



Wired for Resilience: Building Emotional Regulation and a Growth Mindset through Brain Science



For the powerpoint presentation, scan me:



The Nectar Group is an education company dedicated to helping students overcome learning challenges so that they can reach their full potential. With our assessment-driven process, we use scientific tools to evaluate and pinpoint the root causes of learning difficulties. Then, we create custom solutions utilizing cognitive neuroscience to resolve those root issues.

We optimize learning and take a holistic approach to improving school, work, and life performance by providing:

- Therapeutic interventions that are grounded in neuroscience to treat the causes of learning difficulties for all ages
- K-12 and collegiate level academic tutoring in reading, writing, and math to build solid content and prepare students for college and beyond
- Behavior Coaching in study skills, executive function, emotional regulation, growth mindset, and social thinking to ensure successful student outcomes
- One-to-one educational services via educational consulting, individualized schooling, and homeschool support

Nectar works with:



Client ages 6 and up

All types of diagnoses: ADHD, dyslexia, ASD, Gifted, 2E, TBI

All types of students: homeschool, public, private, charter, hybrid, online

Those looking for a competitive edge in school, work, and life

Clients all around the world via our unique videoconferencing eCoaching.

Building Resiliency



What is resiliency?

- Ability to cope with everyday stressors
- Triumphant in the face of adversity
- Adaptability to challenge and change
- Cognitive Flexibility and Metacognition

How do parents help children develop resiliency?



Giving them the tools to succeed in and adapt to stress!



Developing strong
Brains:

- *Cognitive skills are the foundation
- *Resolving deficits and underlying causes of struggles



Ensuring structured and supportive
parenting systems

- *Rules and Guidelines
- *Guiding Problem Solving



Building the right
Mindset

- *Growth Mindset vs. Fixed
- *Emotional Regulation
- *Embracing failure and mistakes

What does brain development have to do with resiliency?

- Remember! About three-quarters of the brain develops outside the womb, and in response to environment and experience. It is not just genetics!

Birth: The brain has 100 billion neurons but very few connections, during infancy myelination takes place

Toddler: By age 3, a baby's brain has formed about 1,000 trillion connections (2x the amount adults have!)

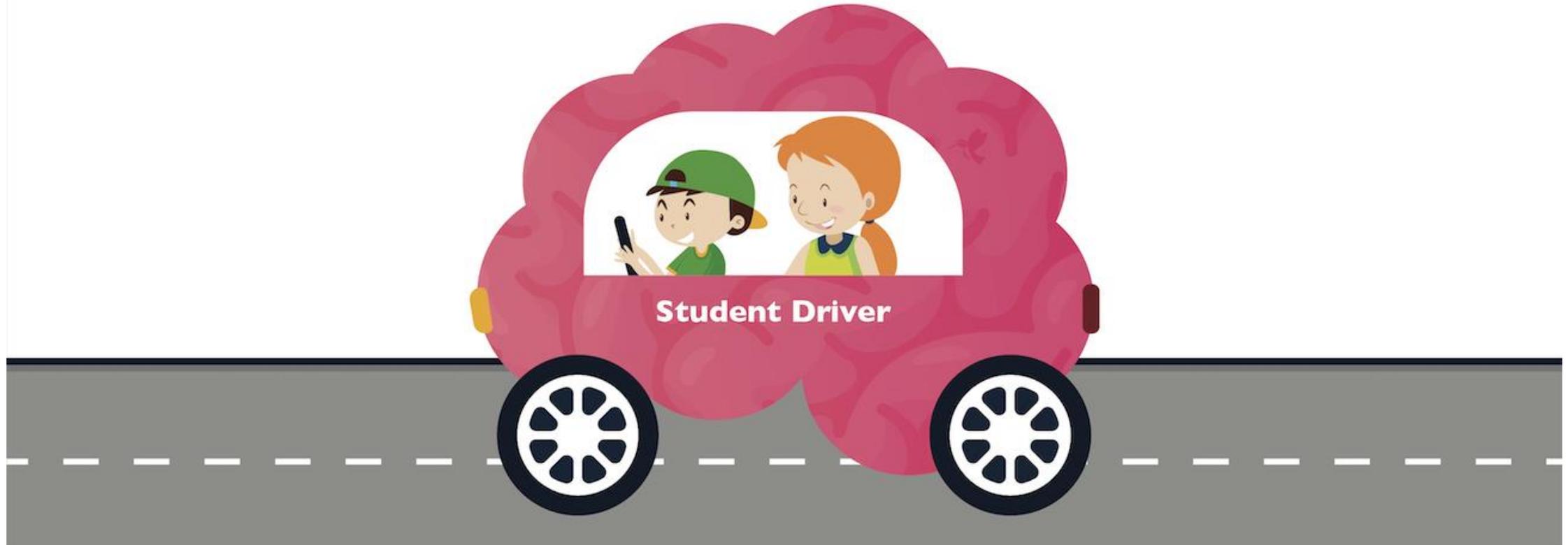
Preschool years: Learning independence and discovery – this is an essential time to begin setting limits!

6-11 years old: Kids create social connections, attention span increases, and is the window when problem-solving needs to develop

Teens: The brain starts to prune neural connections to be more efficient and specific. In these years, learning to balance autonomy with safety is crucial

Finally, the Prefrontal Cortex

“You have to be your child’s frontal lobes until theirs develop, but you also have to give them the tools to know how to take the driver’s seat once their brain does mature.” -Dr. Daniel Amen

