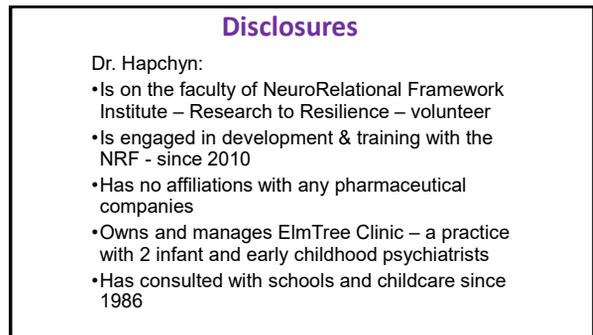
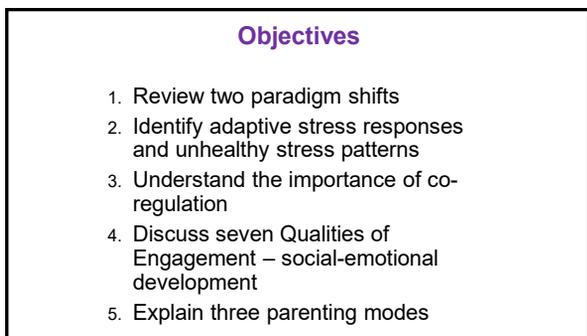




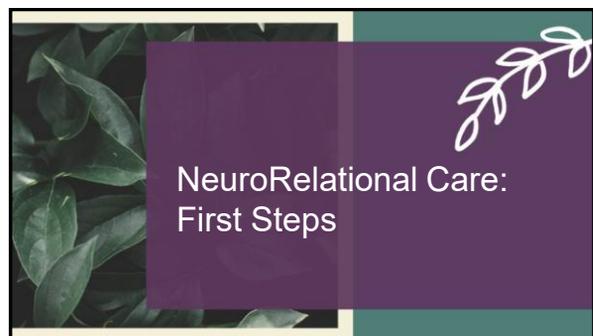
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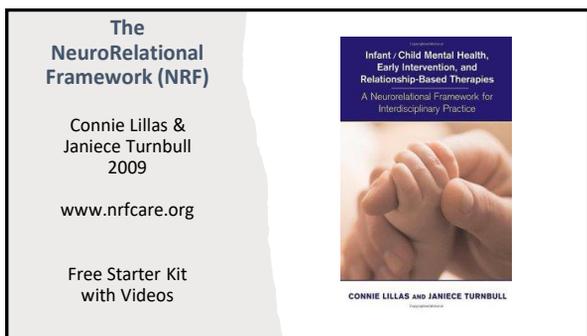
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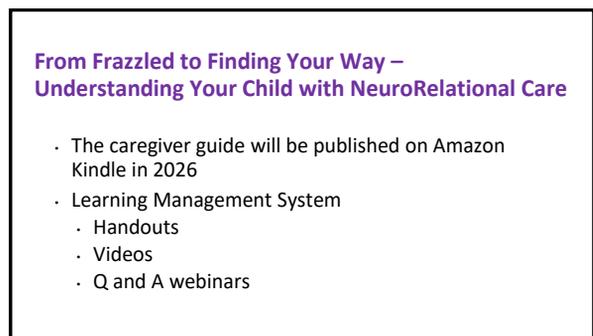
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5



6



What is NeuroRelational Care?

Neuro = brain development and function
Relational = relationships impact development and healing
Care = holistic caregiving and services that match development

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Culture

- NeuroRelational Care respects all traditions of parenting from various cultures
- We can discuss parenting practices with a NeuroRelational lens

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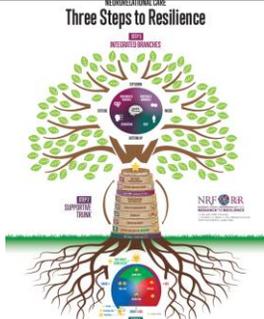
Sense, Feel, and Think about....

- Yourself
- Your partner
- Your/ a child



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Three Steps to Resilience



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Part to Whole



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5 Big Ideas



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Reframe the Behaviour

REFRAME THE BEHAVIOUR
"KIDS ON BEHALF OF THEIR CAREGIVERS"

WONT → **CANT** → **YET**

ADULTS MINDSET: "I CAN'T DO THIS"
 VIEWS CHILD AS "PROBLEM"
 "I CAN'T DO THIS"
 "I CAN'T DO THAT"
 "I CAN'T DO THAT"
 "I CAN'T DO THAT"

CHILD'S EXPERIENCE: "I CAN'T DO THIS"
 "I CAN'T DO THAT"
 "I CAN'T DO THAT"

ADULTS MINDSET: "I CAN'T DO THIS"
 VIEWS CHILD AS "PROBLEM"
 "I CAN'T DO THIS"
 "I CAN'T DO THAT"
 "I CAN'T DO THAT"

REFRAME THE BEHAVIOUR
"ONCE WE CHANG OUR REFRAAMES, WE SEE EVERYTHING DIFFERENTLY"

MISBEHAVIOUR → STRONG BEHAVIOUR

THEY ARE DOING THIS ON PURPOSE → THEY ARE DOING THIS BECAUSE OF STRESS

THE WORLD IS GIVING ME A HARD TIME → THE WORLD IS GIVING ME A HARD TIME

IRRITATED → INQUIRING

SEEK COMPLIANCE → LEND OUR CALM

DOESN'T RESPOND → LESS STRESS DO-REGULATION

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Adaptive "Healthy" Stress

Toxic "Unhealthy" Stress

Grounded Roots

Step 1

STEP 1 GROUNDING ROOTS

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NeuroRelational Care Big Idea 1

PRIORITY PROTECTIVE FACTORS	EXAMINE COMMON ASSUMPTIONS	PLANT NEW IDEAS	STEPS
PARENT & CHILD RESILIENCE	Behavior viewed as compliance versus non-compliance	Changing our interpretation of behavior through safety, challenge & threat	1

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Safety-Challenge-Threat Circle

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NEURORELATIONAL CARE The Body Budget

HEALTHY

When you make deposits to your body budget, you are more effective in helping your child have a healthy body budget.

