

# Parenting an Intense Child: Essential Skills to Create Peace at Home

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SAMANTHA MOE  
AND ASSOCIATES





8 PILLARS OF PARENTING  
TO CREATE MORE  
**Peace at Home**

More at  
[SamanthaMoe.com](http://SamanthaMoe.com)

Conflict Resolution

Positive Discipline

Daily Routines

Red Light Parenting

Emotion Coaching

Happy Chemicals

Avoid Fire-Starters

Calm

Why is it important for you to be here today?

What's a current challenge you have?

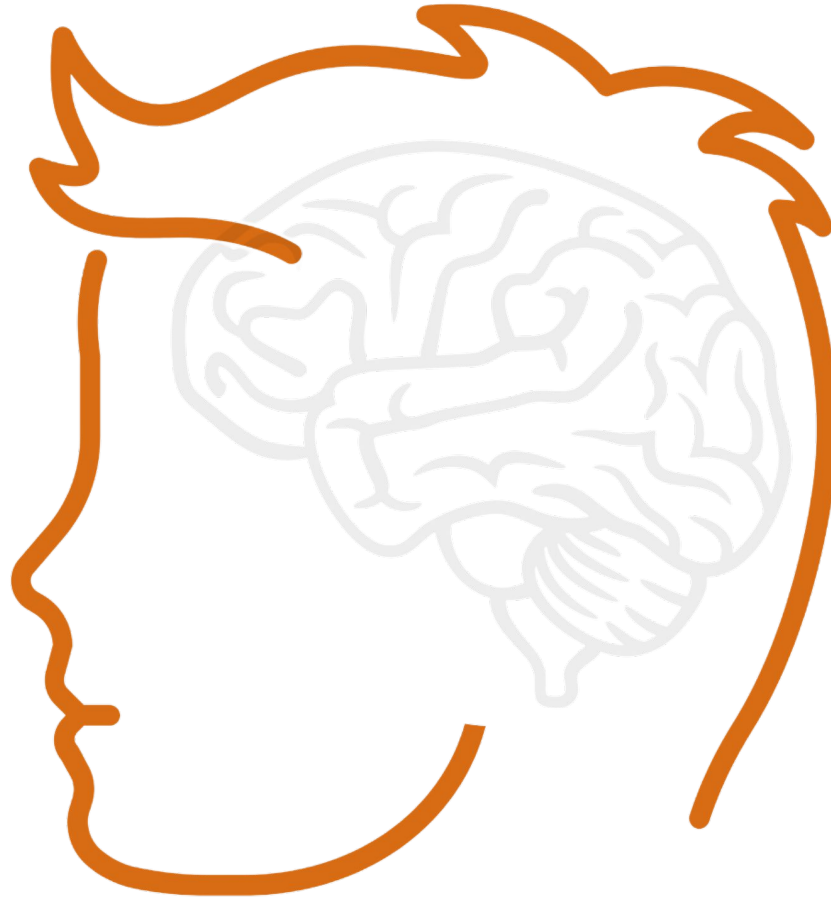
What are you hoping to walk away with?

