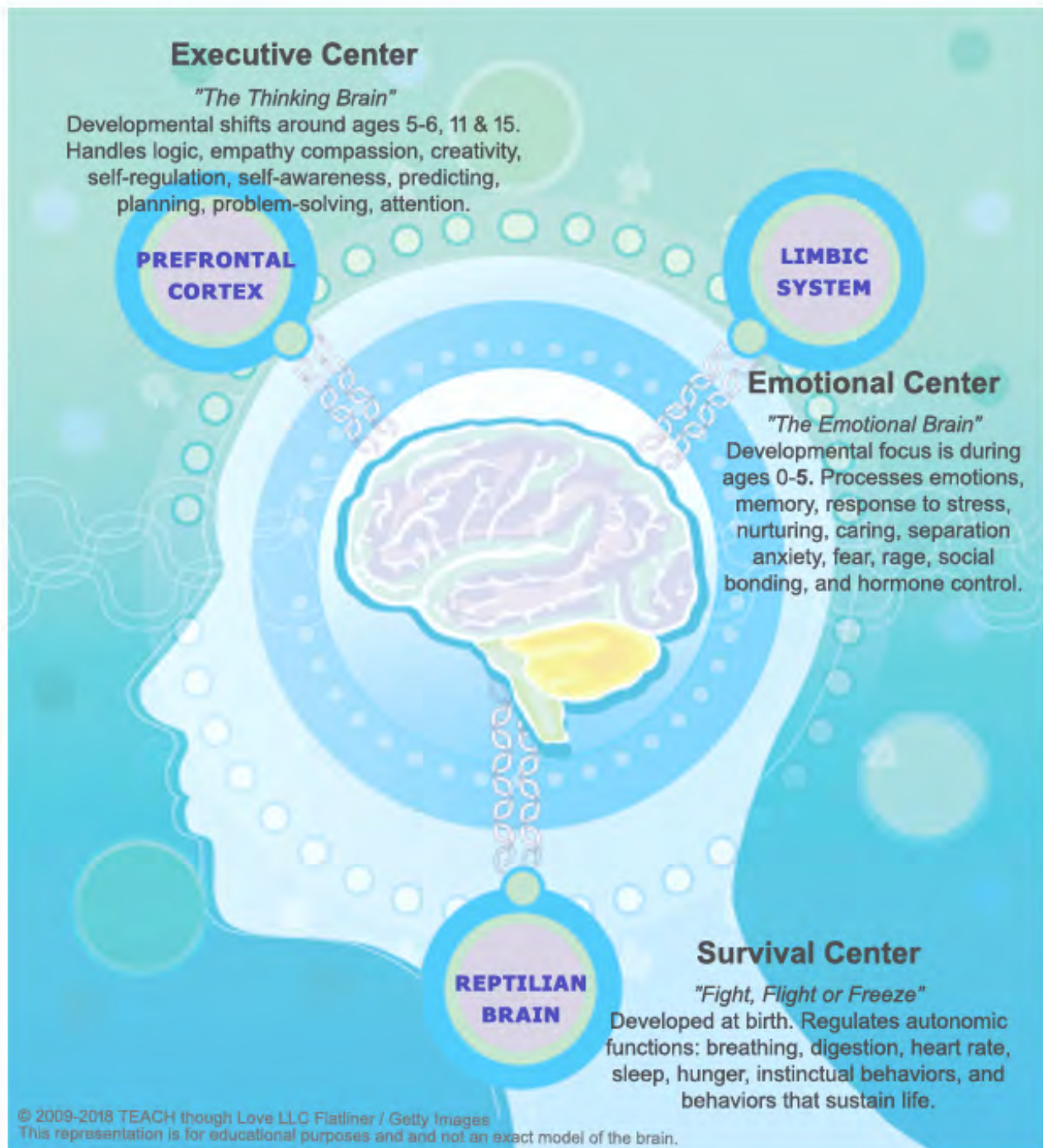


Brain Development

Stages of Development

The areas of the brain in this graphic (*not an actual model*) are known as the “triune brain” and show the approximate ages and stages of development. We are born with the most primitive part of our brain developed, and **through our relationships and experiences, the brain starts to grow and mature**. Throughout childhood, we add skills and strategies to navigate life.

With **proper care and nurturing, we grow our resilience and the ability to cope with stress and difficult times**. But young brains are impatient, impulsive, and connections in the immature brain are weak. Self-regulation, focus, problem-solving, empathy, and conflict resolution are examples of executive-level behaviors that take time, repetition, and relationships to develop before children can show them consistently.



Identifying My Child's Skills & Abilities

In the spaces on the left, list any behaviors that you find challenging (*aggression*) and any positive behaviors your child displays (*self-awareness*). Next, think about the skills your child needs to be able to meet your behavioral expectations.

1. Which skills has your child mastered and which are still developing?
2. What external stress, relationship challenges, or developmental stage might be impacting your child's ability to show positive behavior?
3. What can you do to identify missing skills and support your child with more time and practice?

	DEVELOPING	PROFICIENT
Aggression	<ul style="list-style-type: none">• self regulation• impulse control	
Self-Awareness	<ul style="list-style-type: none">••	emotional recognition social awareness

