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Windows of Opportunity
Family

- Parents some times:
  - Ignores their children’s feelings
  - Do not attempt to change children’s bad behavior
  - Are very harsh on their children’s behavior

- Helpful tips:
  - Understand your child’s emotions
  - Show your own emotions
  - Be empathetic
Emotional relearning is based on the concept of desensitization.

- Exposed the traumatic event indirectly
  - Games
  - Retelling the event
Temperament Is Not Destiny

- Temperaments: Timid, bold, upbeat, melancholic.
  - Genetic
  - Tends to shape your personality
- During the first months of life some pathways are enhanced and others suppressed.
  - If good responses are favored, they will remain throughout life
- In adult life the brain is still malleable but not as much.
  - Medications and psychotherapy can be used for this purpose
End