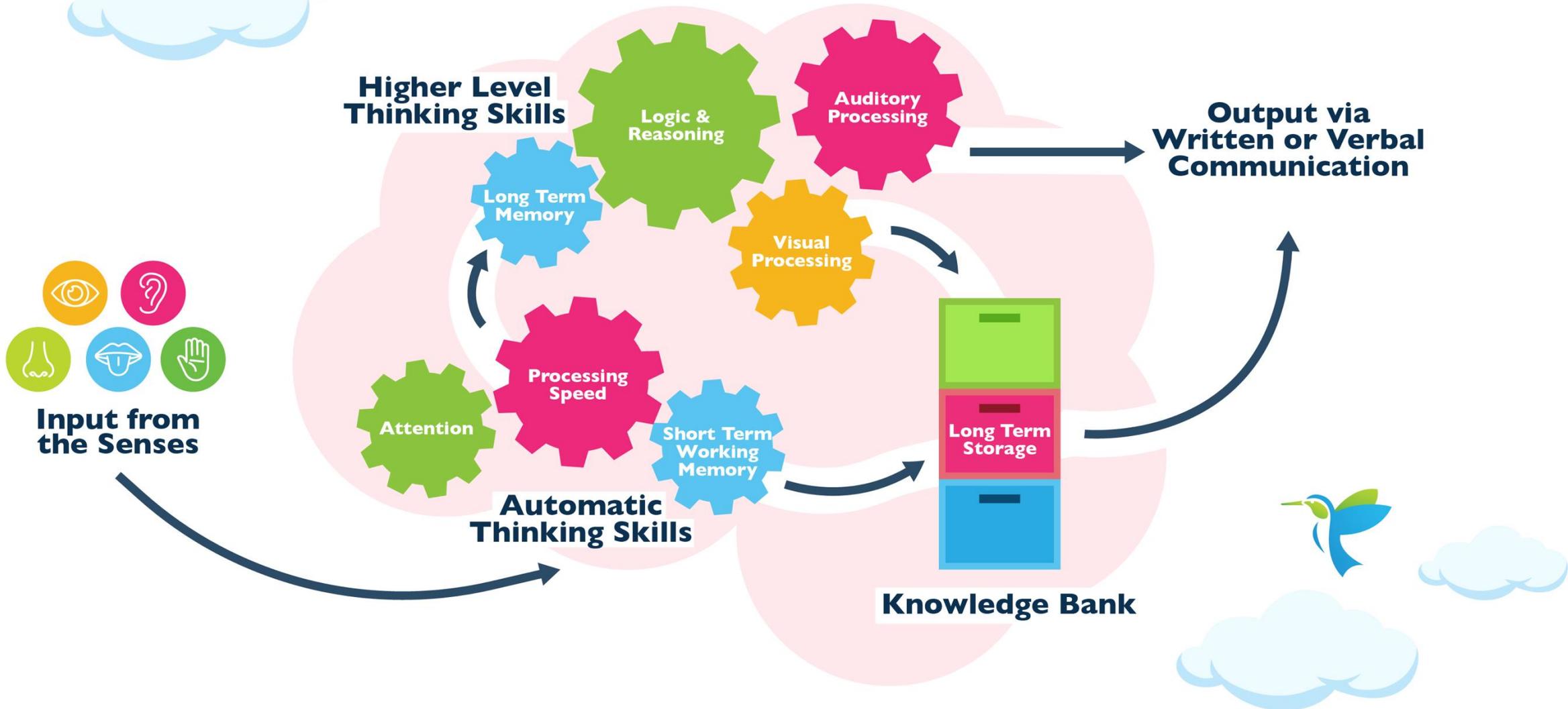


During late teens and into mid-twenties, the front third of the brain, called the Prefrontal Cortex, continues to develop (age 25 for females, 28 for males). This is the rational brain, that allows us to make independently make thoughtful and safe decisions.

Activity: Decision Making for Kids

- Letting a toddler choose from a preset list of food options
- Letting my 9-year-old decide which type of school to go to
- Letting a middle schooler choose where to do their schoolwork (environment)
- Letting a toddler choose what they want to eat
- Letting them pick a specific extracurricular activity or unit of study
- Giving options within a set shared learning environment

How We Learn



How do cognitive deficits impact our ability to adapt and build resiliency?

Strong Logic and Reasoning:

- Provides the thinking capacity for emotional regulation, growth mindset, and social thinking
- Gives understanding of why rules are important and how they keep us safe
- Helps with metacognition (the ability to think about our thinking) and thus analyze mistakes and what changes can be made to prevent the same mistakes in the future
- Allows us to connect consequences to behavior

