

# Early Connections Newsletter

MARCH 2025

## The Science of Big Feelings

**Understanding how emotions work in the brain can help us understand how to regain balance.**

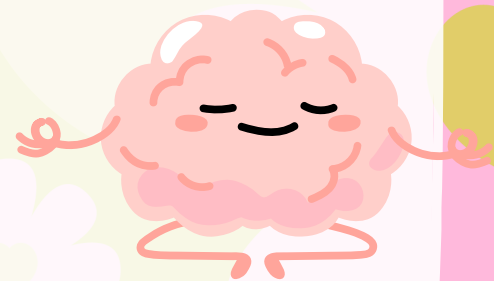
1. The prefrontal cortex aka "the thinking brain" helps with self control. It finishes developing in early adulthood. When big emotions strike this part of the brain goes "offline" (why it can be so hard to reason with a child during a tantrum!)



2. The limbic system runs the show when we feel big emotions like anger and fear - like an on and off switch. It triggers fight or flight responses like tantrums, ignoring, or refusing to do things. It wants to keep us safe but it might sense threats where there are none, especially if there has been a prior trauma or scary event.



3. Adults can help kids deal with big feelings by 'co-regulating' their mood - for example by being calm, soothing, caring, and staying close until the big feeling passes. This helps young children feel calm again and know they are still loved.



**From: Dr. Dan Siegel, PhD**

# All About Baby Doll Circle Time!

Baby doll circle time is a group-based activity that the family support team leads weekly in city center first floor classrooms. It focuses on social connection and teaching nurturing behaviors and self-regulation skills. By learning to be gentle with a baby doll, children can learn to be gentle with others.



You can learn more or continue the fun at home by searching “baby doll circle time” on youtube!

## March Events!

**3/15 - FREE! Downtown Erie's St. Patrick's Day Parade @2pm**

**3/29 - FREE! Bird Walks at Asbury Woods Nature center @1:00-3:00pm**

**FREE! Erie Zoo Admission Sundays 3-5pm (last entry at 4:15pm)**

**Peach St. Barnes and Noble Storytime is every Saturday @2pm!**

