

## BUILDER SERIES: THE BRAIN PT 2 “ASSESSING THE AMYGDALA”

### Review about the Amygdala

- Mature at birth
- Can experience things in the womb
- Never grows in size
- Our bodyguard or our car alarm
- Cannot tell the difference between real danger vs. fake danger, big danger vs. small danger, or emotional vs. physical danger

### Assessing Amanda the Amygdala

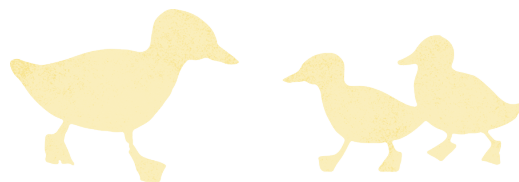
1. Was pregnancy healthy? Examples might include: access to prenatal care, taking care of her body, getting good sleep, etc.
2. Any stressors to mom during pregnancy? Examples might include: a death in family, stressful job, between a victim to or witnessing domestic violence, natural disaster, etc.
3. Was the baby in the NICU or is there a possibility of birth trauma? Examples might include: Emergency C-Section, pregnancy complications, premature babies, etc.
4. Adoption: even if adopted at birth, infant experiences a loss
5. Family history. Examples might include: History of trauma in the family

\*Mom’s amygdala affects the child’s amygdala. If mom is feeling stressed or scared during her pregnancy, then she is setting off her amygdala, which in turn is setting off the baby’s amygdala. The baby is already being taught that they aren’t safe.

\*Trauma impacts mom’s ability to be emotionally available, which affects attachment.

Research says: Depressed mom = Depressed babies

## HOW IS YOUR AMYGDALA INTERACTING WITH THE CHILD’S AMYGDALA?



*\*This information is a compilation of Grow and Guide Kids, Becky Bailey, Dan Siegel, and Tina Bryson.*