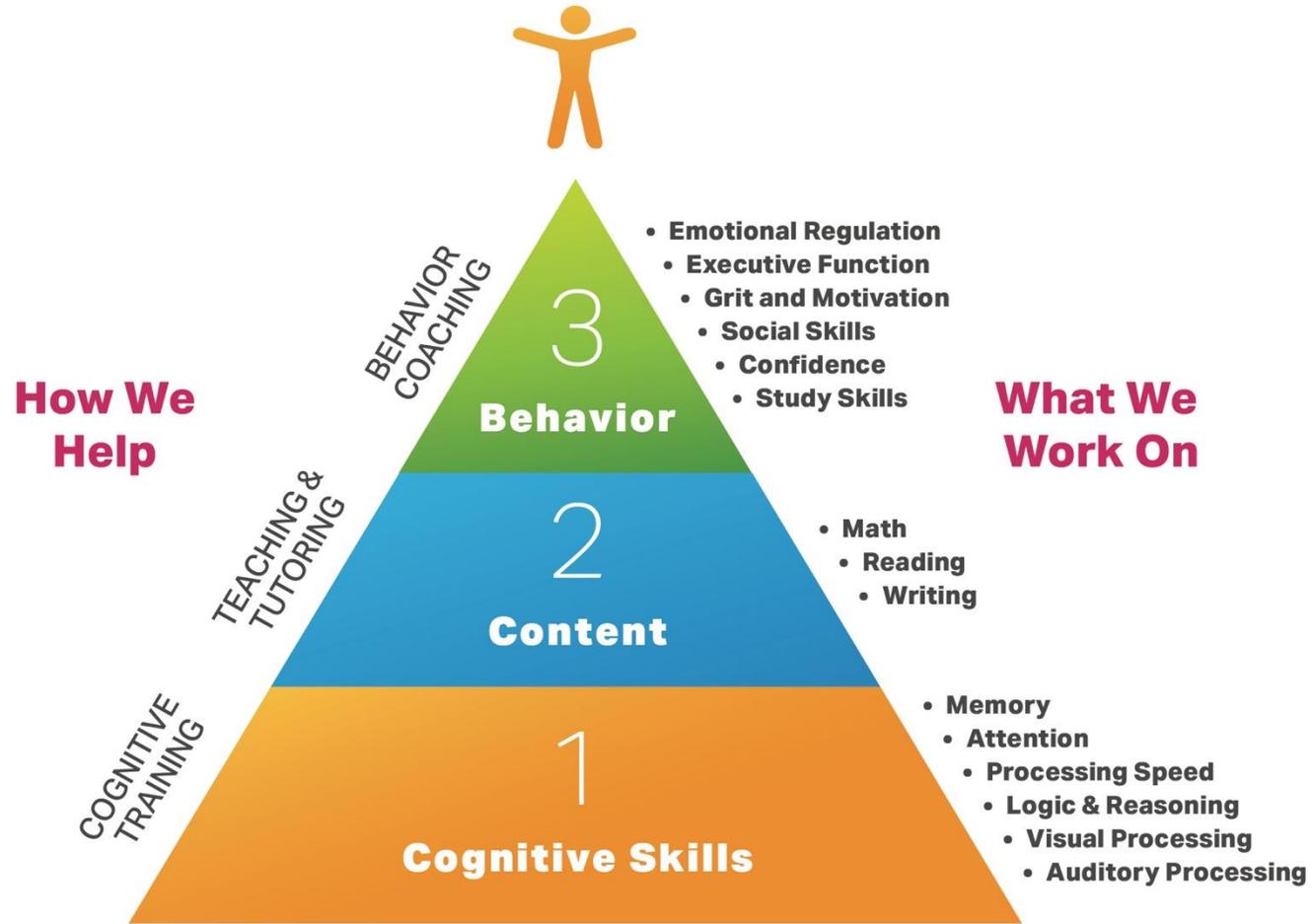
Slow Processing Speed:

- Triggers anxiety and the activation of our sympathetic nervous system creating a state of fight, flight or freeze!
- Causes an inability to focus, multi-task, manage distractions and regulate attention
- Creates system overload and frustration, causing poor emotional regulation

Poor Memory

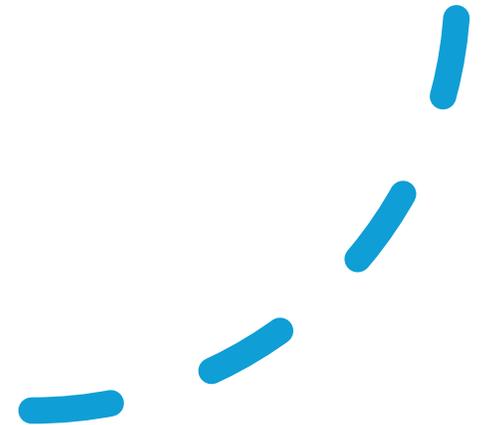
- Impacts our ability to remember rules, past experiences, and strategies
- Limits the ability to pay attention, follow directions, and execute on expectations

Potential Pyramid™

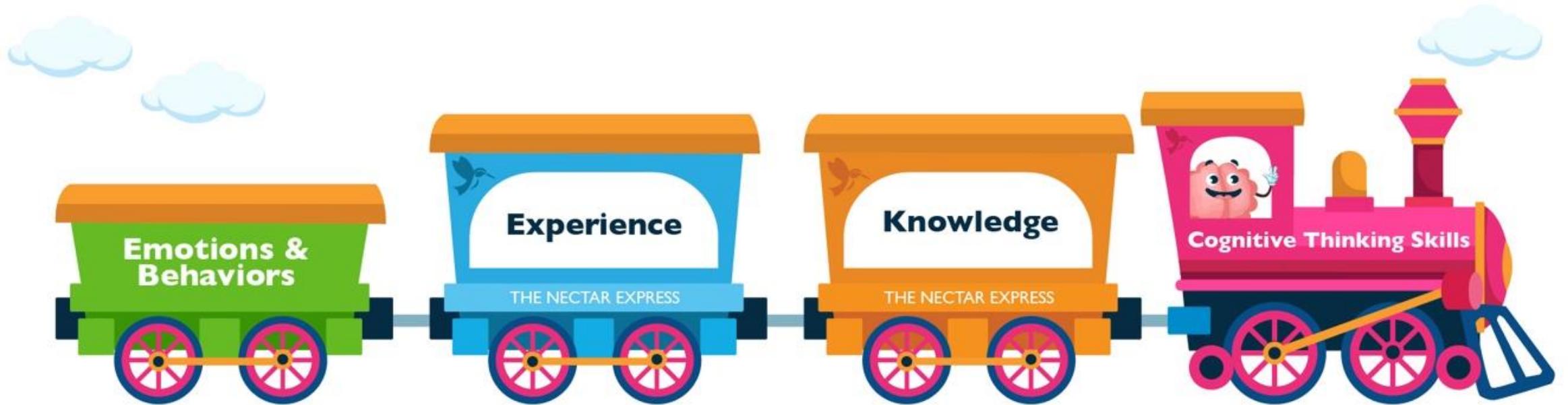


**Resiliency
is built on
a strong
foundation
of
cognitive
function.**

A child cannot have cognitive flexibility or metacognition without appropriate development of the core cognitive skills, and they cannot be resilient without cognitive flexibility and metacognition.



Strong cognitive skills keep our rational brain driving the train and our emotions and behaviors follow!



Parenting Systems



How to Help Children Develop Resiliency:

Do not accommodate every want and need

Avoid eliminating all risk

Teach kids to problem-solve

Develop concrete skills

Avoid why - Focus on HOW!

