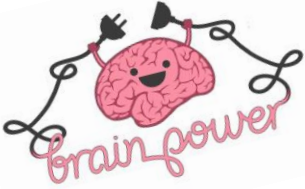


THE DEVELOPING CHILD'S BRAIN



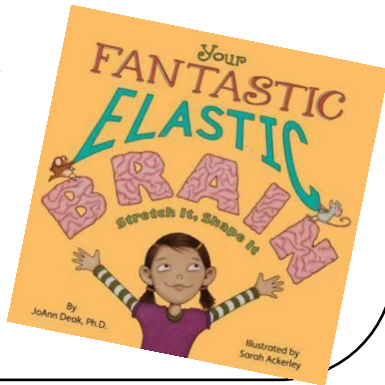
The following links and resources contain helpful information for helping your child understand how their brain works and how to help its growth and development.

How the Brain works

Understanding the human brain, how it works and especially the kinds of things that impact on its functioning is helpful for parents, teachers and especially children themselves.

Read with your Child: *Your Fantastic Elastic Brain, Stretch it and Shape it!*

– JoAnn Deak



The Importance of Sleep

RCH Helping your child to get the sleep they need:

<https://www.rch.org.au/ccch/growthrive/sleep/parents/>

Raising Children – Sleep in a Nutshell

http://raisingchildren.net.au/articles/school_age_sleep_nutshell.html

Understanding the Brain's Emotional Response

Kids want to Know: Why Do We Lose Control of Our Emotions?

<https://www.youtube.com/watch?v=3bKuoH8CkFc>

Teaching children

GoZen! Teach your kids anxiety

relief skills: www.GoZen.com

Dr Daniel Siegel presenting a Hand Model of the Brain

<https://youtu.be/gm9CIJ74Oxw>

Helpful Thinking

Healthy Thinking for Younger Children

<https://www.anxietybc.com/parenting/healthy-thinking-younger-children>

Growth Mindset

<https://www.mindsetworks.com/parents/growth-mindset-parenting>

