saving brains: a grand challenge

Do you ever wonder why your kids struggle with self control?

Learn how the brain plays a part and how you can help them better self-regulate at the Center for the Developing Child.

If your child gets defensive when you question them, try this instead: "I wonder if you're [mad, sad, etc.] because you're upset that [something happened]." Saying "I wonder..." invites a response without the directness of a question and will cause less defensiveness.

Did you know?

Nearly 1 million children may be currently misdiagnosed with ADHD when they're actually suffering from post-traumatic stress disorder.

Read more about it in The Atlantic.

Utah Valley Trauma Sensitivity Initiative

February 2015

Listserv

Utah Valley Trauma Sensitivity Initiative

Additional Resources

Use this interactive module to learn what studies of rats have taught us about how stress can affect our genes.

Tips

Find the Family Support & Treatment Center at our website, Facebook or (801) 229-1181

Crisis Respite Nursery
Parenting Program
Therapy
Prevention Education
Adoption Respite

Upcoming Events:

Parent class:
Stress Sensitivity

February 17
6:00 - 7:30PM
1255 N 1200 W, Orem

Learn how life stressors affect your kids and how you can better help them. Call us to enroll! (801) 229-1181

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