

Raising Great Kids



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AGENDA

Discuss

- Discuss different parenting styles

Identify

- Identify basic human emotional needs

Explore

- Explore our stress response

Share

- Share ingredients to meet our children's needs

COMMON PARENTING STYLES

Helicopter

Drill Sergeant

Hybrid

Consultant Style



ALL BEHAVIOR IS A FORM OF COMMUNICATION

ICEBERG OF BEHAVIORS: WHAT IS HAPPENING BELOW THE SURFACE?



UNMET NEEDS

HEALTH

SAFETY

CONTROL

PURPOSE

BELONGING

SELF-ESTEEM

COMMON EMOTIONS BENEATH MISBEHAVIOR

ANGER

SADNESS

LONELINESS

FRUSTRATION

EMBARASSMENT

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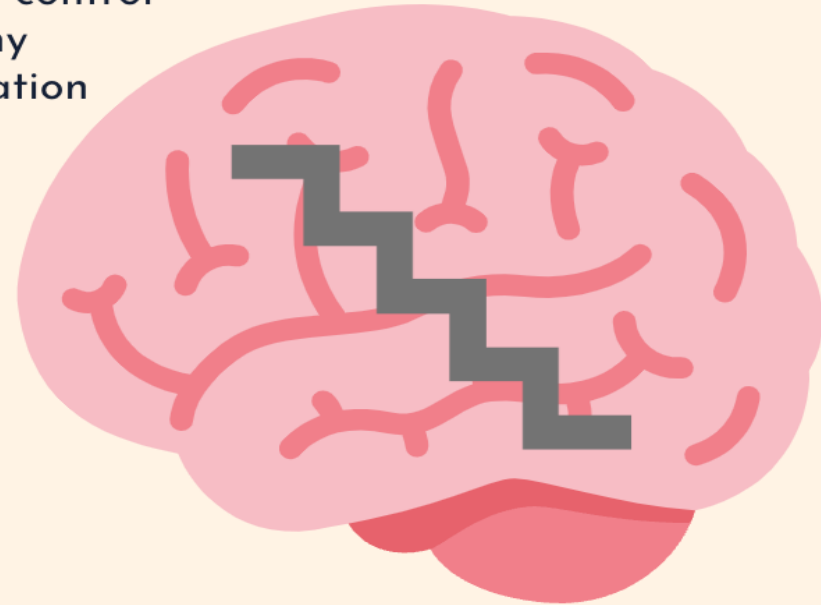


"MY CHILD IS NOT GIVING
ME A HARD TIME, THEY
ARE HAVING A HARD
TIME."

LET'S TALK ABOUT THE BRAIN

Upstairs Brain

- "Thinking Brain"
- Logic & reasoning
- Problem solving
- Impulse control
- Empathy
- Imagination

