

Selah Things to Know

1. Meal Making Night Tonite!

- You can still come! 6pm in the kitchen
- \$10 for 3 meals
- Bring 2, 8x8 casserole dishes and an ice cream pail or large Ziploc container.

2. Clothes Closet now open! 11:50-12:20

- If you are in need of baby clothes you are welcome to check out the Distribution Center Supply now located in the 2's girls storage room.
- Please leave the kids area tidy when you leave.

3. Craft prep help needed

- Random things like laminating, punching holes, counting supplies, etc. Contact Mady if interested.

A low-angle, close-up shot of a person's legs in black leggings and red running shoes, captured mid-stride on a reddish-brown running track. The background is a bright, hazy sky with a utility pole and power lines visible in the distance. The overall mood is energetic and focused.

MOTHERHOOD

THE ULTIMATE ENDURANCE SPORT

STAYING FOCUSED ON THE RACE

The test of a true CHAMPION lies
not on whether you can TRIUMPH
but on whether you can overcome
the OBSTACLES.

MOTHERHOOD
THE ULTIMATE ENDURANCE SPORT

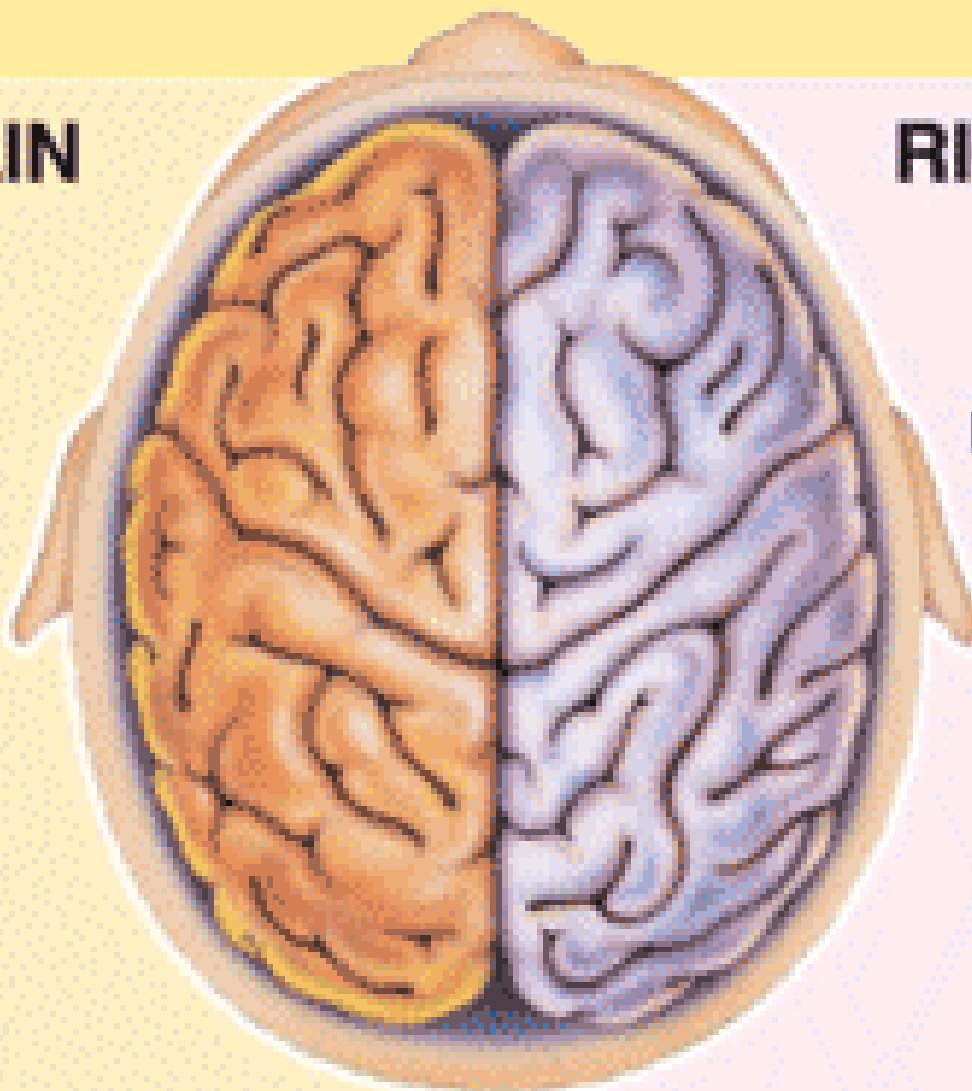
Integration

Linking different elements together to make a well-functioning whole.

An integrated mind results in improved decision making, better control of body and emotions, fuller self-understanding, stronger relationships and success in school.

