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# Loving your Toddler Brain

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## EPISODE 74

The toddler brain is the part of our brain charged with our immediate survival. So when it feels it is in constant danger, it will overreact -- not because it is against you, because it is for you!

### **How have you noticed your brain doing this in your life?**

Because of our food rules, our brain perceives the ever-present famine mode we are stuck in as a threat.

### **Ask yourself:**

- What food rules do you have?
- Are they hurting or helping you?
- What could you choose to believe instead that would be more beneficial?

### **10-Minute Lie-Down Exercise**

Part of healing our relationship with our bodies is first accepting then learning to honor and trust our bodies.

To do this, we need to slow down our minds and let our toddler brains know that there's no reason to panic. We were not meant to live, let alone thrive, in a constant state of emergency.

When you notice toddler brain panicking, lie down in a quiet place and ask yourself the following:

- Where is my brain interpreting danger and famine where there is none?
- How can you start to heal and relate to those dangers in a new way?
- How can you chill out instead of freak out?

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