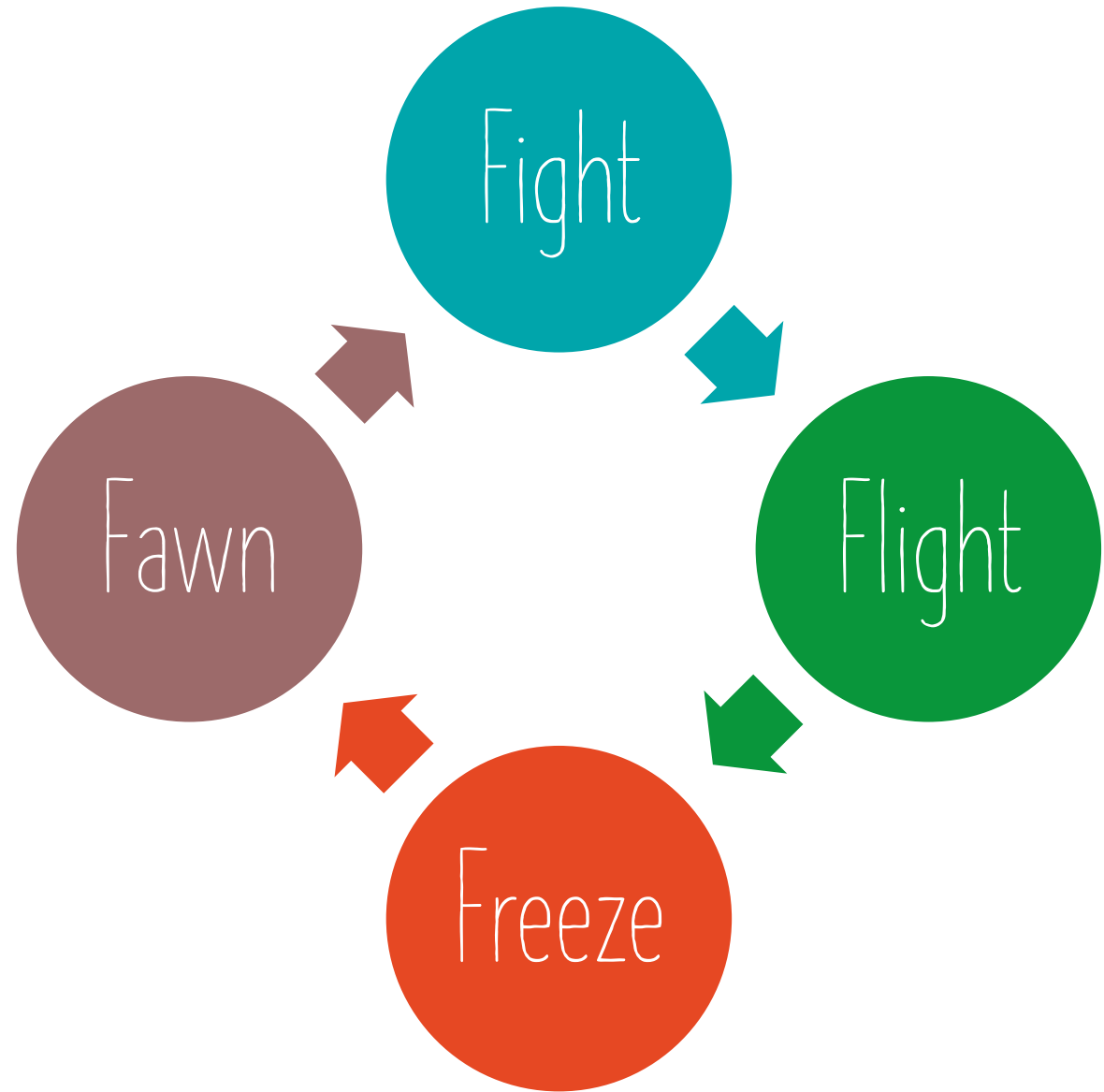


Downstairs Brain

- "Survival Brain"
- Automatic functions like breathing and heartbeat
- Looks for threats to our safety
- Activates "Fight, Flight or Freeze"

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UNDERSTANDING THE STRESS RESPONSE





FIGHT

- Irritable
- Controlling
- Argumentative
- Demanding
- Defensive
- Having a "tantrum"



FLIGHT



- Anxious
- Overwhelmed
- Avoidant
- Unfocused
- Perfectionism
- Fidgety/ Silly



FREEZE

- Procrastination
- Depressed
- Zoned out
- Lack of motivation
- Shutting down
- Feeling stuck



FAWN

- Also known as "Please and appease"
- Anticipating ways to keep the peace
- Ignoring our own needs to satisfy others
- Saying "yes" to things we are uncomfortable with
- Over-apologizing

FINDING P.E.A.C.E. IN OUR
HOMES



P.E.A.C.E.

PURPOSE, BELONGING & FEELING CAPABLE

- Being a part of something bigger than ourselves (family, school, community, & teams)
- When we are given the opportunity to provide meaningful contributions to our homes it gives us a sense of purpose
- Learning new skills builds our self-esteem, self-worth, and makes us feel capable



P.E.A.C.E.

EMOTIONAL SAFETY & BOUNDARIES

- Allowing our children to experience all of their emotions in a safe place is one of the best gifts we can give them
- Validating feelings helps our kids feel heard and understood
- Boundaries let us know what to expect
- Predictability feels safe



P.E.A.C.E.

