

Table 1

	Where they are at	What they need	What parents think they need	What they want	Traps	How to communicate with them. TSG Focuses (The 4 Ts)
Babies (0-18 mo)	Don't understand much about the world. They are learning about their own emotional security. They study faces and learn to read facial expressions early on. By 9 months they know their own name and understand the word "no". By 12 months they know a lot of what is said. By 15 months they are following simple commands.	They need lots of touch from their parents. This gives them security. They need quiet, soothing soft sounds. They respond well to low tones because they would have heard those in utero. They need their parent to be calm, so that they get the message to be calm. They need routine and bonding. The voice and face of the parent teaches the child more than anything else.	Security. Food, sleep, comfort.	To be with Mom and Dad, so smell them, hear them talking to them, and to be touched. They want bonding. Deliberate, non-emotional communication. (It feels safer)	Many parents think that this time of life is easily replaced by anyone or anything. Many parents think that the child will not remember they weren't there when they were young so long as the parent is more present when the child is older. (The most basic need and attribute for the child's security is being with their parent all the time.)	Talk to them all the time. Teach them about calmness by being calm. The parent should be practicing the 4 Basic skills for themselves, and starting to point out cause and effect to the child. Increasing verbal skills is the most important. This is done by being talked to and by being instructed on words by the parents. Stay away from digital stimulation. Loud sounds and too much eye tracking is upsetting or detrimental to a young brain. Start learning to say "okay" and accept "no" answers. Pre-teach lots. The progress will be slow, but it will increase aptitude later on. Can start using a calm down spot when needed.
Toddlers (18 mo - 4) Laying the Foundation	Can speak in short sentences, and understands a lot of what is said to them, even if they can't communicate on the same level. By 24 months the child is having conversations with you. They start expressing their inner life to others. At age 4 -5 the child has the ability to make more brain connections than at any other time. This is a vital teaching time. Parents should focus on making the correct brain pathways. They are developing basic emotional and social skills.	They naturally start to look out beyond themselves and putting together what is going on around them, so parents need to be providing lots of information to the child. They need repetitive experiences and new experiences. They try to understand cause and effect and so develop funny, or even annoying games. The parent is the guide to the world around the child. Anything we show them will help their brain grow. Since brains aren't just born, but built over time through experiences, a toddler needs a parent to choose experiences carefully. Be picky. Don't expose them to inappropriate content or people.	Stimulation: Friends, movies, loud toys, lots to see and do. Toddlers don't appreciate Disneyland etc...	Boundaries. The toddler is testing boundaries all day long. They are looking for the "no" answer. They need to be observed and taught consistently so that they can begin training themselves at this stage. They also want to learn new things. The parent is the best teacher. They need personal learning.	Many parents think that because a toddler is so curious that they need to be scheduled with curiosity experiences around the clock. Nothing ruins a toddler's love of learning than the stress of a busy schedule. Life should feel like a nature walk, not feel like a trip to a theme park. The second trap at this age is that parents introduce too much social. Toddler age children still need to be with their parents most of the time. The third most common trap is for parents to think their child's misbehaviors are cute or age appropriate, instead of correcting the child and guiding them down the correct path.	Pre-teaching is the emphasis here. The brain of the toddler has a long way to go, and they just need lots of practice doing things the right way as well as need consistent correcting when things go wrong. Learning cause and effect is very important for them. They can't get away with anything. Parents need to keep tolerances low even though the child is young. Keep using calm down spot as needed. Some anxiety is normal for a toddler. Work gently with it.
Children (4 - 12) Inauguration Time!!! Set the Standards.	They are looking for stability so that they can conquer new problems. Their brains are very active and forming new pathways early on. Over time, the brain weeds out unused synapses/pathways in an effort to be efficient. Luckily new synapses can be built. Life is exciting. Lots of skill development occurs. Anxiety and perfectionism can surface here once the child sees more of the world. They are learning to pay attention, follow rules or instructions, plan ahead. They are learning to problem solve better because they have a better grasp on cause and effect. They increase executive functioning abilities and self awareness.	They need a sturdy family life to offer support for healthy brain development. They need someone to teach them adult skills. They need someone to nurture their communication abilities. These communication abilities will pave the way for good relationship during adolescence. Low stress. To fail a lot. To succeed a lot. To work a lot. To bond through touch and talk. They need more verbal interactions. To learn how to deliberately plan their behaviors and relationships. They need parents to set a good example on how to manage stress and prioritize tasks.	Stimulation. Parents misread a child's desire for friends. The child really needs more interaction with their parents and family members, then interaction with friends. That said, this is a time when friend time increases more. More of their parent's time. They need standards for life. These will be used forever afterward.	Someone to help them with their problems. They know they are struggling with things like lying etc. They want someone to catch it and help them, not pass it off as normal. They want to see how other people live. They want answers to their questions. They want to do grown up things. They want responsibility	Many parents do too much for their children, when they should be allowing the child to grown by increasing responsibilities. Many parents think that work is bad and play is good and that children need to play mostly during these years. The truth is work is play to a child if presented correctly. Another trap is that parents take on too many activities and end up increasing the child's stress load, as well as their own. Stress kills inspiration and this age is a big one for getting inspired and figuring out they can accomplish hard things. Parents must encourage this, even if it means more work.	Age 4 - 6 keep using calm down spot for out of control behaviors, but significantly increase correcting and lower tolerances. A modified Rule of Three can also be used. Lots of praise to encourage the correct behavior. Keep pre-teaching. About age 7 start having more parent counseling sessions about specific issues. Encourage standards. Help the child take ownership. Anxiety and perfectionism is on the rise so learning to accept a no answer is key! They need to bond closely through shared activities and one on one conversations.

