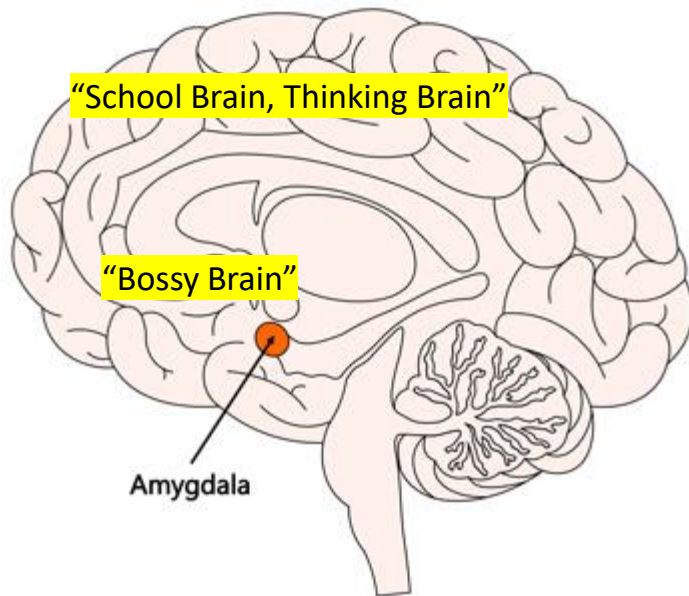


CHILD'S SENSORY PROCESSING OF GRIEF



Bossy Brain describes your child's sensory reaction to the news of a loved one's death. These reactions are first sensed by the stomach, lungs or heart.

- When your child first learned of the loved one's death, his or her stomach may have flip flopped, breathing pattern may have changed or heart rate may have increased. These changes are experienced and stored in the part of the brain labeled ***Bossy Brain***.
- ***Bossy Brain*** is the inside part of the brain that connects to the stomach, lungs and heart. Whereas, ***School Brain, Thinking Brain*** is the outside part of the brain responsible for problem solving, reasoning, communication and school work.
- When news of the death was heard, your child went into a high alert, flight or fright stage which caused his or her stomach to flip flop, breathing to change or heart rate to speed up. When ***Bossy Brain*** is at high alert, it becomes bossy and makes ***School Brain, Thinking Brain*** shut down.
- When learning of the death, your child's brain was not capable to respond to conversations that involved many words, reasoning or logic.
- ***Bossy Brain*** has a LONG memory which can be felt for many, many years. Anytime your child's stomach, lungs, or heart feel like they did when first learning of the loved one's death, ***Bossy Brain*** will automatically make your child think about the loved one's death even though the current situation has nothing to do with the death.
- At any time ***Bossy Brain*** is being bossy, you will need to distract your child by having your child hold a fidget (tangle, putty, stress ball) or something cold (ice cube or freezer pack). This will allow ***Bossy Brain*** to slow down and ***School Brain, Thinking Brain*** to work .