

Teaching Notes #1 “The Brain Shift”

Greetings from HaysKids

This will be the 1st Teaching Note in a series of teachings. They will have to do with adoption issues, FASD (fetal alcohol), attachment issues (RAD), and other subjects which parents raising children on into adulthood face.

Some of the teachings will be short and some quite long. There will be teaching notes written for the individual, parents, and professionals. I will send links to our web site, www.hayskids.org, which will house the teaching notes.

I will gladly answer questions with teaching notes anonymously or, of course, will always be available over the phone for individual questions. E-mail me – hayskids@hayskids.org

Teaching note #1.

I received a call from an adopted mother in another state; she was at the end of her rope. She reported that she did not know how much more she could take. She said she was yelling all the time, that she loved him, but she wanted him gone, she just wanted out.

We talked for about an hour; I suggested to her that she read “Pathways To Hope”, a teaching about FASD, written for individuals with it, the parents, and professionals. I suggested that as she read it she should take notes and call me with any questions.

Since I had not heard from her two weeks later, I called her back. She answered the phone rather joyfully. I asked her how it was going. She said, “Really well.” So I asked her why. What had made the difference?

She told me that in the teaching it talked about the “Brain Shift.” She could really understand that. So she made signs and put them in each room. Now when her son does something wrong she calmly points to the sign and tells her son he has had a brain shift, gives him a hug, and tells him they will talk about it later. She said sometimes they don’t even talk about it later.

Her household has become calm. She no longer blames him for things he does and they are having lots of hugs. She is practicing “Delayed Parenting,” and has reclaimed her love for this most needy child.

I never thought about using “Brain Shift” that way. I think the signs are there for a reminder to her also. No, her child has not changed, the mom has. As she changes it does help him change. When parents are yelling it sets up a chaos

that causes the brain to shift, shift deeper, or last longer. Brain shifts do not only occur with folks with FASD, children with RAD, autism, childhood traumas, and some mental health diagnoses have them also. (I will write more on this at another time.) For a teaching on “Brain Shift” and FASD go to www.hayskids.org.

By no means am I saying this child is healed. I am saying everyone’s life has been improved by understanding, in this case more about FASD. Therefore they are not blaming and shaming, remaining calm, and using “Relationship Parenting” and “Delayed Parenting” techniques.

I hope this teaching will help you or someone you know. If I can be of and service, please call or email me.

John Hays