## UPSTAIRS Brain

Problem Solving

Paying Attention

Manage Behavior



## DOWNSTAIRS Brain

Fight – Flight - Freeze

## UPSTAIRS Brain

Problem Solving

Paying Attention

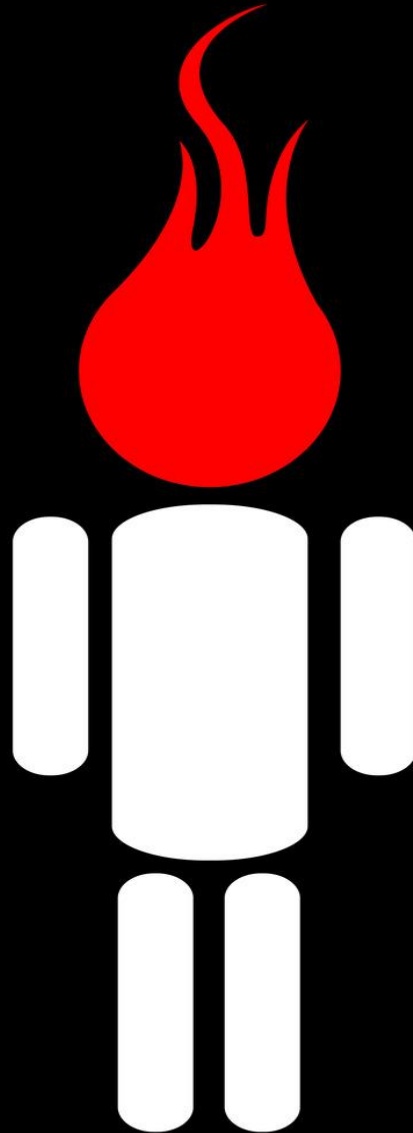
Manage Behavior



## DOWNSTAIRS Brain

Fight – Flight - Freeze

# The INTENSE Brain



- Rules Roost
- Confusing triggers
- Atypical reactions
- Worsens with intensity

# Little Scientist

... testing ...

... testing ...

“Will I WIN  
this time?!”