Do not provide all the answers

Let them make mistakes

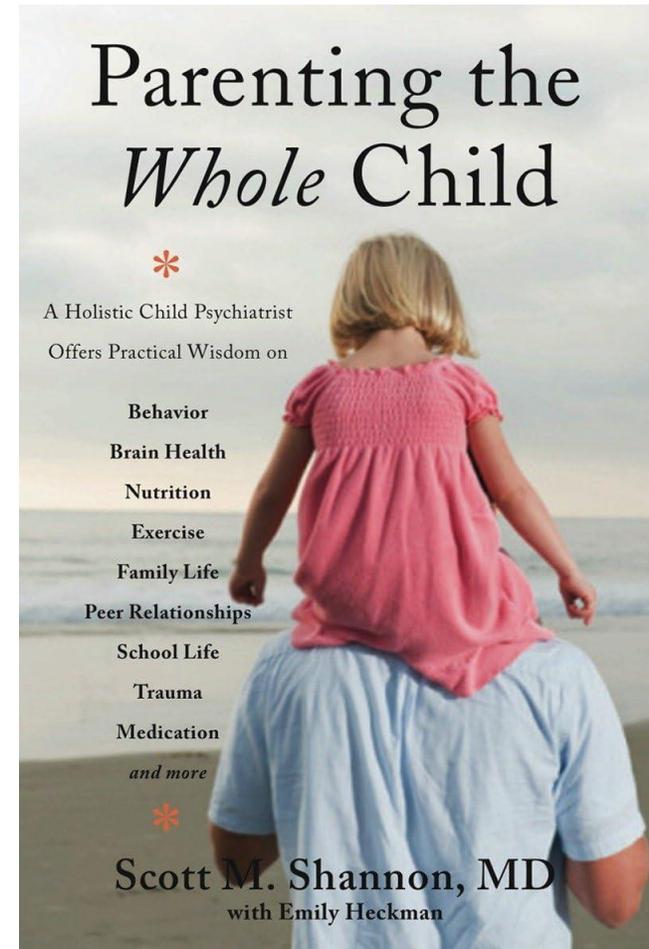
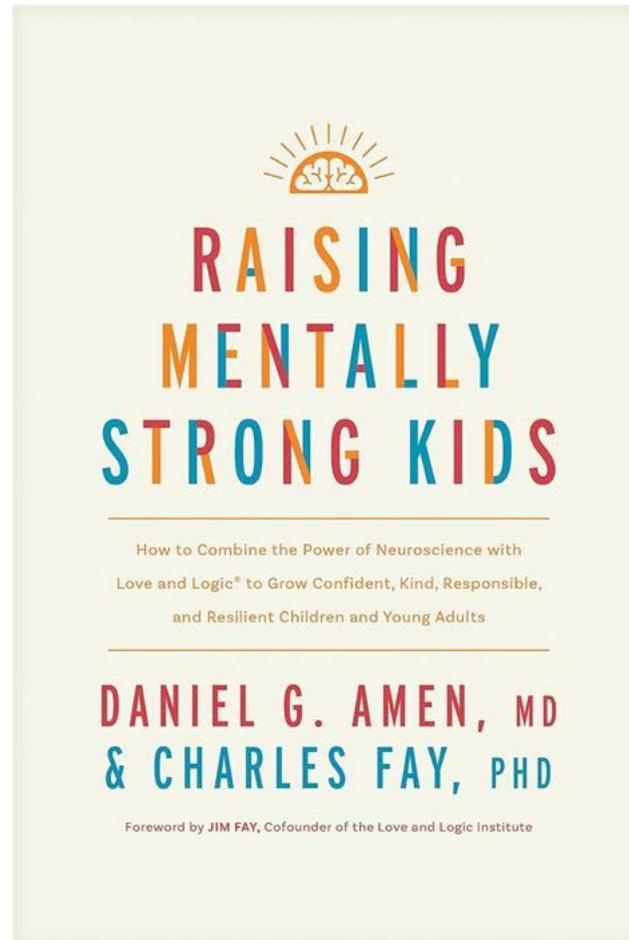
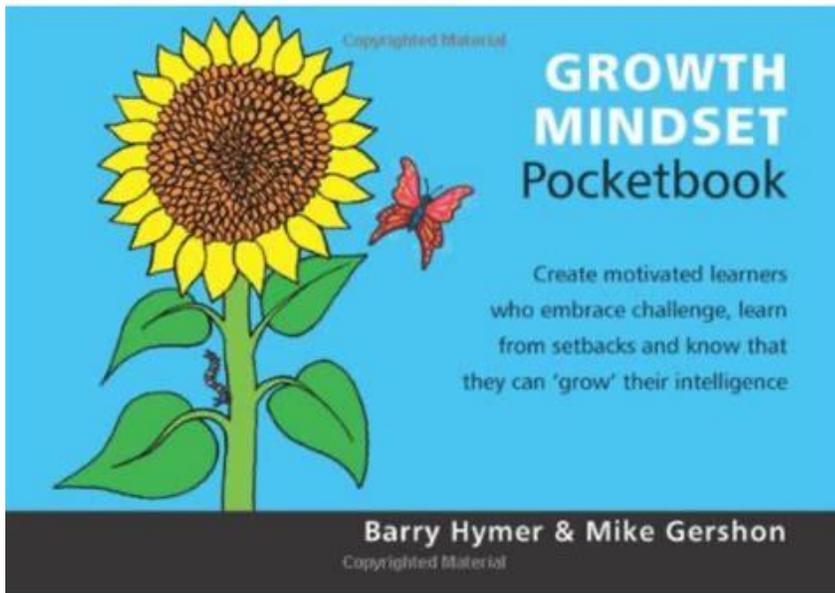
Help them manage their emotions

Model adaptability

Five Steps for Guiding Kids to Own and Solve Their Problems

| Steps: | What to Say: |
|---|--|
| Step 1: Provide a strong dose of empathy. | “This has got to be so hard.” |
| Step 2: Hand the problem back in a loving way. | ”What do you think you are going to do?” |
| Step 3: When they reply, “I don’t know,” ask permission to share what “some kids” decide to do. | “Would you like to hear what some kids decide to do?” |
| Step 4: Share two or three options. | “Some kids decide to _____. Other kids try _____ or _____. How would one of those options work for you?” |
| Step 5: Allow your child to solve the problem as they see fit (when safe). | “I can’t wait to hear what you decide. I believe in you!” |

Additional Resources for Parents





Why children need limits?

