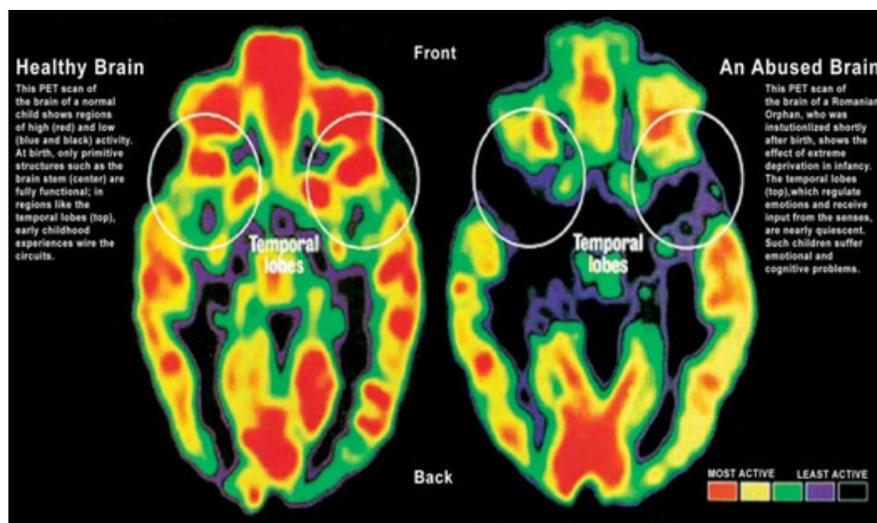


Dear Teacher,

Because of early childhood trauma, my brain is wired differently than most children. When my brain was developing in the earliest years of life, I went through some really hard things that caused my brain to primarily operate out of the amygdala, which is the flight, fight, or freeze part of my brain. Below is a picture of a brain that looks similar to mine.



I have a hard time with decision making, processing emotions, problem solving, and logical thinking. Many times, kids like me may have been neglected, or even experienced a form of abuse which makes it hard for us to trust grown ups, but my parents are working hard to help my brain heal. Please consider using the tips on the following page to help me feel safe and keep me operating in the love and logic part of my brain.

Thank you for taking the time to read about how you can help me be successful at school. For more information, training, and tips about helping children heal from trauma, visit unplowground.org or email info@unplowground.org! Thank you for making a difference in the lives of the future generations!

UnplowGROUND
THERAPEUTIC PARENTING

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1. Use questions, not directives.

Using questions causes me to think and use the love and logic part of my brain, where a directive can make me want to be oppositional and defiant. Here are some examples of questions you ask instead of directives.

Instead of	Ask
Go to your seat	Where are you supposed to be?
You need to be working on your test	What is it that I asked you to do?
Get in line for lunch	Do you want to walk or skip to get in line?
I know you aren't telling the truth	What do you think I think?

2. Use brain shifters as a small consequence

Instead of giving me big consequences, warnings, and lectures, you can give me small consequences called "brain-shifters" that are small enough to catch my attention, but not big enough to cause my brain to shift into fight- flight- or freeze

You may give me....

- 3 nose taps
- 5 bunny hops
- 3 spin arounds

3. Use loving responses

Instead of giving me the reaction that I want, when I say something I shouldn't, simply give a loving response. This lets me know you are in control and not me. This will help me feel safe.

I hate Legos!	→	Thank you for telling me how you feel.
This activity is stupid!	→	Probably so.
I am never doing that!	→	I care too much about you to argue with you.
I hate you!	→	Oh, that's never good!
You're mean!	→	Thank you for letting me know!
You're the worst teacher!	→	I know.
But, I don't know how!	→	I'm sure you'll figure it out!