



Solving the Meltdown Struggle Part 1



In 2006 I found myself asking
“What is this all about?”

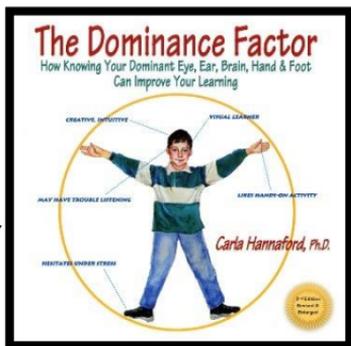
It sometimes seemed that there was nothing to be done but walk on eggs looking for the signs that would give me the clue that the blowup was about to happen, and having at-the-ready, the 4-5 options that could perhaps head it off- maybe. If I was lucky that day.

If you were like me, you were absolutely appalled that your life can be dictated by such a tiny being for so long. Surely he would grow out of this. Surely this is not the rest of my life... Oh... am I going to have a 30 year old in my house who cannot do anything for himself, cannot get ready in the morning, cannot remember to take everything he needs for work, OH dear ...will he even be able to hold down a job with these outbursts?

What do I do?.....

The first thing I found was that the solutions were tiered. Like everything else, it could not be fixed in one go but this is my first gem and I give it to you.

The full explanation can be found in Carla Hannaford's Book **The Dominance Factor.**



It is well worth getting. There is information your kid's teachers can use to help your kid get the best of school, and this alone changes academic achievement.

By the way I get no financial benefit from telling you this or from any references I make in this article

But the short version is here.

The thing I see this knowledge producing most is patience and understanding. Two characteristics I started to find I lacked, and the feeling

of being controlled and manipulated and in general having my adult life disintegrated by a 7 year old, just did not help me at all. And the obvious irritation and frustration in me did not help him either. We escalated each other.

So here is the summary:

If you are **Right Brain Dominant** you process information easiest in a parallel manner. So... you can take in all sorts of info and link it.

This means that ideas that can seem unrelated are at your finger tips. You can find very creative solutions to problems – not always the shortest or quickest but always inventive.



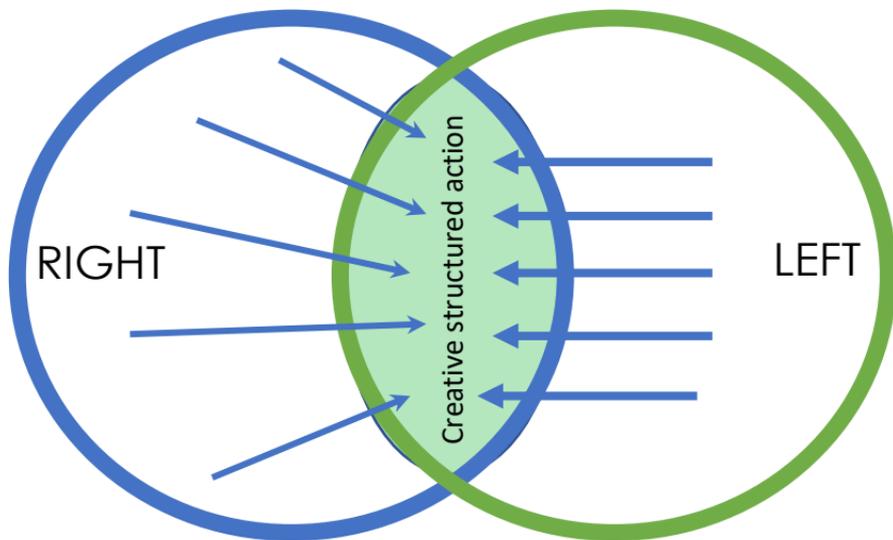
If you are **Left Brain Dominant** you process information easiest in a serial manner – that is - one thing after the next. There is a sequential order to the processing.

This means that you reach conclusions in a seemingly logical fashion, where cause and effect are obvious to you. In general, you like structure and predictable outcomes.

Under relaxed situations - since both hemispheres physically exist in most people - it is possible to have access to both kinds of processing at the same time.

Being whole brained - as this access is called - will produce the most amazing ideas and thoughts and abilities. This is when you are “on your game”. Everything seems easier, more flowing and one feels competent. It is a nice place to be.

Generally, you do not argue in this place as you can see the other person's point easier.



When both sides feed the thinking process you can get great ideas and structure them for action

The rub comes under stress

Because this is when we lose access to the side that is not dominant.

The result is that your strong suit gets stronger and your weak suit gets weaker.

So... if you are sequential / serial you get rigid and if you are parallel you get scattered.

And the two do not get on without compromise, so friction is the result.

If you are a sequential processor trying to get ready in the morning (a stressful time) you will do things in the most logical order (to you)

Should your child be a parallel processor this same morning routine will not look like yours. Under stress the process takes on chaotic appearance to you, no order, no time noticing, no getting finished. This will increase your stress and you can get more rigid, increasing the child's stress making them more scattered.

It will seem you are working against each other to get the job done.