Your child's brain needs limits:

- Rules and limits provide a sense of safety which helps with healthy development of the brain's hypothalamus-pituitary-adrenal (HPA) axis, more commonly known as the stress response system (When this is balanced, they can learn!)
- Healthy brain activity in the HPA axis reduces levels of the stress hormone cortisol in the brain, thus enhancing brain function – especially memory, logic, and processing speed

Healthy Discipline = Building positive neural pathways!

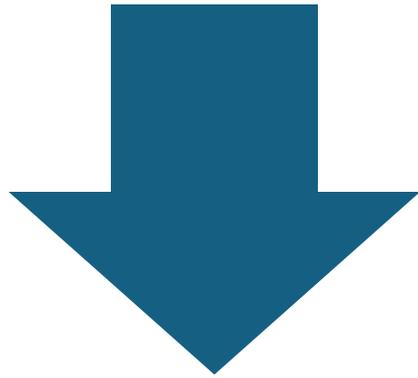
| | |
|-----------------|--|
| Model and teach | Model and teach the behavior you desire. |
| Allow | Allow your child to make plenty of affordable mistakes. |
| Demonstrate | When your child makes a mistake, demonstrate empathy rather than anger, lectures, threats or sarcasm. |
| Give | When possible, give your child an opportunity to problem solve. |
| Choose | When a consequence is necessary, choose one that has a logical connection with the child's misbehavior or poor decision. |



Mindset



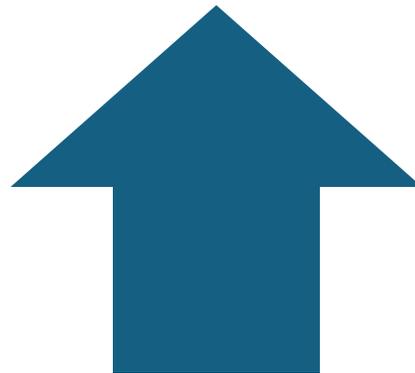
Growth Mindset vs. Fixed Mindset



A Fixed Mindset Brain starts tuning out correct feedback and closing down neural activity when things get tough. Feedback about errors is too distressing for them to handle.



A Growth Mindset Brain detects, processes, and corrects errors!



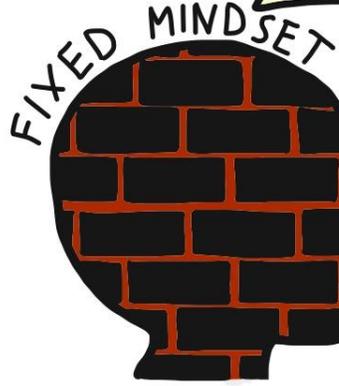
Our brains have a signal that reflects conscious attention to errors and improved performance. When learners with growth mindsets make mistakes, they actually have greater brain activity than those with fixed mindsets!

Parent Praise and Mindset: Praising Effort vs. Intelligence

Praising children's intelligence may boost their confidence for a brief moment, but by fostering the fixed view of intelligence, it makes them afraid of challenges, it makes them lose confidence when tasks become hard, and it leads to plummeting performance in the face of difficulty. – Carol Dweck

- I see you are putting in a lot of effort to achieve your best work.
- I like how you used different strategies to figure out how to complete the task.
- I can see all your hard work has made a difference. What could you do next to challenge yourself?
- You have mastered _____. You should be proud of all your hard work.
- What did you learn from working through this task?
- Are you proud of your work? What could you do to make it better?

10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

Failure and Mistakes = Growth!

