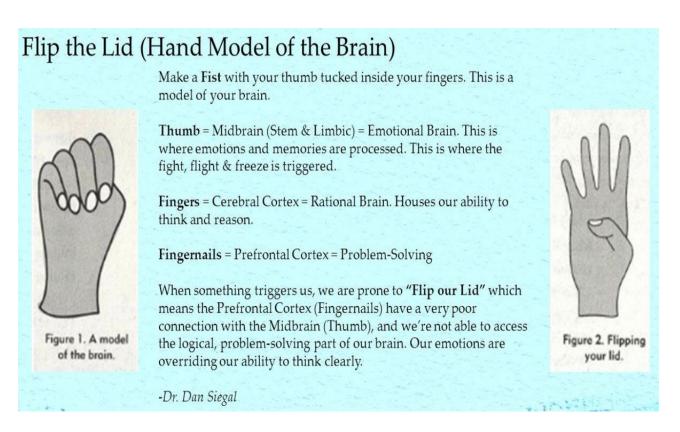


Noah's Inclusion Services

Flipped Lids – Understanding the brain

Trying to understand what is happening inside your child's brain (and yours) is not always easy. A very simple model using your hand developed by Dr Dan Siegel has made it a little easier to understand the brain process and behavioural responses involved when emotions are running strong. With this new understanding of brain connections in mind, we are better able to respond sensitively and appropriately in highly emotional situations. (https://www.youtube.com/watch?v=gm9CIJ74Oxw)



*Survival Brain = Brain stem (Palm)

*Emotional Brain = Midbrain (Thumb)

*Rational Brain = Cerebral cortex (Fingers)

*Thinking Brain = Prefrontal cortex (Finger nails)

- As you close your fingers over your thumb, which is situation in the palm, just above
 the brain stem all four brains are connected and working together in harmony,
 however sometimes the emotional brain (thumb) and the rational brain (fingers) don't
 communicate well.
- The emotions of the midbrain can become so overwhelming that the "fight-or-flight" reflexes are triggered resulting in "Flipping Our Lid" (see figure 2 with fingers up in the air).
- When we "flip our lids" the rational brain has poor connection with the emotional brain, and this often leads to intense feelings and emotions and we are unable to access the logical, problem-solving part of our brain. It is at this time that we need to calm our anger and ease our fears in order to restore our rational brain to its coherent state (fingers closed back over thumb).
- Children and adults experience a flipped lid, but as children's brains are not fully
 mature (a fully mature brain with all parts communicating effectively is between 21
 and 30 years of age) they need more support and guidance to help calm down and
 respond to these strong emotions (re-connecting the prefrontal cortex with the
 midbrain).
- As children 's brains are developing it is important to remember that during times of high emotional reaction and 'flipped lids' the emotional brain and rational brain are not communicating effectively so please remember that any responses are not personal or purposeful, rather they are normal reactions from the developing brain – they just need some loving restoration.