Regulated vs Dysregulated Brain: What Happens When the Brain Goes Offline Transcript

(Transcripts are generated by AI and may contain errors)

Regulated vs. Dysregulated Behavior

Every child gets upset, every child melts down sometimes. The real question parents need answered is this, what's normal and when should I be concerned?

Let's talk about regulated versus dysregulated behavior and what's the difference. A regulated child, even when upset because they have a nervous system that is regulated, allows them to recover within a reasonable amount of time, accept support or comfort, learn after the moment passes, use age-appropriate skills.

Even if it's imperfect, they still can use them. Regulated doesn't mean calm, it means recoverable. That's a big difference, Whereas dysregulated kids struggle and what you'll often see is intense reactions to small stressors, difficulty calming without adult support, getting stuck in emotions, repeating the same meltdown pattern.

Dysregulation doesn't mean something's wrong with your child. It means their nervous system is under strain. So what actually is normal? This is where many parents either panic too early or wait too long.

What Normal Dysregulation Looks Like

That's what I've been seeing for three decades. Normal dysregulation looks like this tantrums and toddlers, big emotions after long days, temporary regressions during stress or illness or transitions, occasional meltdowns that resolve with support.

The key word here is temporary. the nervous system bounces back. That's a big deal. So when should you pay closer attention? You may want to look deeper when dysregulation is persistent, that big reactions happen daily, recovery takes a long time, and the same pattern happens across settings.

They're expanding, meaning they're getting worse. Their emotional reactions are getting bigger and more frequent. New struggles appear like sleep issues, eating issues school avoidance.

They're interfering with learning, relationships, family life is affected, your child can't access skills they used to have, which is regression. They require constant external support.

Your child cannot do this without you. Coping skills don't work even when practiced. Logic, consequences, and rewards make things worse.

When to Worry About Persistent Dysregulation

This isn't a discipline issue. It's a regulation capacity. So why does the brain go offline? When stress overwhelms the nervous system, the emotional brain takes over.

That means the thinking brain becomes unavailable. Behavior becomes the language. And that's why talking doesn't work. consequences actually escalate things and the child seems unreachable and avoidant.

You're not choosing poorly, their brain is protecting itself. So instead of asking, why won't my kid behave? Ask, is my child regulated enough to behave right now?

That single shift changes how you respond. how your child recovers, how their brain learns resilience, or if they repeat these stressors or not. So what helps?

Because that's what this is all about. Of course, regulating first, teaching second, and support before expectations. Skills are practiced outside of the meltdown.

You don't eliminate dysregulation, you increase recovery and resilience. That's a different shift because dysregation happens to all kids. It's not a bad thing unless they're always there.

So I know you're listening. I knew you were thinking and I hope you are thinking this explains my child and now I'm going to do things differently because that's the big deal.

Why the Brain Goes Offline Under Stress

i want you to feel like I feel seen, I understand this more clearly. And part of what I'm doing, we have so many paths to supporting your help, your child to regulate.

That's what this whole show is all about. But I did create something special that's free, that is accessible to everybody, and it's called a regulated child summit.

And it is actually a really incredible free event. It's not your typical summit, it actually is a newsletter summit where you're going to get short actionable tips right into your inbox.

Any videos you're going to get are going be short, they're for me. It's not one hour interviews with experts. They're great. But we are dealing with dysregulated kids.

We need stuff that works. So for a month, you are gonna get one email or two emails a week, and it's gonna give you daily action plan, which I love. You're gonna learn what dysregation actually it is and what helps in, again, those short actionable steps.

How to Support Regulation and Build Resilience

No long videos, because we don't got no time from that. And you're just getting these top tips from top experts, people that you love, People that are my friends.

How about that? No pressure, no labels here. This is just clarity and a way forward and practical support. And dysregulation, again, doesn't mean your child will always be that way.

Even if you feel like that, it means that their nervous system needs support and you can do that. I know so many of you are because you're always emailing me and telling me that and your in my Facebook group and sharing that I love that.

So we are rethinking what parenting is by putting the nervous system first, people. And you are doing it in every day. You should be proud. This regulated child summit is just another layer for you to get that support.

Free Regulated Child Summit and Newsletter Invite

regulated child summit and sign up for free. That's it. And all you have to do is jump in there, get started, take one little step every day. What I love about this summit, it's doing it with you so that you can get that in your inbox every.

So you got this and I hope you better understood what the difference is between regulated behavior and dysregulated behavior. Understanding that dys-regulation behavior is normal.

until it's not. And now you have the steps to get started. Want more insights and solutions? Well, subscribe to our dysregulation insider and it will show up in your inbox every week.