Activities for Home

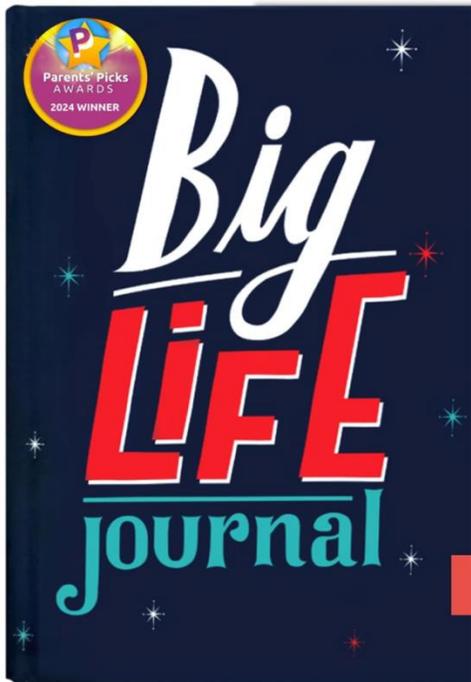
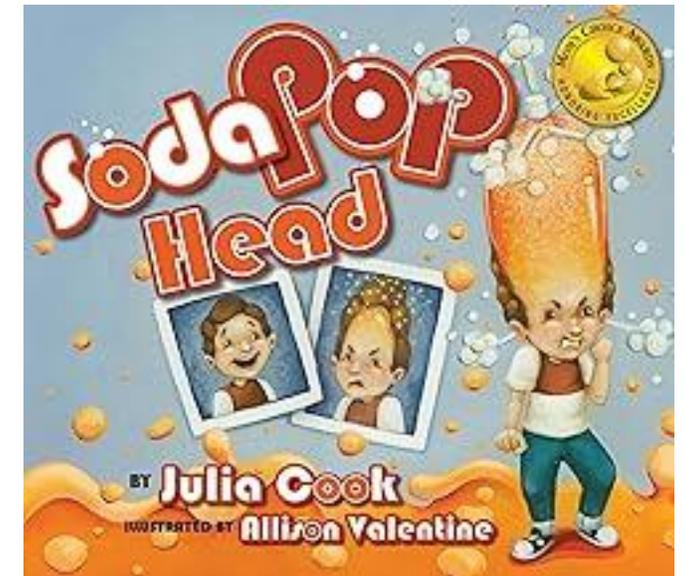
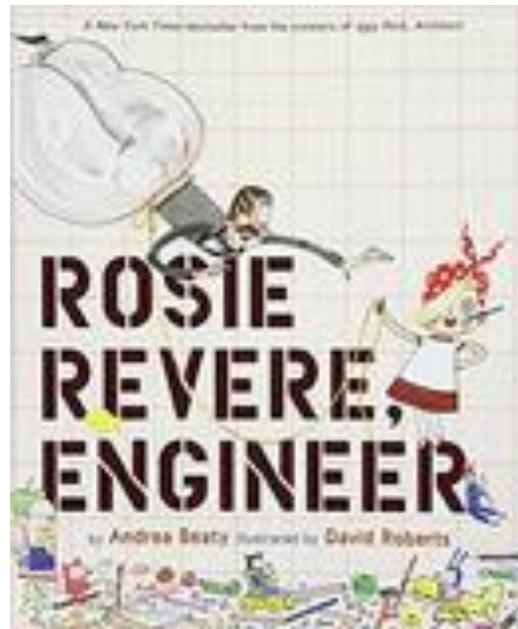
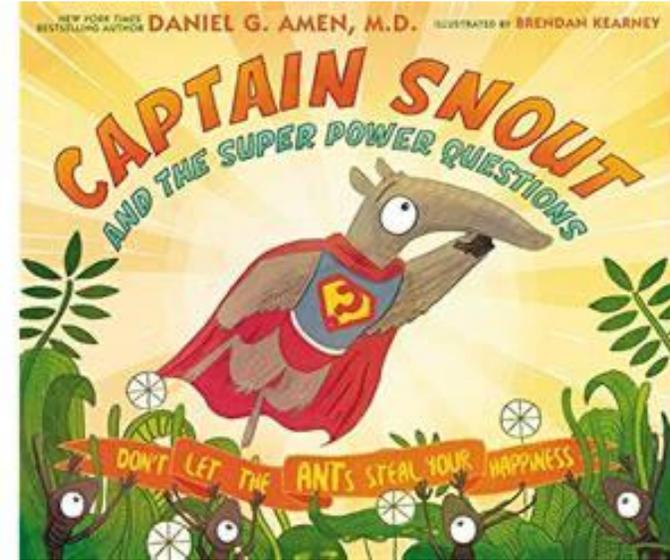
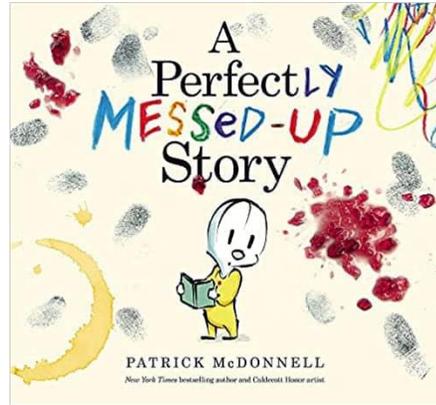


Have kids research inventors/achievers and their experiences, specifically how they encountered and grew from failure!



Have kids pick up a brand-new skill for 2 weeks and log their mistakes, growth, and what they learn!

