

Presents



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Brain References



Brain Benders

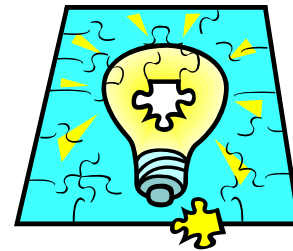
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Parenting is Hard Work

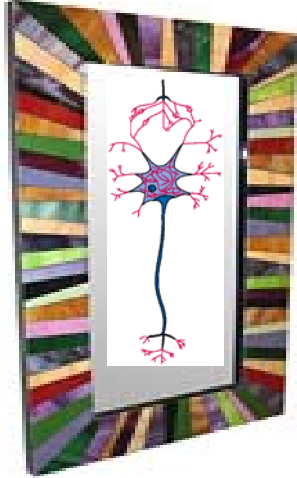
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Maybe the most challenging work you will ever do



Some people choose to be parents, others have it thrust upon them

Regardless, you are teaching your children every minute of every day – primarily through how you behave



Mirror Neurons

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By *beholding (watching)* your brain becomes changed

When you observe someone else's behaviors, mirror neurons fire as if you were actually doing what you are watching

Then you just move the behavior to your motor neurons and practice

Watch Role Models

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Because of mirror neurons, the best way to learn new behaviors is to watch people who are exhibiting desirable behaviors—and then mimic them

This speeds learning and reinforces the new behaviors



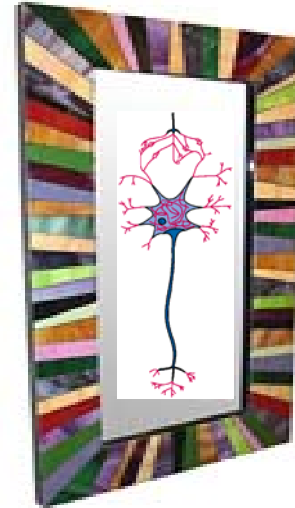
Brain and Mirror Neurons

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Mirror neurons make no judgments regarding good-bad behaviors

They simply are quick to mimic what they observe

Within three years your children will likely pick up the behaviors of those they observe / hang out with (so will you)



Choose with Care

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Close contact between people spreads habits; for example:

- **Smoking cessation**
- **Obesity**
- **Happiness**



Within three years you will likely pick up the behaviors of those you hang out with—so will your children

You Role-Model

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Through your behaviors

**When your children observe
your behaviors, their mirror
neurons fire as if they were actually doing
what they are watching**

**Then they just move the observed
behavior to their motor neurons and
exhibit the behaviors**

Your Best Choice

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Because of this, your best bet is to become the most effective and functional individual you can and live that functionality

Studies: when parental behaviors don't match what they say, girls are more likely to cut the parent some slack. Boys not so much—they are especially sensitive to what they perceive as hypocrisy.



Congruence is Critical

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The way the message content (containing emotions or attitudes) is conveyed:

- **Words: 7% to 10%**
- **Tonality / inflection: 15% to 38%**
- **Body language: 55% to 75%**



**To be clear, all components must match:
words, tonality, and body language**



Be Authentically Real

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When you say something that doesn't match the way you really feel, the lack of congruence typically shows and other pick up on what comes through in your voice tonality and body language

Be honest about how you feel – Blaming others for the way you feel is ridiculous because you choose how you feel



Electromagnetic Energy

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Children and animals are especially sensitive to “Em” energy That is generated by brain and heart neurons



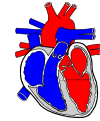
100 billion neurons in the brain and 40,000+ in the heart

Heart neurons generate Em energy that is 5000 x stronger than brain neurons

Neurons and Em Energy



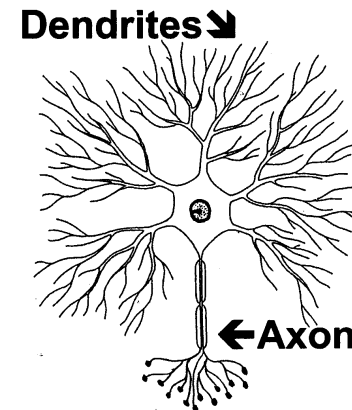
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**Are like radio transmitters –
they send and receive their
frequency potential**

