### Behavior in Each Brain

**Human—Learning**
Talking, Listening, Cooperating, Creating, Thinking, Playing, Reasoning, Loving

**Mammal—Feeling**
Whining, Clinging, Not listening, Resisting, Cuddly, Ordering, Speeding up, Nervous laughing, Crying, Playing baby

**Reptile—Fearing**
Fight: Kicking, Biting, Screaming, Hitting, Spitting and Flight: Running away, Avoiding eye contact, Shutting down

### What Your Child Needs in Each Brain

**Human—Guide and Give the Yes’s**
Inform, Play the lessons, Guide, Appreciate

**Mammal—Reflect and Regulate**
Connect, Reflect, Zip, Play

**Reptile—Stop and Soothe**
Calm, Connect, Comfort

### STOP Formula
Stress Up = Sense of Safety Down = Brain Down

### GO Formula
Stress Down = Sense of Safety Up = Brain Up