Resources for Kids

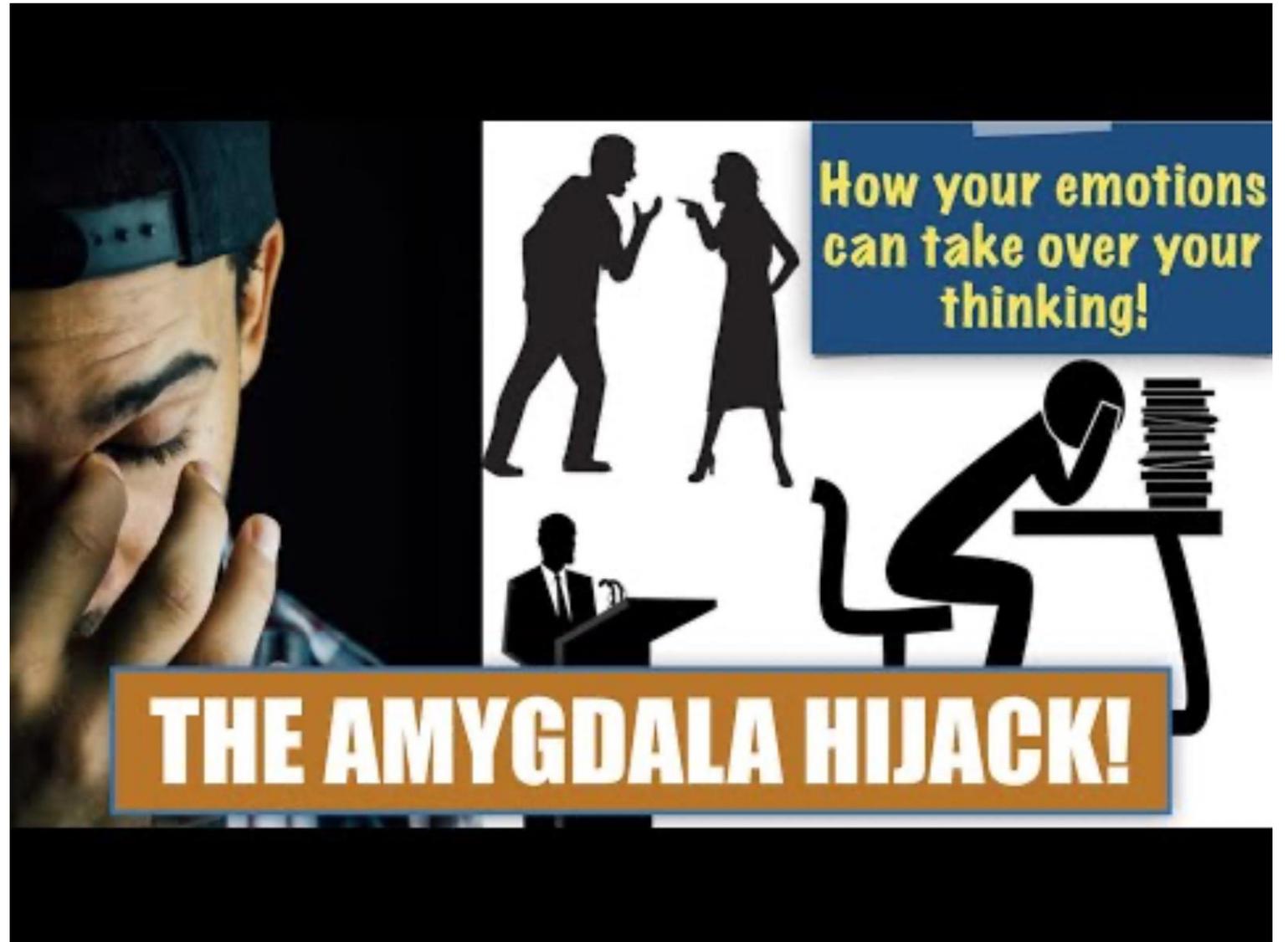


Emotional Regulation = Behavior Regulation

Emotional Regulation is the ability to internally self-manage and react to emotional experiences in a controlled and positive manner. Skills include:

- Identifying and categorizing emotions
- Learning all emotions are okay, all behaviors are not
- Developing self-regulation tools for all emotions (both ones that feel good and ones that don't)
- 3 R's: Regulate, reflect and respond

Stress and the Amygdala Hijack!



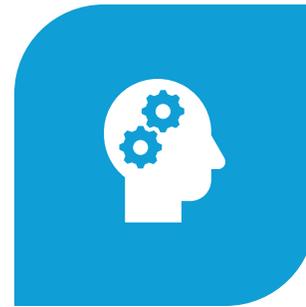
Regulate: How to lower “emotional temperature”



ENVIRONMENT



TONE



MINDFULNESS
STRATEGIES



TAKE A BREAK

Relate: Build a connection to calm

Validate their feelings but not the behavior



The power of “noticing” (“I can see you are worried...”)



When we are around people we trust and we feel safe, our bodies produce oxytocin and other neurochemicals which helps to calm the nervous system

**Reflect/
Reason:
How to help
children
learn from
the situation**

Identify triggers/sparks

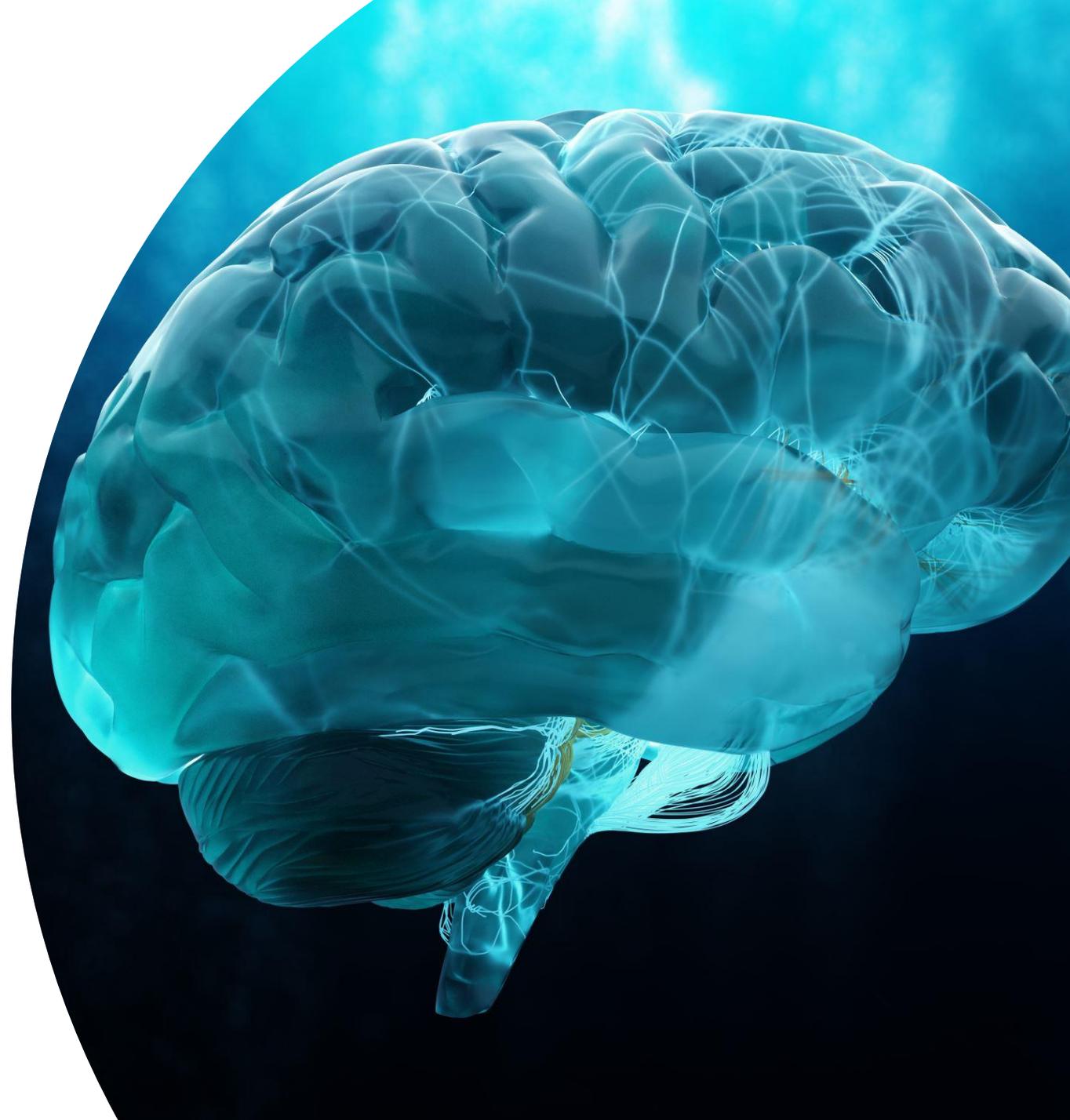
Help them reflect: What happened (including thoughts and feelings)? How have others been affected? What needs to happen to fix things?