Attention, Affection & Acceptance

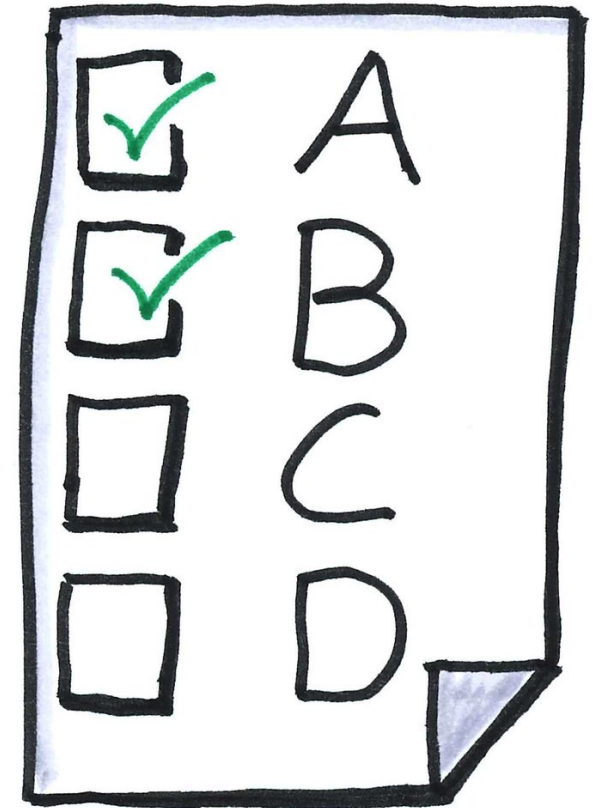
- Human beings need connection with others for survival and mental wellbeing
- Feeling loved and cared for unconditionally
- Showing our kids love in a way they understand
- 5 Love Languages: Words of Affirmation, Acts of Service, Gifts, Quality Time, Physical Touch



PEACE.

CONTROL

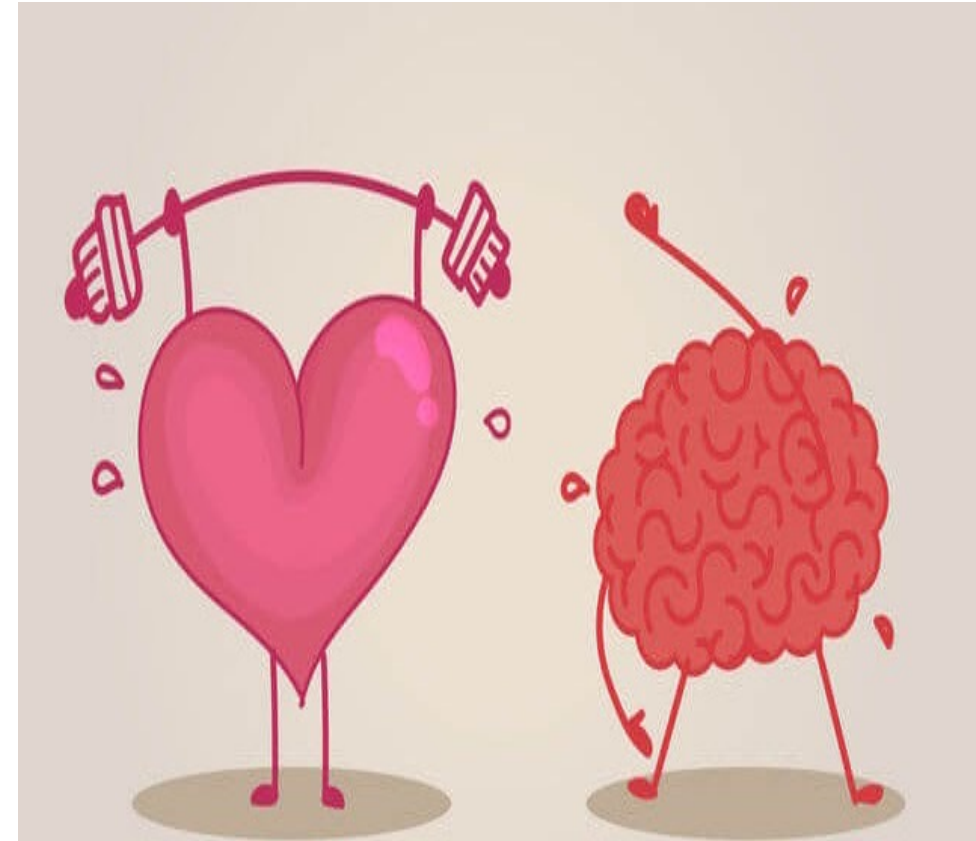
- Offering choices within limits is a simple and effective way to meet this need in healthy ways
- Reduces power struggles
- Lets kids know their voices matter
- When kids are able to practice making choices it helps them to learn how to make good decisions



PEACE

EMPATHY

- Each time we try to understand what someone else is thinking and feeling we are showing them empathy
- This allows someone to feel seen, heard, and understood
- Empathy keeps our hearts and minds open to learning
- Helps us to grow from our mistakes



Did you know?



“One of the very best scientific predictors for how any child turns out—in terms of happiness, academic success, leadership skills, and meaningful relationships—is whether at least one adult in their life has consistently shown up for them.”

—Tina Payne Bryson

The background features a repeating pattern of grey speech bubbles with a white question mark inside, set against a dark teal background. The speech bubbles are arranged in a staggered, overlapping grid.

QUESTIONS?