**Brains can detect and respond
to it on a subconscious level**

**If your neurons are generating negative
Em energy, your children will react to that
and usually start doing the same**





The Power of “Em”

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Em energy forms a field that can be measured 12-15 feet out from the body but is strongest within three feet of your body



Brain waves synchronize to heart rate and vice versa when people engage in positive, caring touch (e.g., hold hands, arm around shoulder)

Em is Overpowering

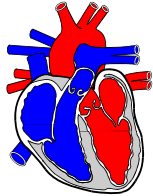
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Your Em energy can overpower your words



What your children sense, absorb, react to, and remember will likely reflect your “Em” energy more than your words, especially when you are within three feet of them and/or touching them

According to Quantum Physics Em energy is never destroyed



Your Bottom Line



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**Are you putting out positive
or negative Em energy?**

**It impacts your parenting
and will likely influence
how much time your
children want to spend at
home—if and when they
have a choice**

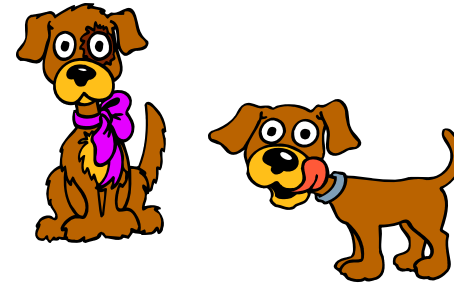




Similar - Different

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Human brains are more alike than they are different – yet each develops uniquely!



- **No two brains are identical in structure, function, or perception— not even in brains of identical twins!**
- **Parents often put tremendous pressure on children to excel in areas the parent values, which may not match the child's brain**

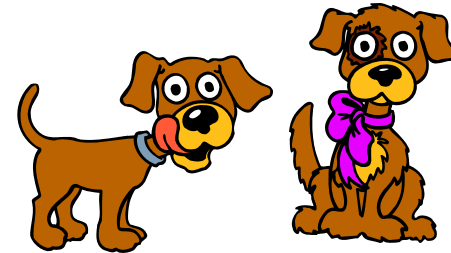


Caveats

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Give up all expectations of your children understanding your brain—you don't even understand yours

Avoid meaningless argument and foolish controversy



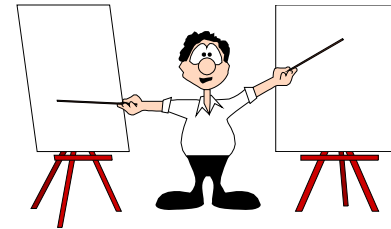
Understanding more about brain function can help you live more functionally as a parent and help your children live in a way that works for their brain function



Limit Options to TWO

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The brain feels safer when it can choose—give children options whenever possible

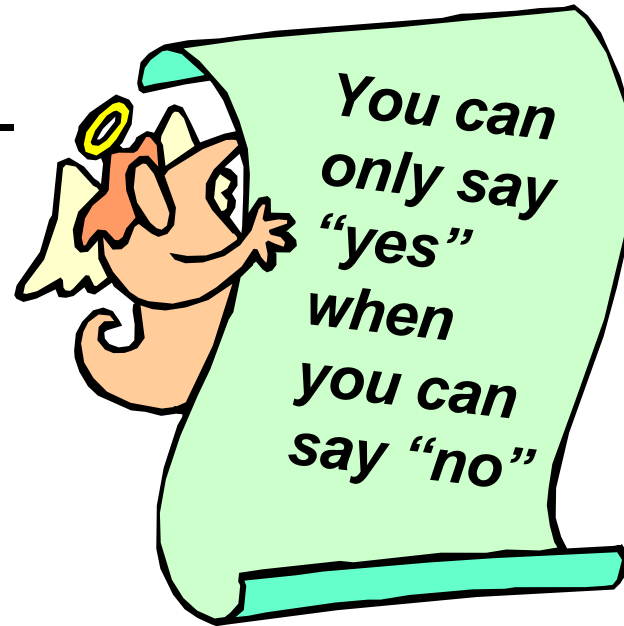


Give the brain more than two options and it will drop the third, fourth, etc., down to two; after all, your brain is composed of only two hemispheres

