



# The Stay at Home Toolkit:

**What Every Parent Needs to Know – Part One**

April 27, 2020 via Zoom with Sarah Ahn, MSW, LCSW,  
Jenny Burnsed, MS, LPC,  
and Cindy Shiko, OTR, CMT



# Welcome

- Introductions
- Overview and Parental Self-Care – 30 min – Sarah and Jenny
- Moving Your Body at Home – 30 min - Cindy
- Question and Answer – 15 min - All
- Resources
  - Copy of this presentation and Cindy's handout on [www.sarahahn.com](http://www.sarahahn.com)

# 6 C's of Authentic Parenting

- Compassion
- Connection
- Collaboration
- Celebration
- Communication
- Care for the Self



# Compassion

- Lower expectations in all areas (school, work, home, social, emotional)
- Choose connection and relationship first
- Offer compassion to yourself and others

“When one can see no future, all one can do is the next right thing.”

-Grand Pabbie from Frozen 2



# Connection

- Choose connection over outcome
- Increase physical connections
- Make the most of family time
  - Dinner
  - Movement
  - Game/Movie night
- Choose attachment building activities
  - “Just Be” Time
  - Let your child lead
  - Gardening, cooking, making/creating



# Collaboration



“ If we don’t actively decide what we want a day to hold, we’re at the mercy of a hundred things other than what matters most.”

- Jedd Medefind

- Daily/Weekly Schedule

- Parents choose domains (e.g. solitude, family time, learning, service, outdoor time OR school, reading, music, movement, eating, “choice” time), kids choose the details
- Be consistent but flexible
- Normalize interruptions

# Collaboration

- ▶ Household Chores
  - ▶ Praise and recognize
  - ▶ Ensure “fairness”
- ▶ Screen Time
  - ▶ Boundaries important
  - ▶ Lots of great learning online resources
- ▶ Inject Levity





## Celebration

Contain the Negative

Amplify the Positive

- The power of praise
- Gratitude journal
- Positive post-it notes
- Rose/bud/thorn
- Encourage your child's interest
- Do something that gives you pleasure daily



# Communicating for Connection

**Focus Topic for Next Zoom Webinar : Monday, May 11 from 4:00 – 5:15 p.m.**

- Let kids have their feelings and reactions – validate
- Check in to see if kids feel heard
- Answer their questions but know what they are asking
- Be developmentally appropriate
- Be authentic
- Be a reflective listener

# Caring for Self

“Put on Your Own Oxygen Mask First”



“An Empty Cup Cannot Fill Another”

- Emotional regulation is key
- Rupture and Repair
- BREATHE

# Case for Self-Care and Mindfulness



“Fill the tank”- provides energy to pull from



Increases resiliency



Allows for attunement with others. Attunement, in turn, provides a necessary ingredient for trust and security.



Great modeling for our children



Regulates the Nervous System



Mentalizing- the ability to put ourselves in another's shoes.



## Self-Care : 4 Dimensions



Mind



Body



Spiritual



Social/Emotional

# Mind

- Read a book
- Explore an on-line workshop or class
- Do something that challenges you
- Detox from media
- Listen to music
- Explore museums virtually
- Other:





# Body



Exercise



Sleep



Eat nourishing  
foods



Pressure  
points



Cuddle



Bathe/Shower



Other:

# Spiritual

- Yoga
- Mindfulness/Meditation
- Journal
- Explore virtual spiritual communities
- Practice Gratitude
- Appreciate Nature
- Give back
- Other:





# Social-Emotional





# Cultivating Mindfulness

- Breathing
  - Mindful eating/drinking
  - Meditation
    - Tune into surroundings and your senses: 5-things you see, 4 things you hear, 3 things you feel, 2 things you taste & 1 thing you smell
    - Sit in a relaxed, comfortable position and focus on your breath
    - Use an app (e.g. Eat, Breathe, Think, Buddify, Calm, Headspace)
  - Do something creative
  - Take a break from technology
  - Mindful play/mindful listening
  - Practice yoga
- 

# Resources



## Books:

Kabat-Zinn, Jon. Wherever You Go, There You Are: Mindfulness in Everyday Life

Race, Kristen. Mindful Parenting: Simple and Powerful Solutions for Raising Creative, Engaged, Happy Kids in Today's Hectic World



## Meditation Apps:

Stop, Breathe & Think  
Calm  
Headspace  
Smiling Mind  
Mindfulness Coach



## Mindfulness Resources

<https://www.theawakenetwork.com/free-online-meditation-resources-for-the-time-of-social-distancing/>

# Strategies for Self Care with Sensory Input and Movement

Cindy Shiko,  
OTR, CMT

- **Down regulate Vagus Nerve defense response: fight/flight/freeze:**
  - Extended exhale (smell the flowers/blow out the candles)
  - Hum
  - Blow: bubbles, pinwheel, instruments, or whistle
  - Safe and Sound program from iLs\*



# Cranial Self-Techniques and Home Spa

- ▶ Massage jaw muscles in counter clock-wise direction
- ▶ Stretch muscles with downward gentle pull
- ▶ Ear pull (straight out <10 yo, down and out direction towards shoulders)
- ▶ Still Point (hand clasp <9yo), use SP inducer\*, or DIY with 2 tennis balls in sock
- ▶ Multi-sensory Home Spa
  - ▶ Bath, massage session, hair/nail “salon”
  - ▶ Visual, tactile, auditory\*, olfactory, taste input



# Sequential Sensory Routine to Regulate High Arousal State

Step 1+	Tactile(Dopamine): wash hands, brush*, apply lotion, give shoulder/foot rub, sand/playdoh/bread dough, touch appealing fabrics/textures, birdseed or rice and bean containers
Step 2	Passive Proprioception/Deep pressure applied TO person(Serotonin): bear hug, weighted objects on body, pillow sandwich, roll yoga ball over body
Step 3	Vestibular(Histamine): spin, log rolls, somersaults, cartwheels, swing, rocking chair or body
Step 4+	Active Proprioception/Deep pressure applied BY person(Serotonin): march/clap, skip, jump, run, animal walks, dig, "burpees", lift, push, pull, roll over yoga ball and push off

Note: + = extra time in these steps

# Movement

- ▶ Dance/Games: hokey-pokey, if you're happy and you know it, head/ shoulders/ knees and toes, row your boat, red light/green light, tag
- ▶ Play: ball sports, hopscotch, corn hole, Frisbee, balloon volley, jump rope, hacky sack, tug 'o war
- ▶ Laughing or drumming circle
- ▶ Affirmation ABC's during a walk



# Resources



- ▶ Safe and Sound program/Integrated Listening Systems (iLs): [www.integratedlistening.com](http://www.integratedlistening.com)
- ▶ Wilbarger Therapressure Brush: [www.specialsupplies.com](http://www.specialsupplies.com)
- ▶ Still Point Inducer: [www.shop.iahe.com](http://www.shop.iahe.com)
- ▶ Singing Bowls music: [www.youtube.com](http://www.youtube.com)



## Contact us

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