

## Tough Starts: Brain Development Matters

### *A Discussion Guide*

#### **1. What Puts Kids At Risk**

- a. What did you learn about risk factors that surprises or worries you?
- b. What risk factors do you know or suspect are a factor with your child?
- c. What would be the most difficult part of participating in an experiment where you withdrew your attention from your child?

#### **2. How The Brain Develops**

- a. How did learning about brain plasticity change how you plan to interact with your child?
- b. How did learning about memory affect the way you think about early trauma?
- c. How do you think you'll handle things differently when the issue is a "can't" rather than a "won't?"

#### **3. The Impact Of Trauma**

- a. How will you use the knowledge of adoption normal vs. trauma typical development?
- b. What are your child's triggers?
- c. What behavior(s) discussed in the course are an issue for your child?

