

“CHORES”

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Adoption Friend - Your friend on the Post-Adoption Journey

Services: Parent & Enneagram Coaching. Training: Parents, Churches & Support Systems

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1. CHORES CHildren Offered Relational Experiences
2. Parenting Tips from: “Hunt, Gather, Parent: What Ancient Cultures Can Teach Us About the Lost Art of Raising Happy, Helpful Little Humans” by Michaelleen Doucleff
3. Framework. Healing the effects of Toxic Stress: Calm the Limbic System so that the Prefrontal Cortex can develop. Five of the functions of the Prefrontal Cortex (“The Mindful Brain” by Daniel J. Siegel, MD)
 - a. Body regulation - Brakes and accelerator of the Autonomic Nervous System
 - b. Response flexibility - Allows you to actually choose your response
 - c. Empathy – “Mind Sight” Putting oneself in someone else's shoes.
 - d. Fear Modulation/Extinction - The ability to calm fear.
 - e. Morality - Means the ability to think of the larger social good.
4. Foundation - Develop “Intrinsic Motivation” (belonging naturally; essential) Three Ingredients
 - a. Connection: Welcome children into the adult world.
 - b. Autonomy: Don't make children contribute and don't make them stay.
 - c. Competency. Balance Challenging and Competency.
5. Non-Verbal Approval: (nod, soft smile, eye contact, touch)
6. A Few tips for contributing to the family: W.I.T.H.
 - a. Welcome the children. Even if, it's easier to do things yourself.
 - b. Independence (autonomy) – let them come and go.
 - c. Tiny Tasks for those we trained to not help. (Teens)
 - d. Housework done incorrectly, still blesses your family. – Flylady.net (Oops! - if you are going to vacuum, you must do it my way)
7. Resources
 - a. Hunt, Gather, Parent by Michaelleen Doucleff
 - b. Cookin' with Kibby - <https://www.cookinwithkibby.com> Helping foster and adoptive parents connect with their children through the shared act of cooking and eating together, because LIFE IS BETTER WHEN WE'RE COOKIN' TOGETHER!
 - c. Article: Toddlers want to Help
<https://www.psychologytoday.com/us/blog/freedom-learn/201809/toddlers-want-help-and-we-should-let-them>
 - d. FlyLady.net - Have you been living in CHAOS? FlyLady is here to help you get your home organized!