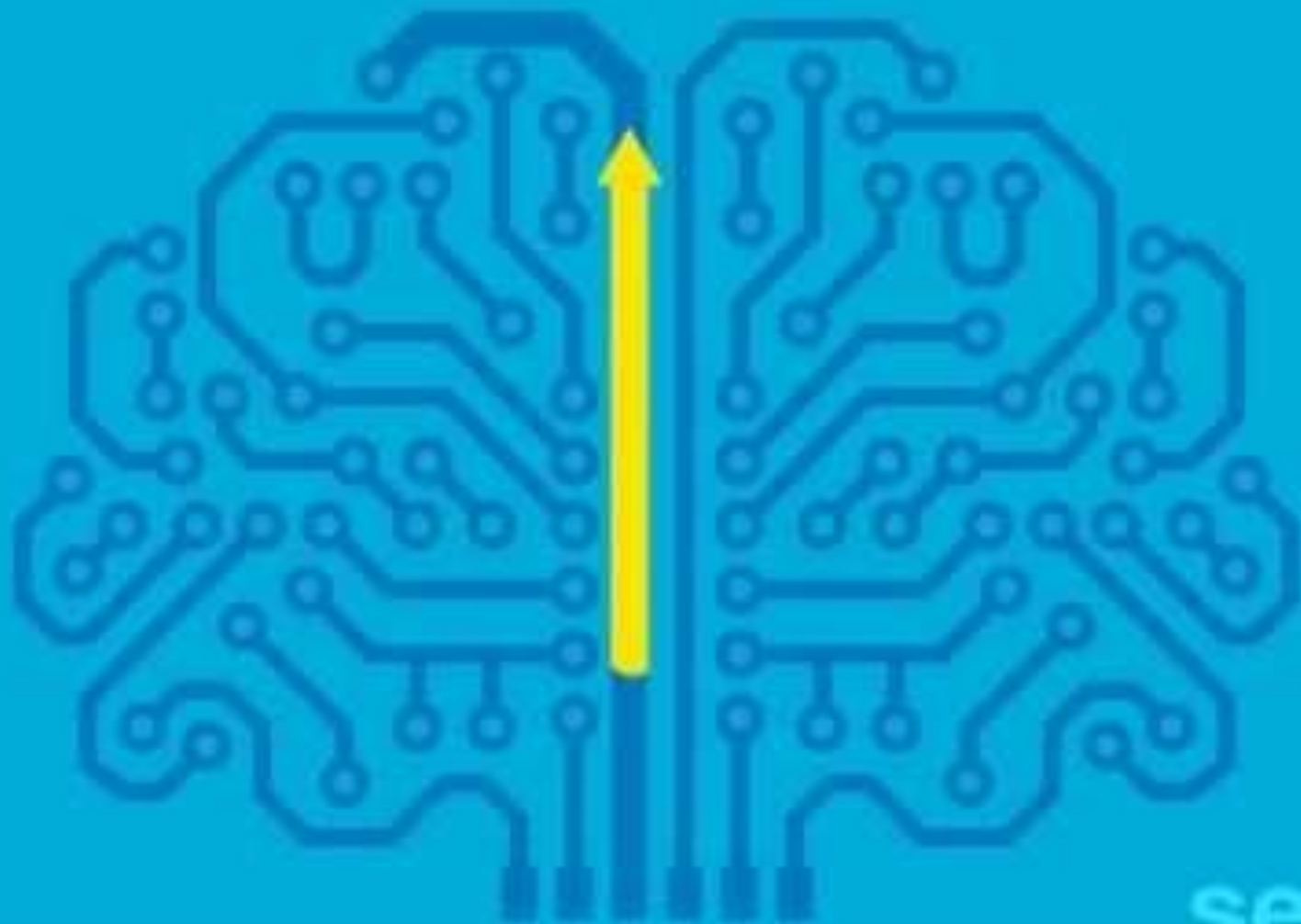






Mirror neurons REFLECT the state of another person





sentis

Youtube Credit: Sentis



How do I respond?

# Predictable Responses:

- Creates fear
- Triggers retaliation
- Results are temporary



CALM BODY

CALM VOICE

CALM FACE

Brain-Based Parenting Tools to  
Create Peace at Home  
More at [SamanthaMoe.com](http://SamanthaMoe.com)

All Behavior is \_\_\_\_\_







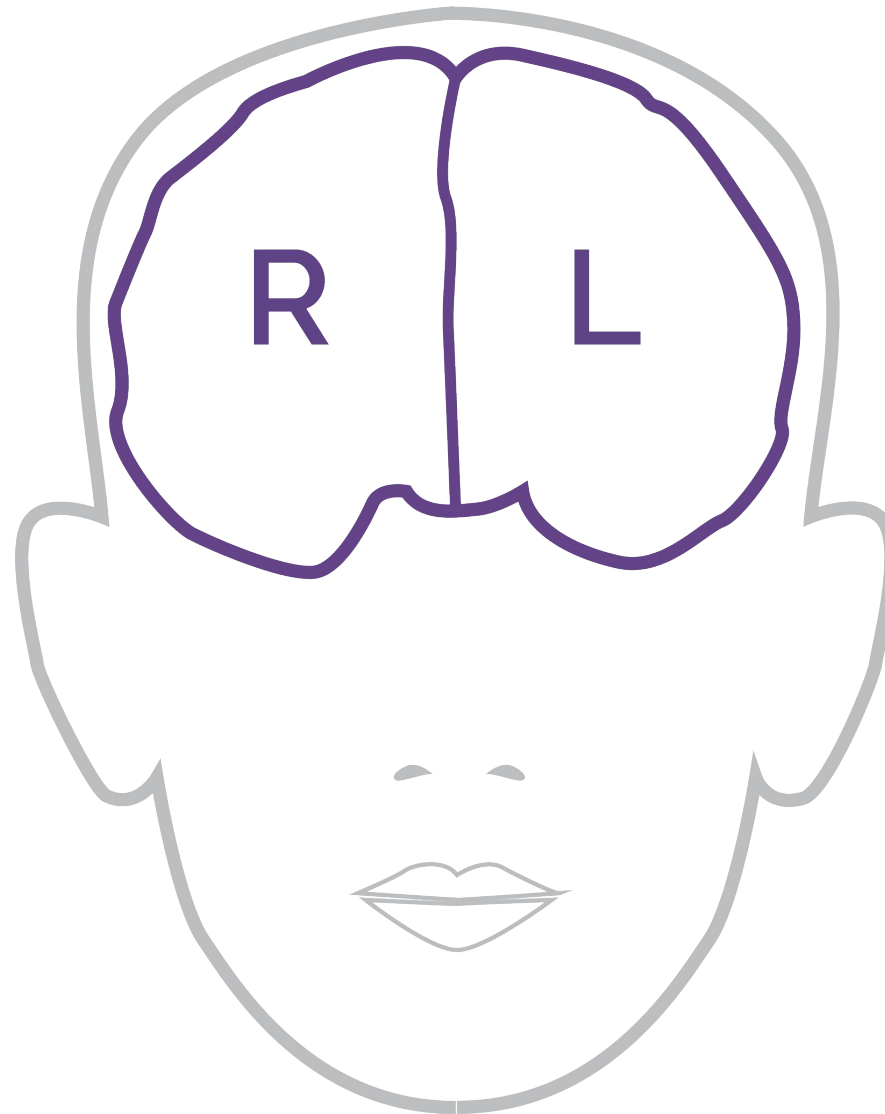
Fire-Starter: Starting Phrases with “No”



