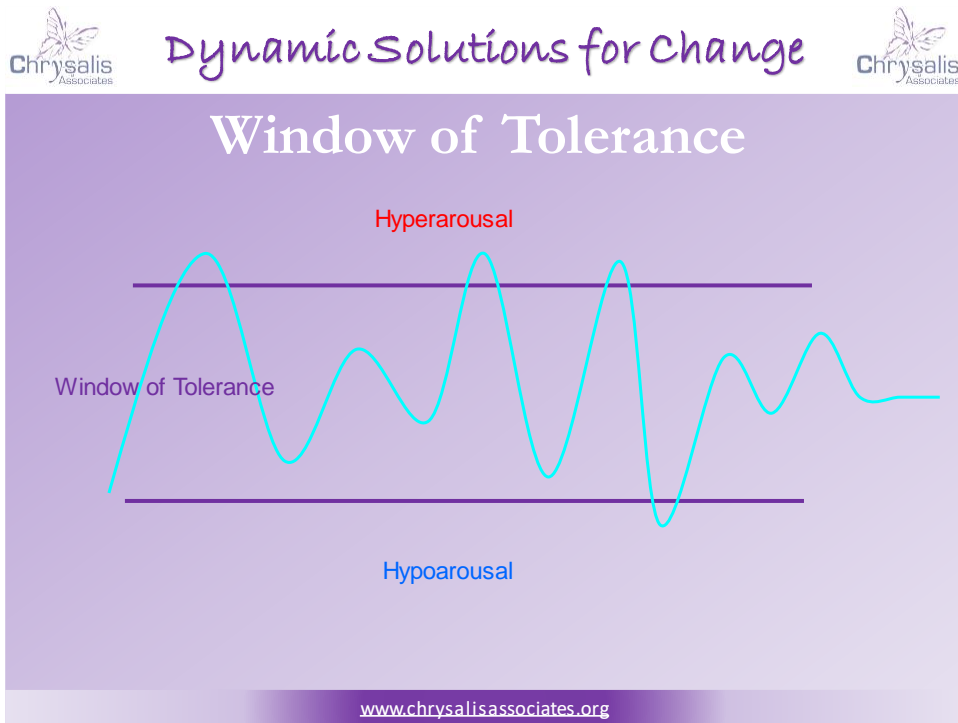
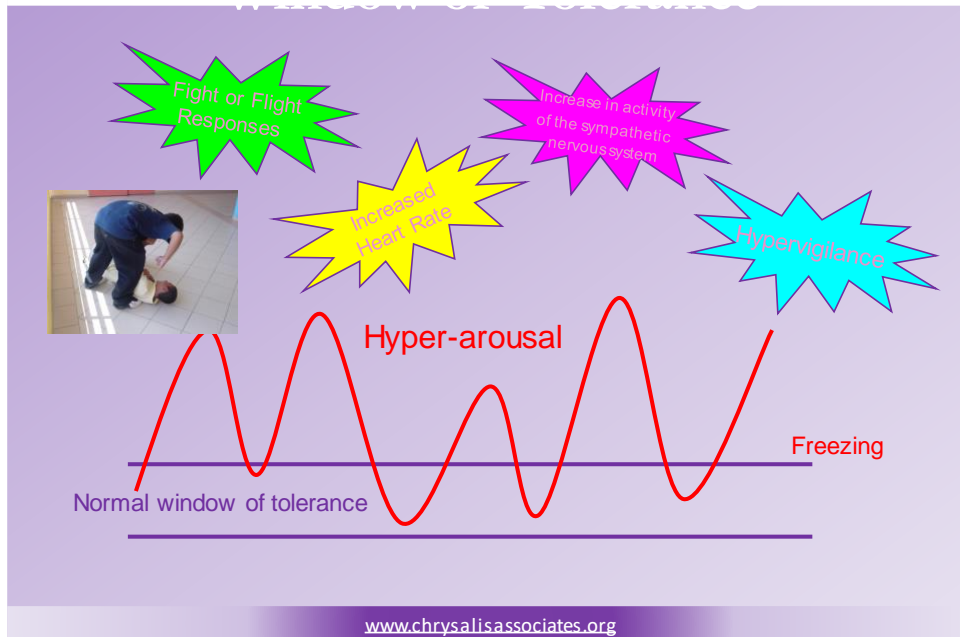


## Theraplay Structure

This grows the frontal lobe, the part of the brain most in control of regulation. Most of us have a window of tolerance that is reasonably sized, and extreme events will move us out of this window





For a child with a poorly developed frontal lobe, who has also been exposed to high levels of Cortisol pre and possible postnatally this window can be very narrow, and for some children they will be more pre-disposed to become hyper aroused when they are triggered by even the smallest thing. This means that we need to use structure games to build up their brain capacity so that they can widen their window of tolerance, and so allow you to use more conventional parenting techniques to manage them when they are upset. The best way to identify if this is your child is to ask yourself if they tend to lose their temper, and whether it seems like they explode without warning. This is usually an indicator that your child is hyper aroused when triggered and that they have a very narrow window of tolerance. VIDEO 9: WINDOW OF TOLERANCE

- a) Stop Start games; these start to teach the brain to stop an activity when it is engaged with it. Growing this part of the brain helps the child to stop at the curb, to stop hitting someone when they are told to etc.
- b) Waiting games: these games are focussed on helping the child to develop impulse control and to help them to be able to wait for an extended moment before acting. This means that they will be able to have a few seconds to think before they act or to problem solve

before they do a behaviour to understand the consequences of their behaviour.

- c) Up/down regulating games: these involve speeding up and slowing down, getting louder and then quieter. The goal of these is how to help your child's brain to learn to down regulate itself once it has become up regulated