Practice how to deal the next time the situation occurs

How do we build resilient brains?

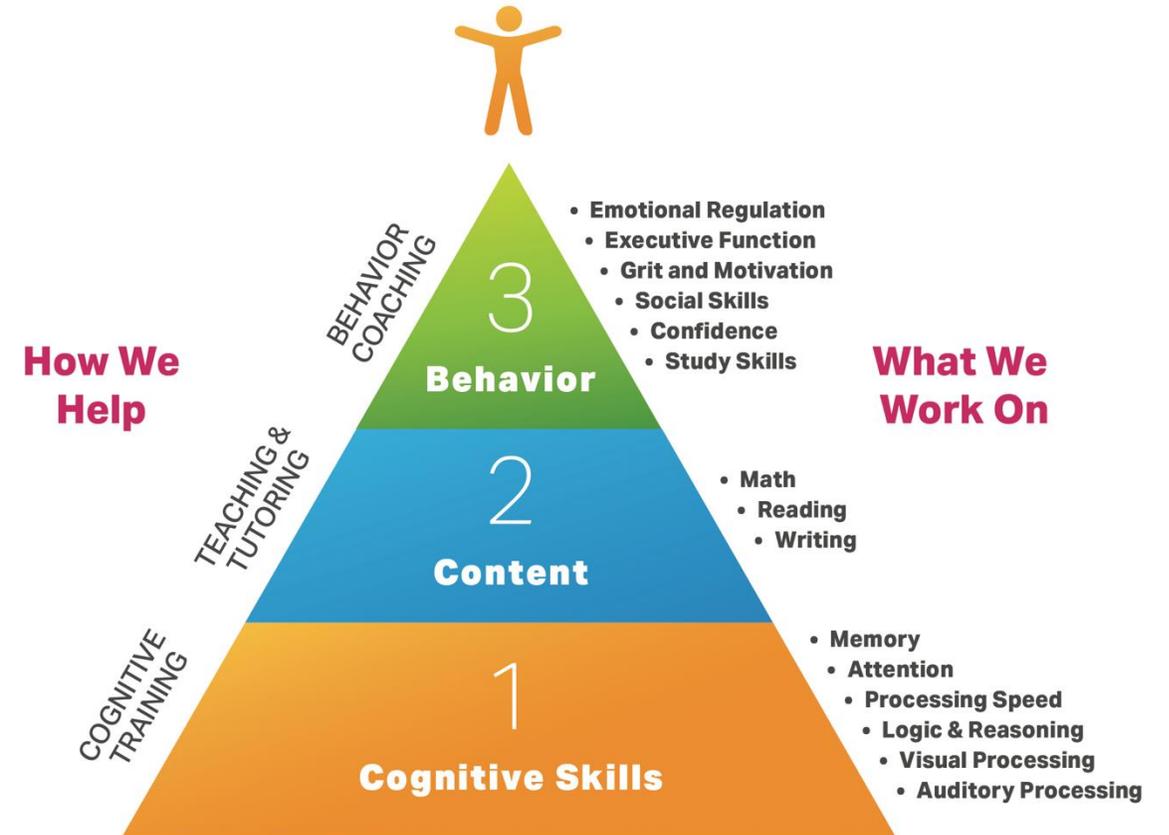
The Power of
Neuroplasticity:

build neural connections
through challenge and
deliberate practice!



Treatment

Potential Pyramid™



Get a Learning Roadmap to Your Child's Brain



TREATMENT: COGNITIVE TRAINING – RESOLVES THE ROOT CAUSES OF LEARNING DIFFICULTIES



- One-to-one intensive coaching that targets cognitive deficits
- Works by stressing a weak area through mental exercise, encouraging the brain to build and strengthen new neural networks
- Neurons that fire together, wire together! (Hebb's Law)
- Corrective measure that improves the primary underlying causes of dyslexia, ADHD and other learning disabilities – the 7 core cognitive skills

Wired for Resilience Program



One-to-one coaching designed to help develop:

- Emotional Regulation: Recognize and categorize their emotions, and learn strategies to self-regulate
- Growth Mindset: Build grit and the confidence to tackle hard things, reduce fear of failure & increase motivation
- Social Thinking: Navigate social situations, read social cues and improve problem solving in interactions with others

Each session includes hands on activities, tailored strategies for each child's specific needs, and bridge activities for parents to implement what they are learning into the day-to-day.

How to balance it all:

- 1) Give YOURSELF grace - finding systems that work takes time
- 2) Don't try to implement everything at once! Get tested, get a plan, and choose one area to tackle, focus on treating the root cause. Add one step of the plan at a time.
- 3) Do not let the perfect become the enemy of the good
- 4) You DON'T have to do it alone! Outsource what you can (interventions and support), and make sure you have a good support system!



How The Nectar Group Can Help

Psychoeducational assessments to diagnose learning disabilities and disorders.

Cognitive assessments to pinpoint strengths and weaknesses and determine intervention.

Cognitive Skills Training to strengthen key skills such as working memory, attention, and logic and reasoning.

Individual tutoring to fill academic gaps resulted from poor executive function.

Executive Function and Study Skills Coaching to improve skills such as self-advocacy, study skills, time management, and organization.

Behavioral Coaching in Emotional Regulation, Growth Mindset, & Social Thinking

Free phone consultations to determine best next steps.