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# Windows of Opportunity

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# Family

- Parents some times:
  - Ignores their children's feelings
  - Do not attempt to change children's bad behavior
  - Are very harsh on their children's behavior
- Helpful tips:
  - Understand your child's emotions
  - Show your own emotions
  - Be empathetic

# Trauma and Emotional Relearning

- Emotional relearning is based on the concept of desensitization.
  - Exposed the traumatic event indirectly
    - Games
    - Retelling the event



# Temperament Is Not Destiny

- Temperaments: Timid, bold, upbeat, melancholic.
  - Genetic
  - Tends to shape your personality
- During the first months of life some pathways are enhanced and others suppressed.
  - If good responses are favored, they will remain through out life
- In adult life the brain is still malleable but not as much.
  - Medications and psychotherapy can be used for this purpose

End

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