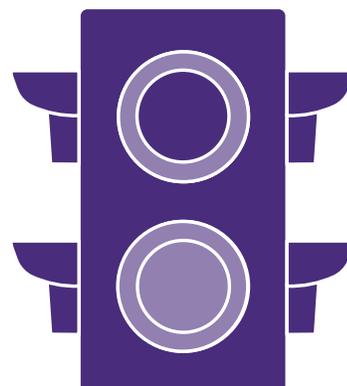


# Behavior Stoplight + the 3Ts

**Think of the behavior part of the brain as a stoplight.**

The green light tell us to **'go, go, go!'** and act on wants and impulses.

The red light tells us to **'stop and think'** and control our behavior.



As adults, we use our red lights all the time to make good choices.

However, your child's stoplight is still developing. The behavior part of the brain isn't fully developed until the early 20s.

**Your child needs you to help them learn to control their behavior.**

How? *Explain to build your child's brain.*

Instead of telling your child "no," **Explain** *what* you want them to do and *why*.

# Behavior Stoplight + the 3Ts

## Use the 3Ts to Explain



**Tune In** to your child's behavior.



**Talk More** about what you want your child to do and why.



**Take Turns** listening and responding, to make sure your child understands.

Be consistent when you **Explain** good behavior. It takes time for your child to learn self-control. It won't happen overnight, but with consistency and patience, you'll start to see results.

- *"Please go down the slide feet first so we don't bump our head and get hurt."*
- *"Use your quiet voice while your baby sister naps so you don't wake her up."*
- *"Hold the cup with two hands so you don't spill."*

When you **Explain**, it's important to **Tune In** to your tone of voice. If your tone is angry or loud, your child will think that's an appropriate way to respond. If you stay calm, he'll learn how to control his emotions.