

## Family Course Basics

### **Participate in the first two weeks of the course without your child.**

During this course preparation time, parents spend about an hour (total) during each of those weeks to review materials. This helps to ensure that everyone is off to a great start when their kids join at our official Week 1.

### **Review engaging materials daily.**

The 11-week pons course (the first of our two, family courses) includes entertaining videos, audios, and pdf support files. Together, these materials teach you and your child how to complete your lower brain development, as well as the process for restoring your nervous system's flexibility.

### **Receive program support.**

We give you feedback on your video footage (of you and your child doing the lower brain movements) and on your "checking in" questionnaires. We also answer your questions and concerns by email, and you receive additional support and a sense of community when you participate in our four, group video chats. Since we've been doing this for almost two decades, we're also really good at modifying the program, as needed. (It makes no sense to create a program to reduce stress . . . if it causes more stress to do it.)

### **Commit to setting aside 30 minutes for the daily lower brain floor sessions.**

While this time can be divided into two separate sessions, this is when you and your child do specific movements to develop your pons (part of your lower brain), integrate retained primitive reflexes, and learn about your brain and nervous system. Parents set aside another 5-10 minutes daily to review additional support materials.

### **Commit to restoring your nervous system's flexibility in "real" time throughout the day.**

Both you and your child practice what you learn during floor time sessions throughout the day, as needed. Such techniques and approaches help keep you grounded and make it possible to bounce back quickly after shifting into protection mode.

### **Become an active participant as you also change your own brain and nervous system's flexibility for no extra fee.**

The same course fee (\$695) covers both parents (though only one needs to commit to doing the course) and one child. One (or two) siblings can also be included for \$195, per child. If you opt to go on to the midbrain course, that also costs \$695. But that's it—after the midbrain course, you're ready to fly solo!