# Four Common Responses:

- Tension
- Sad / “Wilting”
- Resistance
- Tuning Out

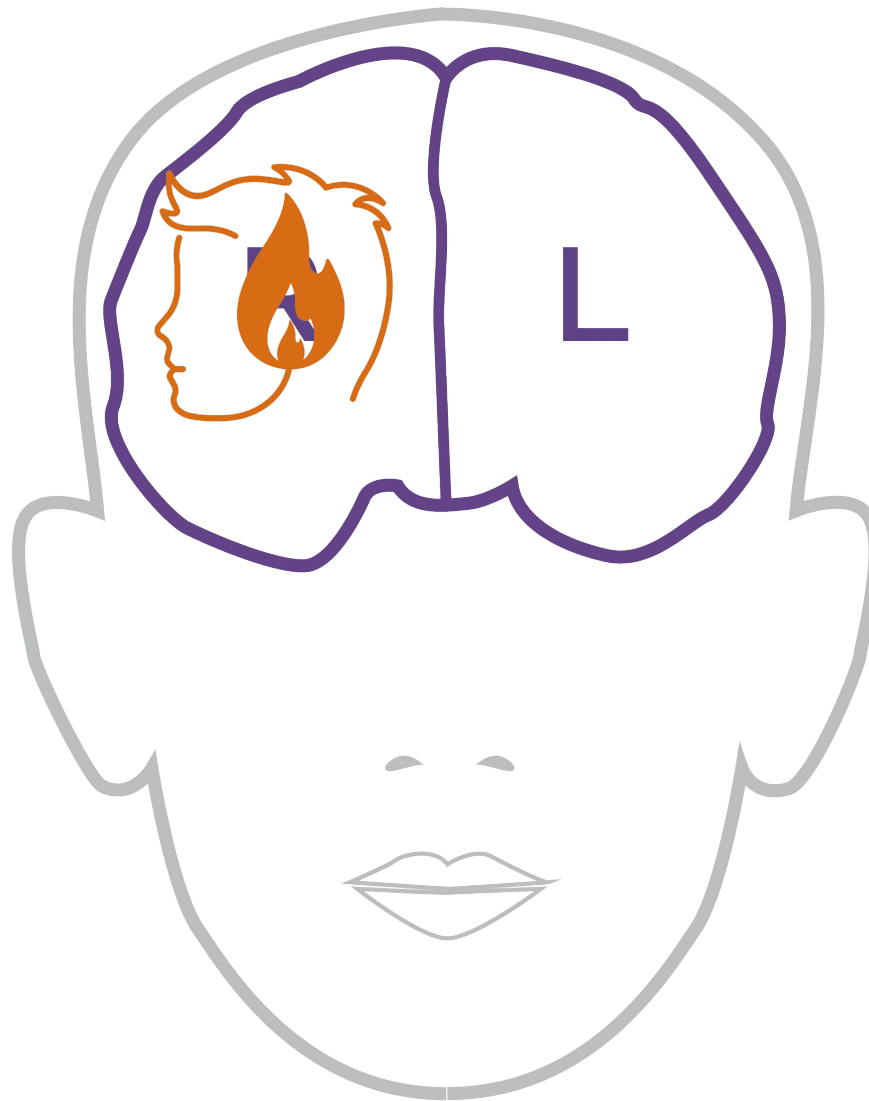
EMOTIONS



LOGIC &  
LANGUAGE

Right Brain/Left Brain

