

2026 [Rady's Mental Health Webinar Series](#)

Facilitator Guide for Parents/Caregivers

Reflection Questions and Answers

February 18, 2026

[The Developing Brain: Understanding Childhood and Adolescence Through a Neuroscience Lens](#)

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Short description of webinar: Why do children and teens react so differently at different ages? Using easy-to-understand neuroscience, this session helps parents make sense of brain development, emotional regulation, and behavior—and learn how connection and co-regulation support healthier responses at home and school.

Pre-Webinar **Sample** Activity:

Reflect on the development of a young person in your life and consider how their behavior has changed as they have grown. Create a list of behaviors that have changed since they were 2 years old. Describe how each one has changed from age 2 to the present.

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Post Webinar **Sample** Questions:

1. Have you noticed the child in your life exhibiting any of the following behavioral issues during early childhood (ages 2-7)? If yes, please select the behaviors you observed.

Example answers:

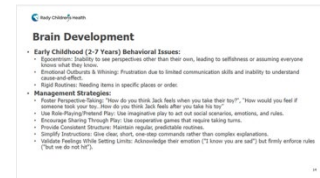
- Egocentrism: selfishness, assuming everyone knows what they know
- Emotional Outbursts & Whining: Frustration due to limited communication skills
- Rigid Routines: Needing items in specific places or order



2. Which Management Strategies do you believe would be most helpful to use when addressing behavioral issues in young children (2-7 years old)?

Example answers:

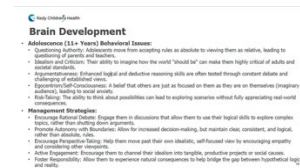
- Foster Perspective-Taking
- Use Role-Playing/Pretend Play
- Encourage Sharing Through Play
- Provide Consistent Structure
- Simplify Instructions
- Validate Feelings While Setting Limits



3. Have you noticed the youth in your life exhibiting any of the following Behavioral Issues during adolescence (11+ years old)? Is so, which behaviors have you observed?

Example answers:

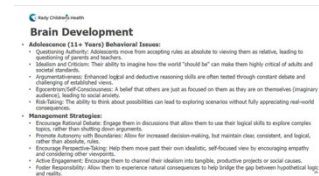
- Withdrawal/isolation
- Irritation, anger, and aggression
- Disconnect from friends



4. Which Management Strategies would be helpful for you to try when addressing behavioral issues displayed during adolescence (11+ years old)?

Example answers:

- Encourage Rational Debate
- Promote Autonomy with Boundaries
- Encourage Perspective-Taking
- Active Engagement
- Foster Responsibility



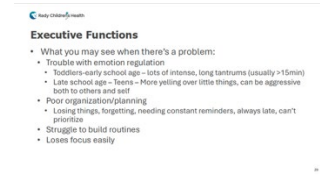
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5. Which of these behaviors associated with Executive Functions problems have you found most challenging to manage while supporting the youth in your life?

Example answers:

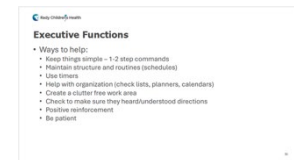
- Trouble with emotion regulation
- Poor organization/planning
- Struggle to build routines
- Loses focus easily



6. Which of the ways to help with Executive Function would you be most likely to implement with the youth in your life?

Example answers:

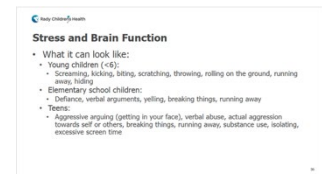
- Keep things simple – 1 to 2 step commands
- Maintain structure and routines (schedules)
- Use timers
- Help with organization (check lists, planners, calendars)
- Create a clutter free work area
- Check to make sure they heard/understood directions
- Be patient



7. Which potential impact of Stress and Brain Function have you observed in the children or teens in your life?

Example answers:

- Young children (<6 years old) - Screaming, kicking, biting, scratching, throwing, rolling on the ground, running away
- Elementary School – Defiance, verbal arguments, yelling breaking things, running away
- Teens – Aggressive arguing (getting in your face), verbal abuse, actual aggression towards self or others, breaking things, running away, substance use, isolating, excessive screen time



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8. When supporting youth experiencing Brain Function challenges, which strategies do you think would be most helpful to implement?

Example answers:

- Stay calm
- Don't try to reason or rationalize with them
- Validate, let them know you're there if they need you
- Distract – offer acceptable alternatives to help them calm
- Disengage – have them go to another room
- Safety