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NEURORELATIONAL CARE The Body Budget

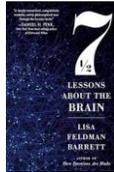
UNHEALTHY

When you have too many withdrawals, you will be less effective in helping your child have a healthy body budget.

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The Body Budget

- Lisa Feldman Barrett – neuroscientist, studies emotion
- 7 ½ Lessons About the Brain



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Sleep is Essential



Across the lifespan

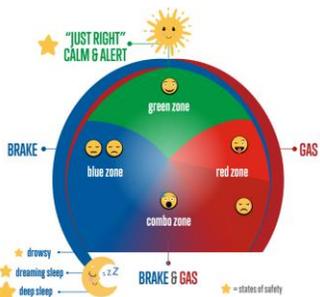
Quality and Quantity of Sleep

- Can you get to sleep?
- Can you stay asleep?
- Do you get enough total sleep?
- Do you wake up feeling refreshed?
- Do you wake up feeling tired and cranky?
- Are you restless? Leg cramps? Kicking?
- Do you snore? Have breathing pauses?



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23



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Biobehavioural Markers

- Eyes
- Face
- Voice
- Body
- Rhythm and rate of movement
- Rhythm and rate of breathing

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NEURORELATIONAL CARE

Awake States Pie

ARE YOU IN ADAPTIVE STRESS?

Robust Green Zone

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NEURORELATIONAL CARE

Stress Response Elements

The diagram illustrates five interconnected elements of the stress response: Frequency (represented by three small pie charts), Duration (represented by an hourglass), Intensity (represented by a large pie chart), Speed (represented by a speedometer), and Transitions (represented by two interlocking loops). Arrows indicate the relationships between these elements.

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NEURORELATIONAL CARE

How Do We Identify Unhealthy Stress Patterns?

The diagram identifies four unhealthy stress patterns: 'TOO FREQUENT, TOO QUICK, TOO INTENSE' (with a pie chart icon), 'TOO LONG TO RECOVER' (with an hourglass icon), 'DOES NOT ADJUST TO TRANSITIONS' (with a broken loop icon), and 'POOR RECOVERY TO GREEN ZONE' (with a red 'X' over a green zone icon).

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Pathways to Unhealthy Stress

environment biology

↓ ↓

Adversity and Trauma Individual Differences

↔ ↔

UNHEALTHY STRESS

↕

Chronic Physical and Mental Health Challenges

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Green Zone Grows Resilience!

Photos by Unsplash

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What is Health?

- Adequate Green Zone with safety
- Adaptive stress responses with challenge and threat, returning to Green Zone
- Restorative Sleep



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NeuroRelational Care Big Idea 2

PRIORITIZE PROTECTIVE FACTORS	EXAMINE COMMON ASSUMPTIONS	PLANT NEW IDEAS
SOCIAL CONNECTIONS	Behavior aligned with reward & punishment	Changing our responses to behavior prioritizing relational safety



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Self-Regulation & Co-Regulation

- Put on your own oxygen mask first, then help others
- Co-regulation supports the development of self-regulation

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NEURORELATIONAL CARE #2

Co-regulation Supports the Development of Self-regulation

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NEURORELATIONAL CARE #2

Who We Are In Safety

HEART

Responds
We Build Trust

HAND

Directs
We Guide

HEAD

Reflects
We Collaborate

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HEART: Caring Feelings Matter

HEART

Responds
We Build Trust

- Warm and engaging
- Following your child's lead
- Offering empathy

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HAND: Active Doing Matters

HAND

Directs
We Guide

- Taking the lead
- Directing
- Setting up structure and routines

41

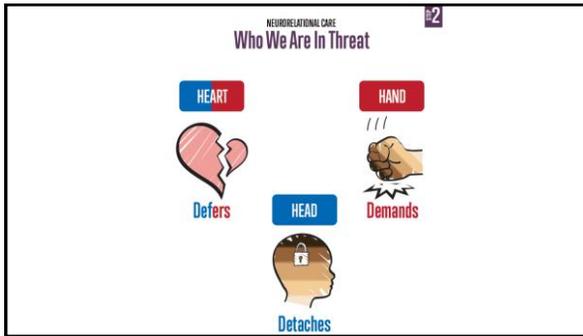
HEAD: Logical Thinking Matters

HEAD

Reflects
We Collaborate

- Reflecting
- Teaching your child
- Problem solving
- Negotiating with others
- Gathering knowledge

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What is Health?

“Good-enough” relationships
Quality and quantity matter

The collage includes four photos: a baby pointing, two women sitting together, a person sitting on a bench, and an elderly couple walking.

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