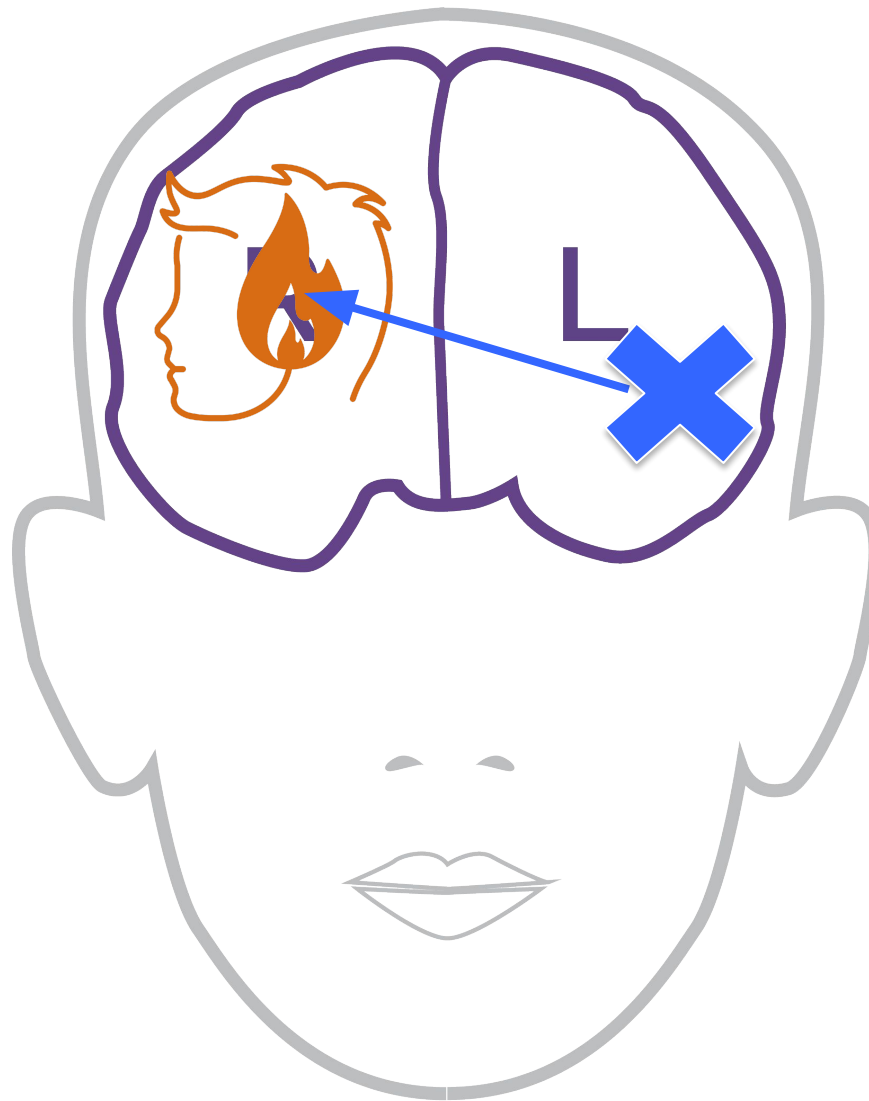
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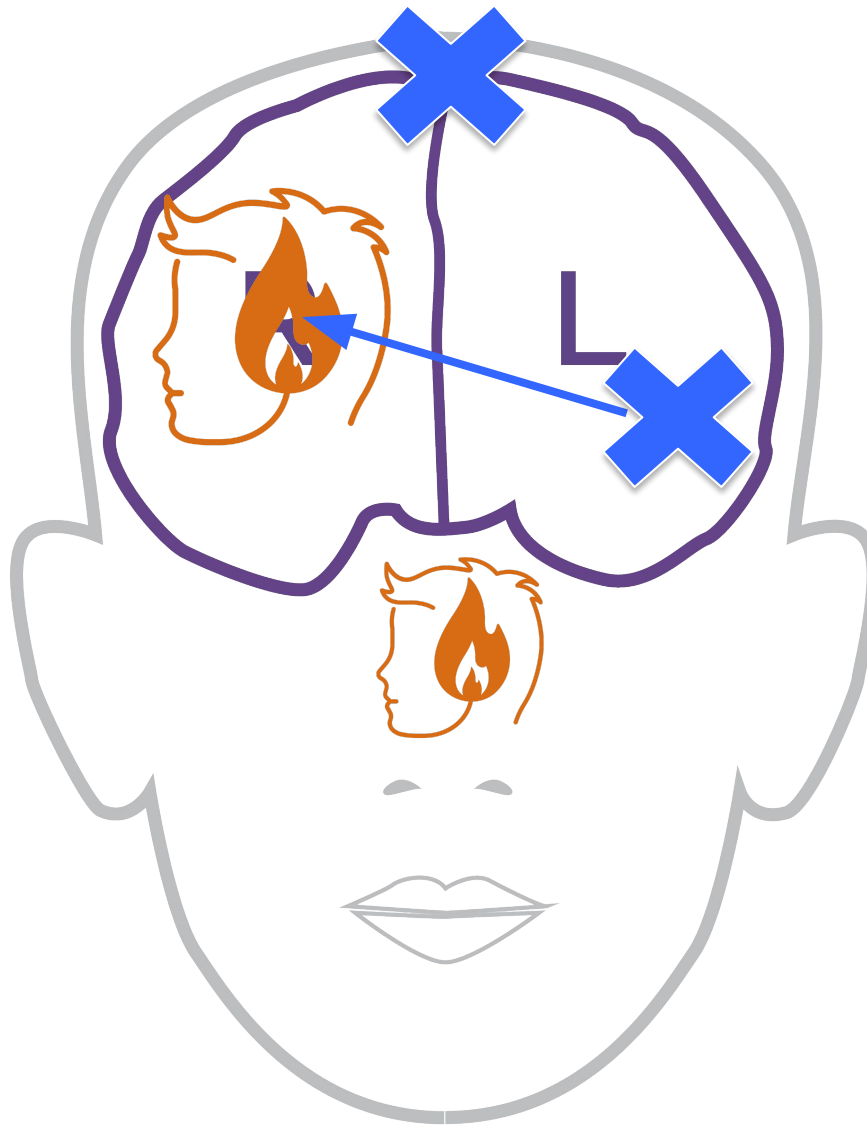
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EMOTIONS