No Versus Yes

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Always say yes
whenever possible—
even if you need
to use a qualifier



No



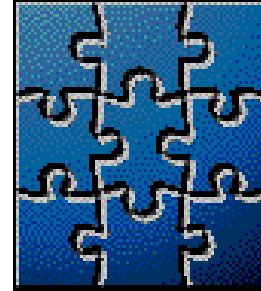
Yes

The left hemisphere understands "no."
The right hemisphere wants a "yes."

Only 10 Commandments

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Decide on a few things that are really important, state them clearly, and stick to them



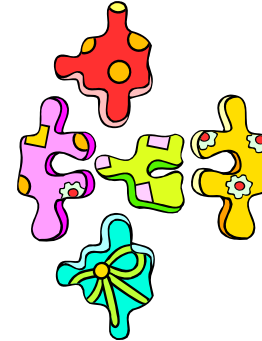
Children tend to feel secure when they know clearly what the rules are and what is expected of their behavior

Avoid majoring in minors—ignore the small stuff unless it will make a difference a year from now

Manage Your Energy

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**Decide how much energy
you want to put into an
event or situation**



**Some parents make every mole hill into a
mountain, every request into a tug of war**

**Ask: in 12 months, how much will this
matter?**

Pictures Define Outcomes

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Without a defined target, your mind's energy can be squandered. When you know your outcome, you give your brain a clear picture of the types of information being received by the nervous system that need priority (the brain needs this clear picture to be effective)

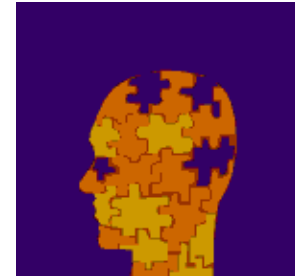


—Anthony Robbins

Live the 20:80 Rule

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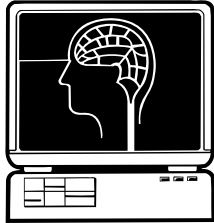
20% of the negative impact to your brain and body from an event is due to the event itself



80% is due to what you think about the event, the weight you give to it, and the importance you place upon it

You can do everything about the 80%

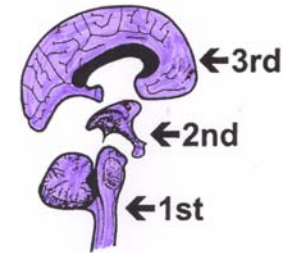
—Epictetus, 2nd century Greek Philosopher



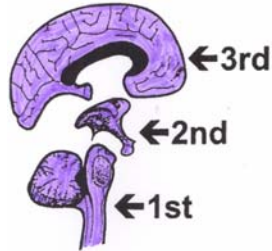
Stop Asking “Why”

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***Why* implies the person should have done something different and can trigger fear or anxiety**

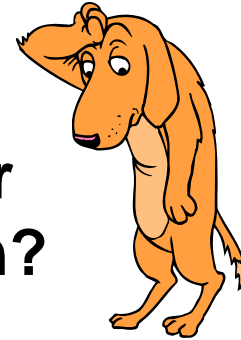


PET Scans have shown that the anxiety can “downshift” the brain into the second layer (subconscious), which can derail communication



Ask Different Questions

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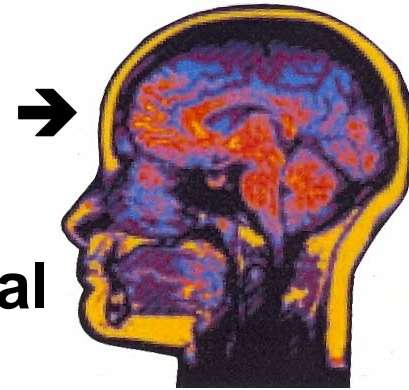


- **When you exhibited this behavior what did you think might happen?**
- **If you make this same choice again what are the possible consequences?**
- **What could you do differently next time?**