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Youth (12 - 18ish) Emerging Adults!!! Don't forget!!! Teen vs. Emerging Adult	They are learning to prioritize tasks and manage stress. More moody phase of life. Hormones lead to this. Also, lots of confusion, socially, mentally, and physically. Hormones are changing and actually effect the brain. Body is changing: oily skin, muscle and fats get reorganized in the body, BO, etc. They are often sleepy or drained of energy, but then also often super motivated and silly. Many teens don't have enough melatonin to calm them down at night because they don't eat right and their hormones stall the release of melatonin. So, they often like to stay up late. Pre-frontal cortex not fully developed. Teen synapsis are specializing. This means they are making more permanent tracks. They are deciding who they are. The teen often seems slow. The axons, the tails of the neurons making synapsis, have a harder time transferring information because of a fatty layer on them called the Mayelin Sheath. The brain does a lot of pruning and the person loses connections. Teens don't read emotional expressions well. They could misread shock for anger and vise versa. Teens most often use the Amigdala, or the emotional part of the brain. This can cause mood swings. This can lead to them misunderstanding people and taking things more personally. They often take more risks because the pre-frontal cortex isn't hooked up yet. They can't problem solve, but their pleasure and reward zone of the brain is fully developed, so they often go looking for pleasure and rewards. The bigger reward the more they respond. This can lead to bad judgement if they get rewards from bad sources. (Think of social media and gaming)	To learn to do hard things. To develop adult skills. To mature. To share opinions and ideas with someone. Real heroes, adult responsibility, more sleep, more planning for their life and happiness, more self-control for more freedom. They need to bond and fit in with family. That leads to more happiness than fitting in with peers. They need parents to realize they are looking for who they are and be there to guide them in the right direction. They need to use their brains a lot because their brains are pruning out unused synapses.	Social time, digital devices, more freedom, to be left alone,	Help, autonomy, to be understood, to feel important in the world, to fit in socially, to feel smart, digital perks, adult perks, bonding, the truth, They want to think independently. (This is often manifested as moodiness or passion.)	Many parents mistakenly give youth too much social time and not enough family bonding times. It is tempting to always do activities with friends, but they need some time only with family. Second, many parents think youth need more digital perks. This is not a need, but a want, and is only fad based. We have extended our adolescence, which actually disables the future adults our children are becoming. Don't go too easy on them. Let them grow up. In fact, push them toward it. Some parents think the sleep problem solution is to allow teens to sleep whenever they want to and to allow them to stay up texting, surfing, or gaming. Not a smart practice. Since these things can delay melatonin. Big trap. Don't tell everyone about the thoughts your youth has or their struggles. They will stop talking to you if you do that.	They need help with their decision making. They need to increase connection with parents and family, and time to practice self-governing on their own. So, they need to have adult opportunities. Mentor meetings can happen more often during this time and be more informal. They need to have someone to talk things out with. After a while they can transition from needing a chore to just being corrected with the word and the tone. If this is enough for a soft heart, then it is enough. Graduation looks like this..... Needs to see how self governing is something they have to also do for themselves as an adult.
Young Adult (18 - ?)	They feel increased stress due to increased responsibility for self and future life. Brain is stronger, faster and more sophisticated. Still struggle with slow decision making abilities.	Understanding, responsibility, higher tolerances. They need a good adult to look up to.	The parents to be child-like. Peers. To launch into adulthood.	Autonomy, support,	Not talking enough to them. They need support. Often youth test things they shouldn't, and end up learning a few lessons the hard way. That is bound to happen a bit. Be patient. They have a long way to go yet...	Still impart wisdom. Still work on relationship. Give gentle criticism, with an understanding, loving tone. Use TSG skills on self.
Adult	Brain finally up to speed and can make decisions quickly.	More time bonding with family members. To feel important and useful. They need to be needed.	More alone time.	Recognition, help		Use all TSG skills on self.