Being the Adult, the job of recognizing and changing this dynamic falls on you

No matter the dominance you have - the solution is the same. You have to re-establish whole brain function in stressful situations, and begin to put in place the default cross body movement response to stress



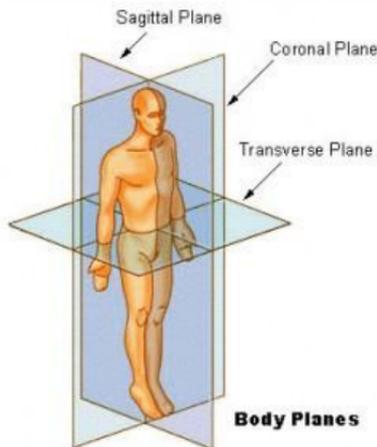
It does not matter which brain dominance you have – right or left, you will see the same kind of struggle manifest in all sorts of ways, escalating and making the interaction so highly unpleasant - each party believing that the other is unreasonable and eventually thinking they are malicious in there behavior. “he deliberately does..... xyz”

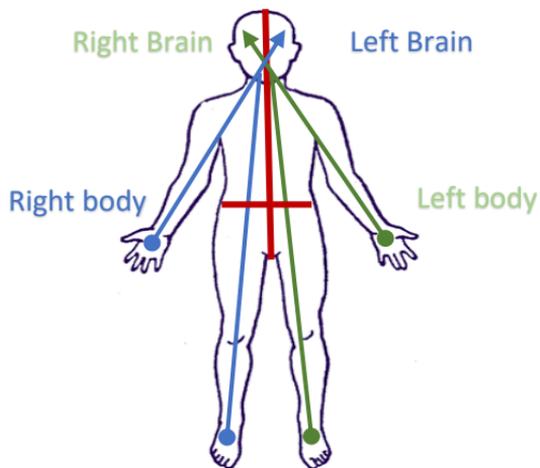
The best way out of the cycling conflict is to practice “wholebrain-inducing” activity regularly.

In general the rule is:

“cross the midlines
several times”

There are 3 midlines and moving over them helps your brain notice the sensations from the opposite side of the body.





This process of moving bodyparts across the body works because the right side of your body sends its info to the left side of your brain, the left side of your body sends its info to the right side of your brain – waking them up.

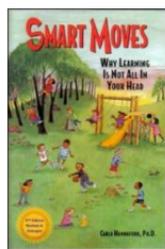
The best system I have found and the one most acceptable at schools is called S'cool moves – focus and minute moves developed by Debra Wilson.

<https://www.schoolmoves.com/individual-items/>

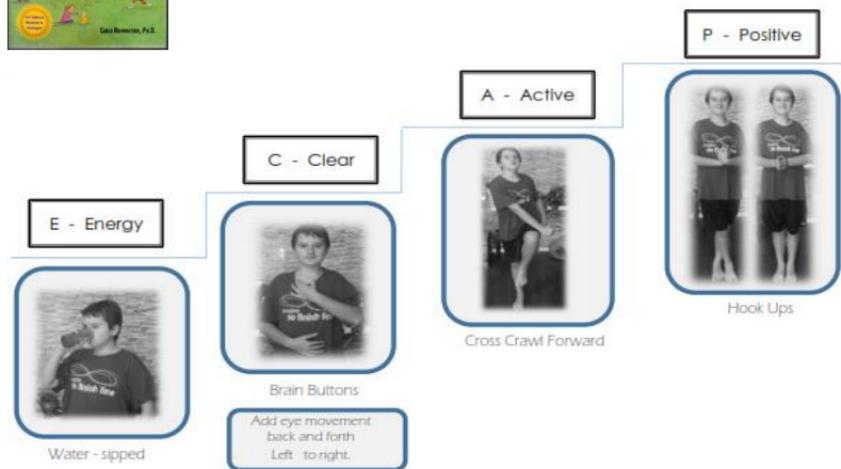


What we did was do the exercises as part of our daily routine – same as brushing teeth, hair and having breakfast / coffee. We added some to bedtime.

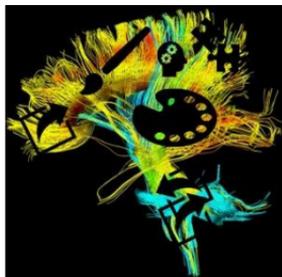
Another movement sequence to use is found in Brain Gym's® PACE. The explanation is found in Carla Hannaford's Book:



Smart Moves –
Why learning isn't all in your head.



It is best to do this every day regularly as this repetition creates the brain connections and strongly myelinates them, making them easy to access when they are needed - when one is stressed.



If you try to practice this in the stressful situation, it WILL backfire. You will have a worse meltdown than you started out with. If you decide you want to try this approach, please do so in a peaceful time and so attach the practice to a peace time. It took us 3 years of daily practice for this movement pattern to be able to produce meltdown turn around time of **10 seconds**.

For us - this used to be 4 hours to stop the screaming and another 4-6hrs for peace and calm to return completely. Yes... that was the whole day gone.

This is just the beginning of dealing with the process needed to completely stem meltdowns. If you perhaps need more help than this gives, please be free to contact our office, and talk to one of our Haller Method™ trained OTs.



We offer a 20min discovery visit or chat where you can ask us questions and we can explain what we do that brings about the behavioral changes you are looking for. This is free, and the goal is for you to get to know us and us you.



If, after this chat, you decide that you like us, and would like to proceed with a professional look at the challenges you are facing, we will give you the information you need to set that up.

If this is the route you would like to go,
you can contact us in one of 3 ways

Call us at:

970 818 8678

In Fort Collins CO

GO online &
choose a time

<https://maxine-haller.clientsecure.me>



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