

Empowered Parenting: 3 Essential Skills for Calming Big Emotions and Challenging Behaviors

Upstairs Brain: 

Downstairs Brain:

“Fire in the Brain:” 

When behaviors escalate and feel out of control.

Intense Brain Kids: Children that have “Fire in the Brain” more often tend to be children with “Intense Brain” chemistry and neural wiring. Symptoms are:

● Demanding behavior

● A need for control

● A desire to be in charge

● Triggers that may seem confusing

● Strong emotional responses or behavior reactions that seem disproportionate to the situation

The Little Scientist: Collects data from their surroundings, learning how to fulfill their need for attention, whether it's positive or negative.

Mirror Neurons: Reflects the state or feelings of others.

● Children tend to mimic the emotions and behaviors they see in adults.

● You can use this to your advantage by practicing strategies that help calm the “fire in the brain” in your child, without reacting with the same level of intensity.

● With time, children's brain pathways for intense emotions start to diminish if they observe calm responses in the adults around them.

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How to Respond to My Child’s Intensity?

One intentional step you can take is to become aware of your response and work on improving it.

1. Calm the Fire: Embrace the CALM MANTRA



2. Avoid Fire-Starters:

● Fire-Starter: Matching Fire with Fire ● Fire-Starter: Starting Phrases with “No”



Free PDF of 11 Fire-Starters:

https://samanthamoe.com/parents/

3. What If We Look Beneath The Behaviors?

All behavior is communication: Children often don’t have the capacity to put into words how they are feeling, so they “ACT it out” rather than “talk it out.”

Connect: Let's consider what is going on underneath a child's 

big emotions and behaviors- Anger? Anxiety? Expressing that

you see the emotion beneath behaviors builds connective fibers

that link the downstairs to the upstairs brain. Kids with strong

emotional intelligence often have adults in their lives who assist

them in calming their reactive fire, communicating feelings, and

building solutions.

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You Can Make it Better With Your Kid. MORE FREE, ONLINE RESOURCES:

Download my “How to Make it Better” Workbook Here: 

https://samanthamoe.com/how-to-make-it-better/

Attend my Free “Monthly Gathering Call:” 

Every month, I gather a group of parents of emotionally intense kids to talk

about fire in the brain, how to practice looking beneath the behaviors, and

what can be done to make their situation much, much better. Quite quickly.

This online call is rooted in deep love and respect for parents. I know you

already have some great tools and have been trying hard to figure this out, but you haven’t quite gotten the pieces to fit. So, this is a space where we acknowledge that…and then we roll up our sleeves and talk about what works for kids who are emotionally intense, strong-willed, or spirited. There’s no cost to join this online call. RSVP:

https://samanthamoe.com/monthly-gathering/

View Samantha’s mental health ted-ted (MHED Talk) -- Healing The Silent Family Struggle -- on Youtube here: https://www.youtube.com/watch?v=t-MH9JjiPeE 

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