LOGIC &  
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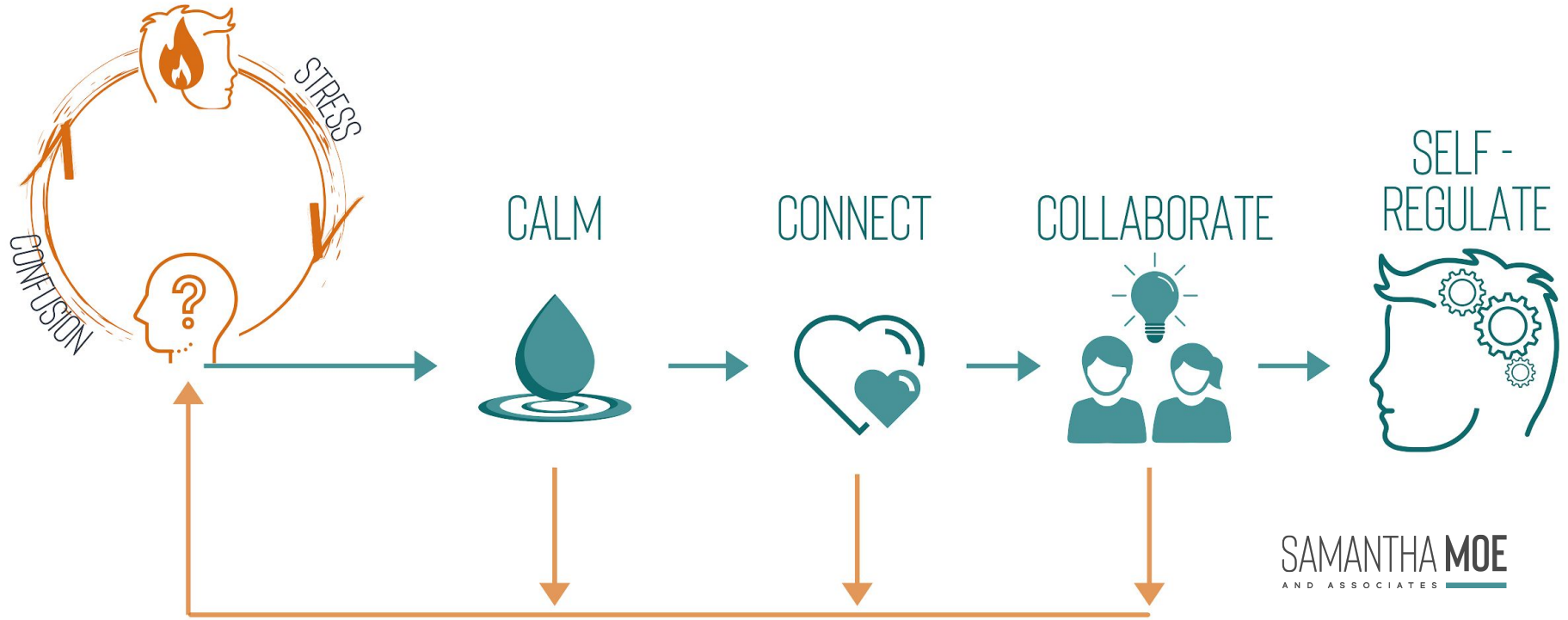
Connect Child to Emotions =  
A Connection to you