Willpower

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Willpower is a function of the brain's prefrontal cortex



Development of the pre-frontal cortex is completed about mid-twenties so it may be easier to access willpower from that point onward

Willpower can be defined as the energetic determination to carry out your plans, decisions, wishes, or goals

Caveat

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Willpower rarely works well in depriving yourself of something you already do to receive gratification (e.g., ending a bad habit)



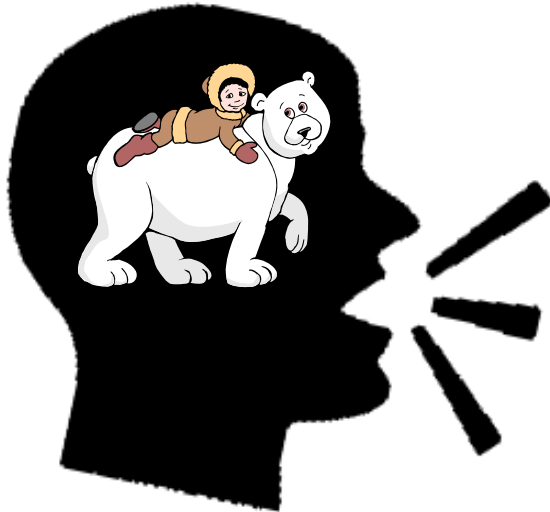
Willing yourself NOT to do something puts the thing you don't want to do in working memory—brain constantly thinks about it—usually increases the behavior

The White Bear Effect

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Brains are NOT designed to stop bad habits
using willpower

—Daniel M. Wegner,
Harvard Researcher



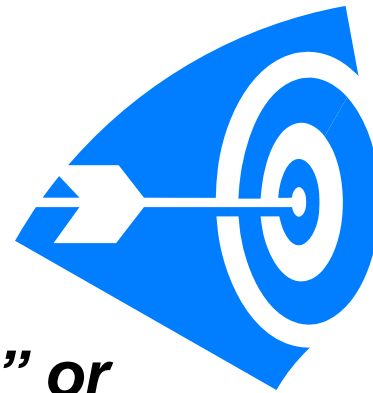
Tell yourself: “*Don’t think about the white bear,*”
and a representation of
a white bear will go into
your brain’s working
memory and you will likely think about it even
more frequently . . .

Definition

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Goal: A method worked out in advance for the accomplishment of a future course of action aimed at achieving specific objective(s)

What is more effective to tell yourself?



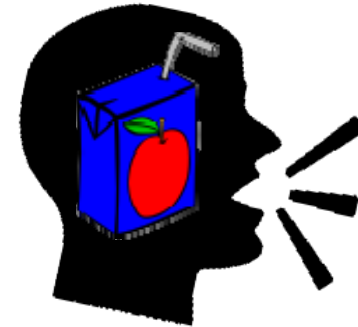
***“I hit the target every time,” or
“I don’t want to miss the target.”***

Brains ARE designed

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To provide willpower to help you reach a goal:

- Developing a **NEW** behavior
- **REPLACING** an old behavior with a healthier / more functional one



Say “I drink apple juice at lunch,” rather than “I’m not going to drink a cola at lunch.”

What you think does impact your outcomes



Think Maturation

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**The brain matures more slowly
than the body**



**Myelination of the corpus callosum (one of
the bridges that connects the hemispheres)
may be completed about age 20-21**

**Development of the pre-frontal cortex may
be done about mid twenties or later**



Maturation Differences

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Beyond that generalization, each brain develops at its own rate—there can be two or three years difference in the maturation levels between brains of a similar chronological age

The male brain may take up to 1.6 years longer to mature



Shorting Out

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Until myelination is complete, the brain is at risk for “shorting out”



Remember *maturation age* when you are tempted to jump all over a child for small mistakes and infractions

Even more “mature” brains (so called) make less than optimal choices . . .

Caveats

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**You can teach consciously
what you know**

**You teach subconsciously
what you don't know (or what
you don't even know you don't know)**



**The more you learn about brain function
and incorporate practically into your
role modeling, the more effective your
parenting can be**