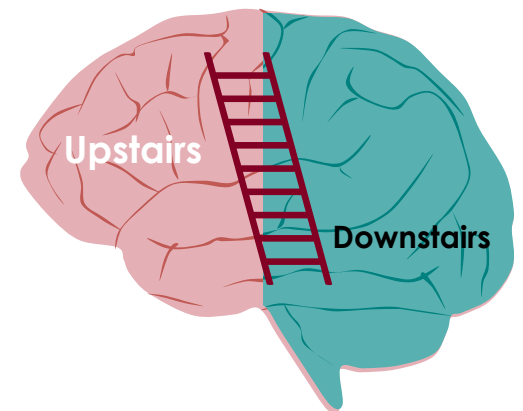


# Lesson 2b- Behavior is Communication

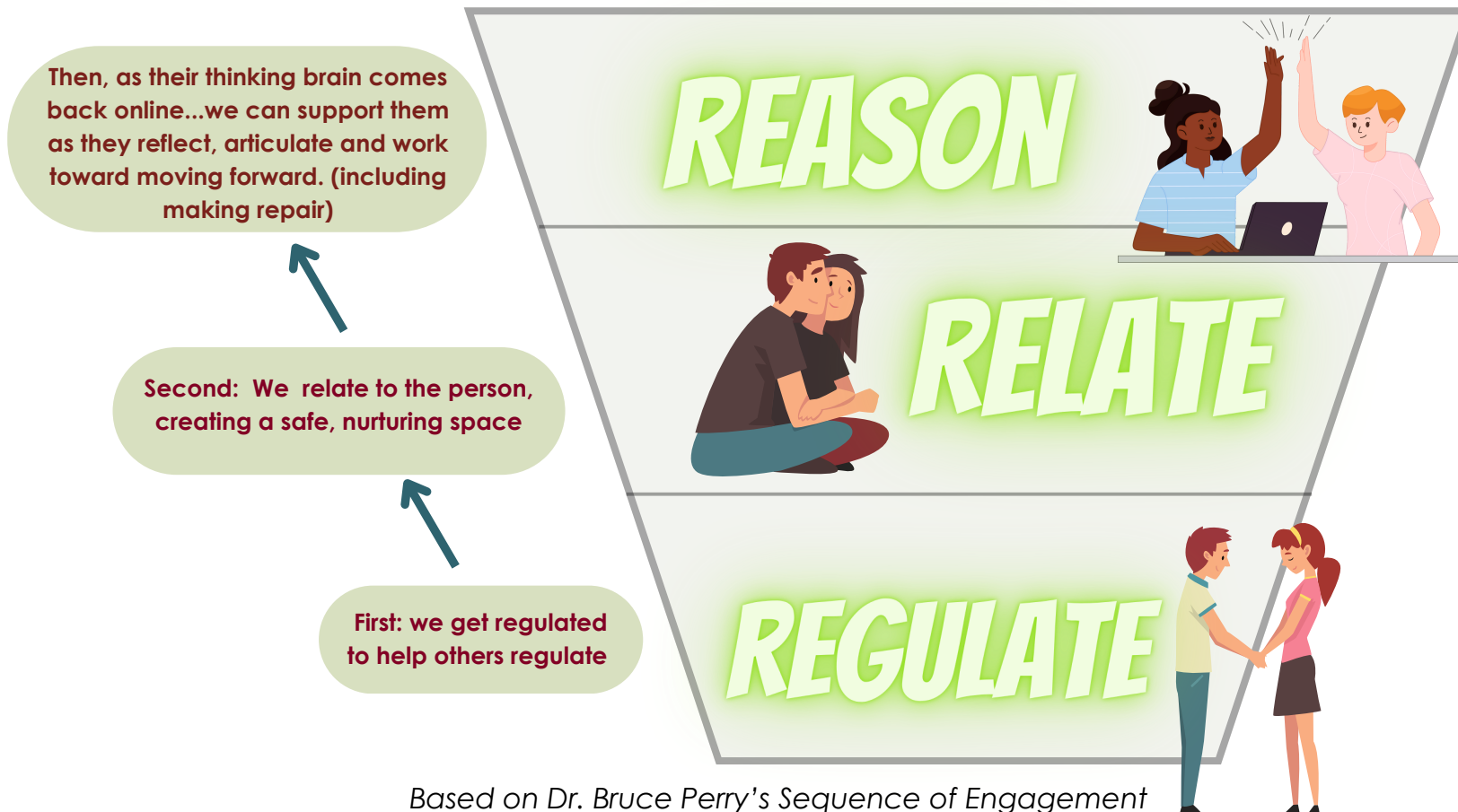
Recognizing Bottom Up vs. Top Down Behaviors



## Four Trauma Reactions (and what they look like):

### Sources Used in Lesson 2b:

- Siegel, D. J., & Bryson, T. P. (2016). The whole-brain child: 12 revolutionary strategies to nurture your child's developing Mind. Delacorte Press.
- Delahooke, M. (2019). Beyond behaviors: Using brain science and compassion to understand and solve children's behavioral challenges. John Murray Learning.
- Perry, B. (n.d.). The Neurosequential Model - Stress, Trauma, and the Brain. PBS Learning Media for Teachers. Retrieved June 13, 2024, from <https://gpb.pbslearningmedia.org/resource/the-neurosequential-video/stress-trauma-and-the-brain-insights-for-educators-thinktv-cet/>.



Toxic stress (trauma) impairs learning and functioning in these ways:

# REFLECTION QUESTIONS

1. Did anything in this lesson challenge you? What do you think?

2. Can you think of examples where toxic stress has been responsible for your behaviors? What happened?

## Additional Resources:

- Gobbel, R., Badenoch, B., & Klein, S. (2024). Raising kids with big, baffling behaviors: Brain-body-sensory strategies that really work. Jessica Kingsley Publishers.
- Desautels, L. L. (2021). Connections over compliance: Rewiring our perceptions of discipline. Wyatt-MacKenzie Publishing.
- Delahooke, M. (2022). Brain-body parenting: How to stop managing behavior and start raising joyful, Resilient Kids. Harper Wave, an imprint of HarperCollins Publishers.
- Ep 10. Why Rewards & Punishments Don't Always Work, Regulated & Relational Podcast, September 2021  
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-10-Why-Rewards--Punishments-Dont-Always-Work-e17bhe6>