A photograph of a classroom setting. In the foreground, two young boys are seated at a wooden desk. The boy on the left, with dark hair, is resting his head on his hand, looking away from the camera. The boy on the right, with blonde hair, is looking directly at the camera with a neutral expression, holding a yellow pencil. In the background, a teacher with grey hair, wearing a red vest over a white shirt, is seated and looking towards the camera. The background is slightly blurred, showing classroom shelves and a computer monitor. Overlaid on the image is the text "Be a Mr. Jensen" in a large, white, bold, sans-serif font with a black outline.

Be a Mr. Jensen

Youtube Credit: Clint Pulver

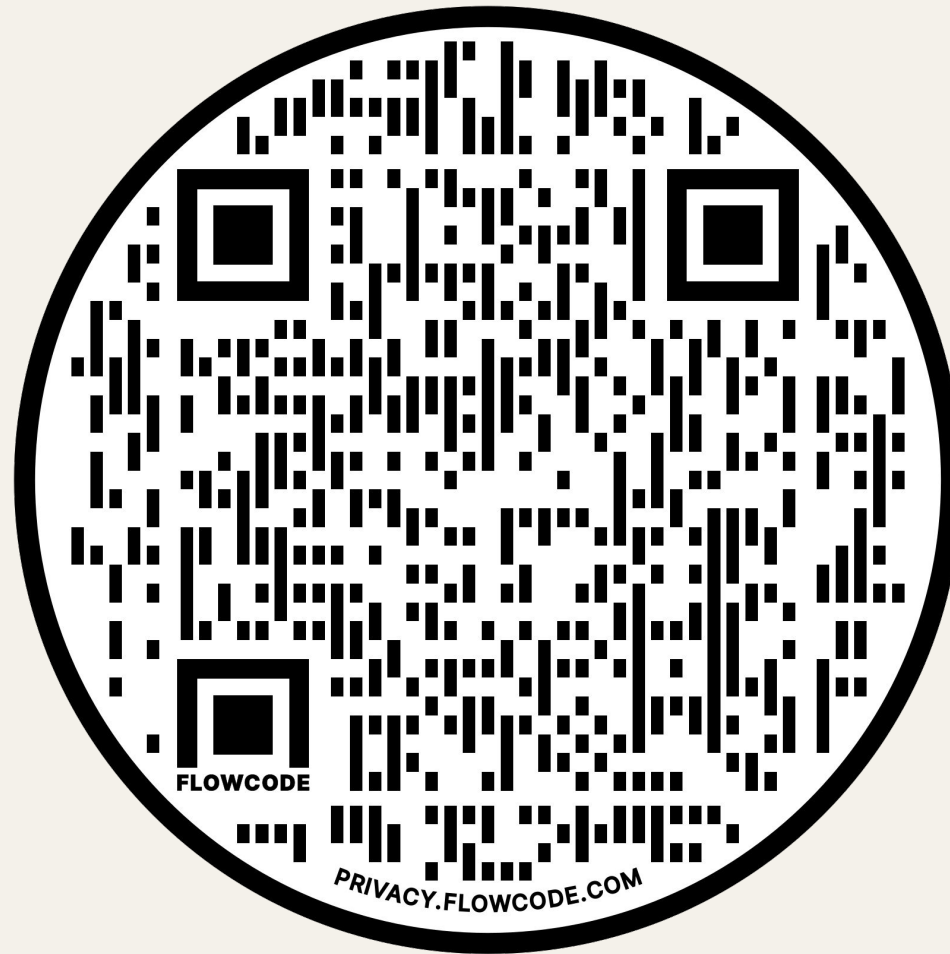


Self-Regulation Flowchart









Free Guide:  
"How to Make it Better"





A New Normal: THRIVING





Youtube Credit: The Beatles