



# REWIRING THE BRAIN THROUGH CONNECTION

EMPOWERED  
TO CONNECT  
CONFERENCE

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SHOW  HOPE



# HOW THE BRAIN MAKES SENSE OF INFORMATION



Genetics

## Experiences

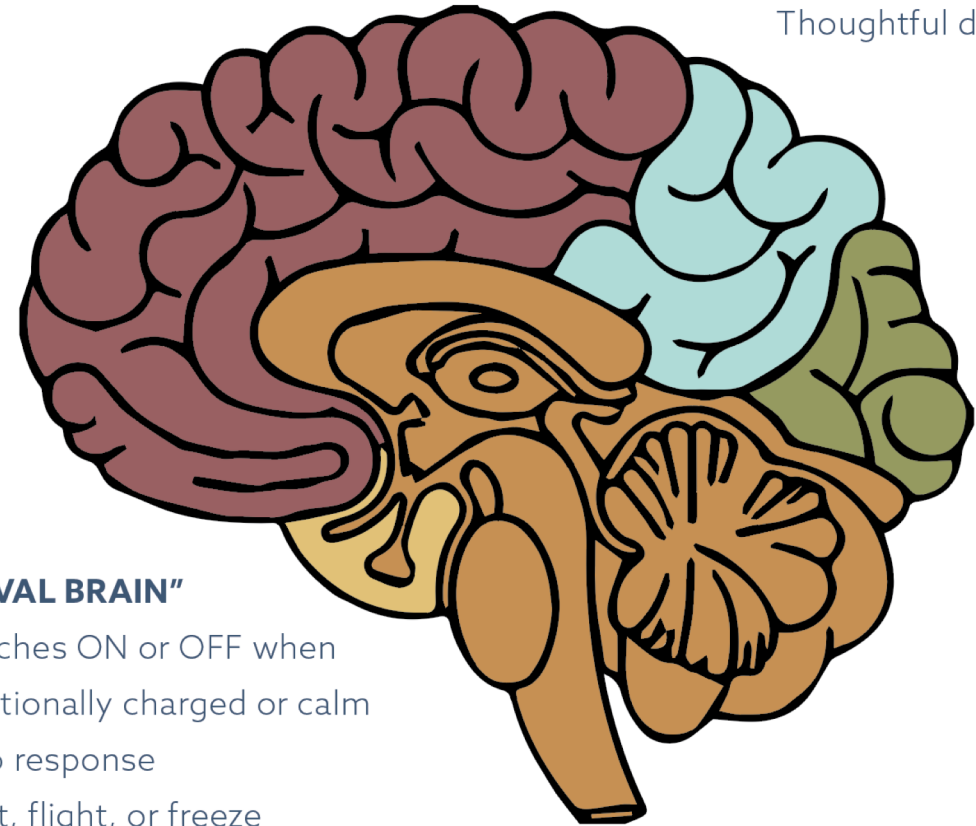


# THE BRAIN



## "LEARNING BRAIN"

Thoughtful decisions



## "SURVIVAL BRAIN"

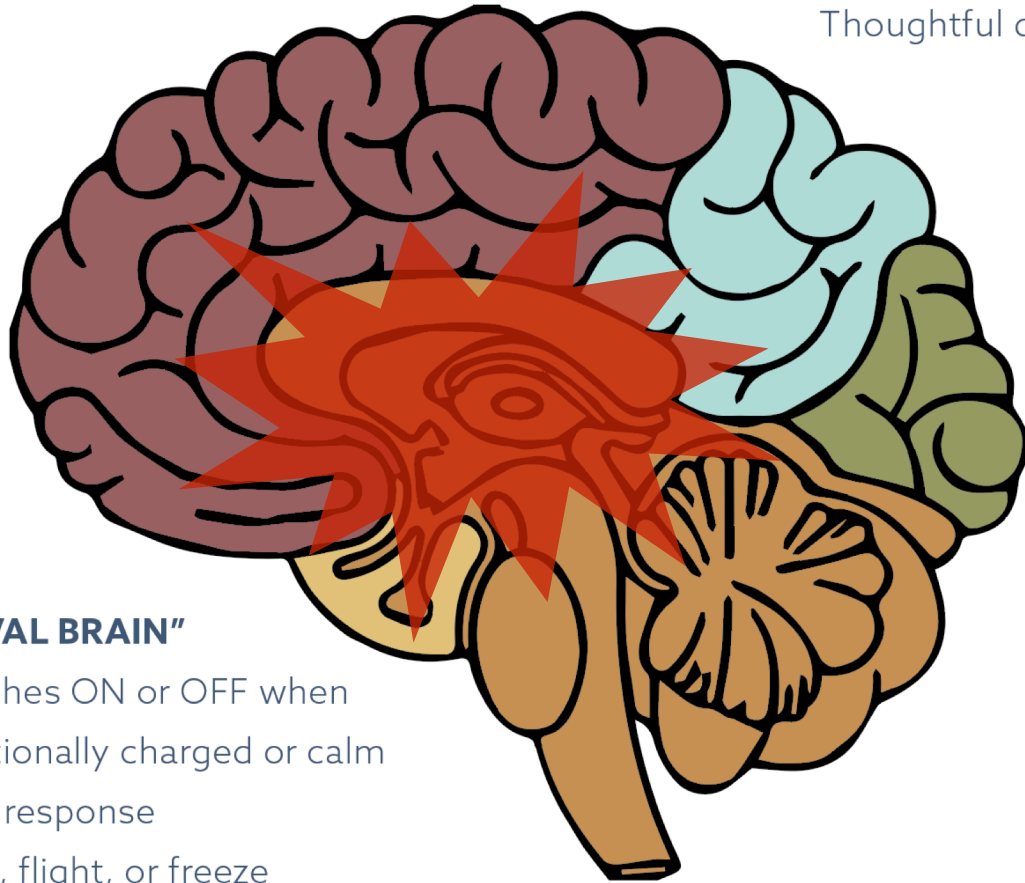
- Switches ON or OFF when emotionally charged or calm
- Auto response
- Fight, flight, or freeze



# THE BRAIN

## “LEARNING BRAIN”

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# CONNECTING EXPERIENCES

Connecting  
experiences in which  
a child is seen,  
heard, and valued  
rewire the brain



# CONNECTING PRINCIPLES

## CONNECTING PRINCIPLES: ONE-ON-ONE TIME

Eye **C**ontact

**V**oice Quality

Playful **I**nteraction

Matchi**N**g Behavior

Charact**E**r Praise

Healthy Tou**C**h

Eye Con**T**act

CONNECT through  
one-on-one time

1. 10 minutes per day
2. No teaching
3. No questioning
4. No instructing

# 1. EYE CONTACT





# 2. VOICE QUALITY





# 3. PLAYFUL INTERACTION



# 4. MATCHING BEHAVIOR





# 5. CHARACTER PRAISE



## 6. HEALTHY TOUCH





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