

BRAIN SYSTEMS: RECOVERY TOOLS IN YOUR TOOLKIT

Group A Recovery Tools	Group B Recovery Tools
<ul style="list-style-type: none"> • Oral-motor support is downregulating • Wrestling (proprioception) for 45 minutes at night • Showing exaggerated emotional feelings through face and vocal tones • Routine for reunion when mom comes home that provides immediate contact for J • Separating each boy and spending individual time with each one • “Every other day” rule set up for who is “first” and who gets the most special attention or item • Narrating and mirroring emotions/feelings with empathy • Requiring parents to shift to time-ins • Expanding scripted play to include mom and my ideas • Playful obstruction to increase flexibility and read cues in real-time by changing context • Occupational Therapy • Enacting procedural co-regulation 	<ul style="list-style-type: none"> • Sensory diet includes swinging in the back yard • Setting up predictable schedule with Velcro pictures for afternoon and evening routine • Allowing J control through procedural enactments of putting me in time-outs • Increasing flexibility by requiring J to use co-regulation through relationships • Over time, clear consequences for use of motor system (hitting) when flooded • Taking time, yet requiring J to repair broken ceramic baby in my office • Expecting J to use his words to give feedback on sensory preferences (intensity, duration, rhythm) and feelings • Medical support for allergies • Supporting maternal empathy and falling in love • Snacks available in the car for when hungry • Not talking when in red zone