LEFT BRAIN

LOGIC
ANALYSIS
SEQUENCING
LINEAR
MATHEMATICS
LANGUAGE
FACTS
THINK IN WORDS
WORDS OF SONGS
COMPUTATION



RIGHT BRAIN

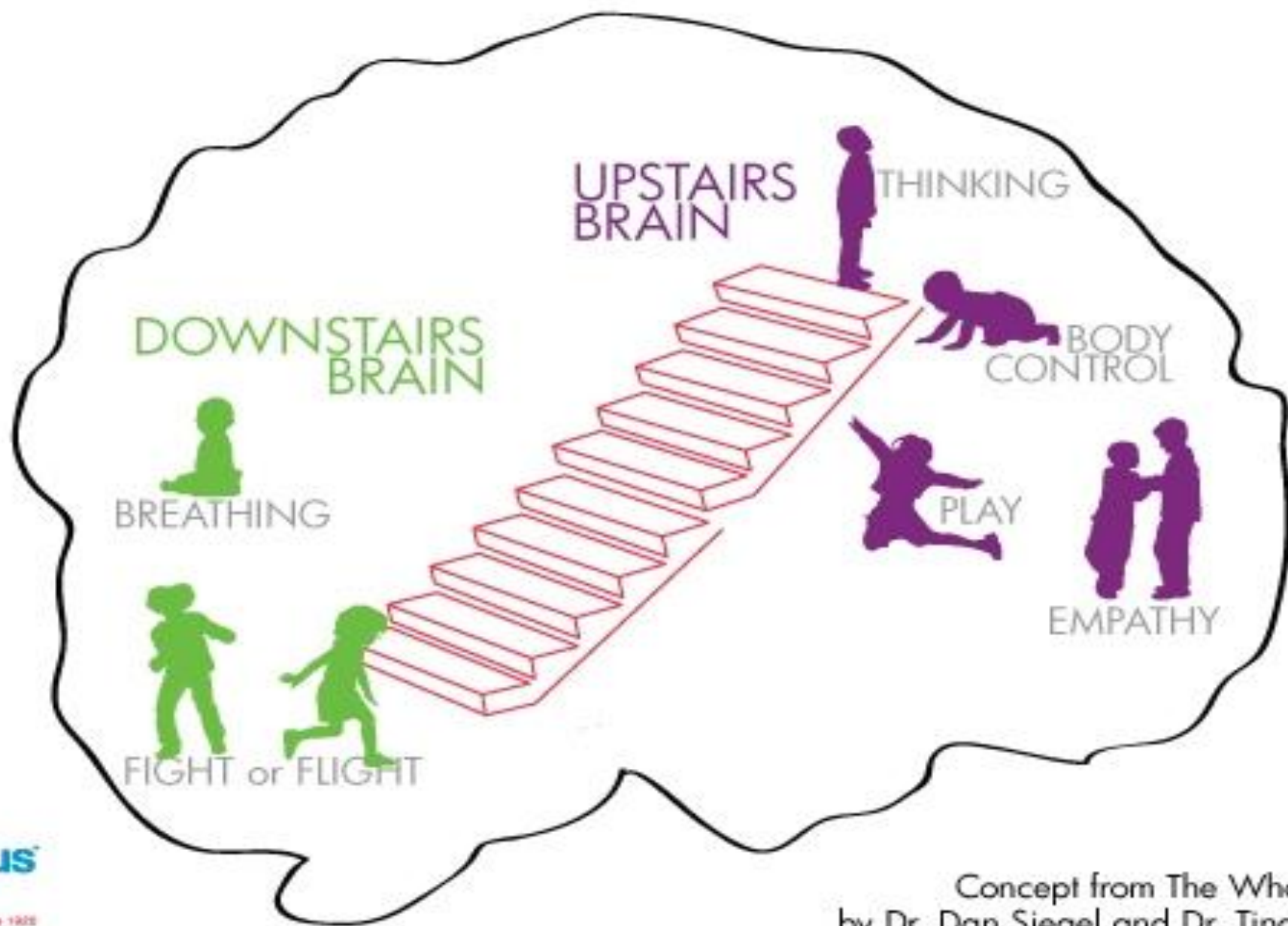
CREATIVITY
IMAGINATION
HOLISTIC THINKING
INTUITION
ARTS (Motor skill)
RHYTHM (Beats)
NON-VERBAL
FEELINGS
VISUALISATION
TUNE OF SONGS
DAYDREAMING

Connect and Redirect

Connect to the right – your child's emotions

Redirect with the left – teaching them to use their logic

Note: Young children are predominantly right brained!



Downstairs and Upstairs

Downstairs is the brainstem and limbic system.

It takes care of the automatic responses.

Upstairs brain is the cortex.

It takes care of higher level thinking.

The middle is the amygdala which is the gate.

Engage, Don't Enrage

A key goal for any parent should be to help build and reinforce the metaphorical stairway that connects the child's upper and lower brain so that the two can work as a team.

Listen to your child – don't assume.

Empathize

When they feel felt, help them make a good choice

Engage, Don't Enrage

First we have to be able to do it for ourselves!

What are your triggers? Becoming self-aware is the first key step.

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

Hebrews 12:1