

# Cultural Focus on Neuro Relational Framework

## *Step 3 – Brain Systems*

### **Regulation Brain System**

1. From a cultural view, how does this mother feed, sleep, diaper, clothe her baby?
2. What is this mother's cultural view of prenatal care, birth, labor, delivery?
3. What is this family's cultural view of post-partum depression?
4. What is this family's view of reading infant cues? Responding to infant cues?
5. From a cultural view, in this family, *should* a parent follow/read/respond to infant's cues?

### **Sensory Brain System**

1. From a cultural perspective, when does this mother think infants should talk, walk?
2. What is this family's cultural view of infant's fine motor skill, i.e.: when should infant pick up objects toys independently, feed independently?
3. Does this family "tune in" to processing issues, i.e.: visual spatial, auditory, olfactory, proprioception, etc.? In other words, is this topic something this mother notices as part of a delay? Or individual difference?
4. In terms of "matching or countering" – from a cultural perspective, can this mother up-regulate/down regulate? Note: Some cultural groups do not feel comfortable "down regulating" and some cultural groups find "upregulating" outside of their comfort zone.

### **Relevance Brain System**

1. From a cultural perspective, how does this family feel about/approach "separation"?
2. Immigration history and/or familial separations?
3. From a cultural perspective, how does this family feel about attachment relationships? Note: Some cultural groups do not afford attachment relationships very much "power" as these relationships "come and go".
4. Are there experiences for this mother/family in which they have felt excluded, discriminated against or treated poorly?

5. From a cultural perspective, what makes this mother feel empowered/competent?
6. If there is a mental health or substance abuse issue in this family – how is it viewed? Is it viewed as “normal/typical”? Or problematic/challenging?
7. Do you feel “welcomed” in this home?

### **Executive Brain System**

1. How does this mother’s cultural group view play? Parent role in play? Play as learning experience?
2. How does this family play? What are the play activities that this family values?
3. From a cultural view, does this family “de-value” play as a learning tool?
4. In this family, who do they believe is their child’s best teacher?
5. From a cultural view, how does this family believe children learn the best?
6. Does this family value dependence or independence? How does this family support these for their children?
7. From a cultural perspective, what does this mother think her child needs, in terms of skills, to make it in life?
8. From a cultural perspective, how does this family view “intervention”? What is this family’s cultural view of seeking intervention? Medical care? Psychological care? Mental health care?