



The Stay at Home Toolkit:

What Every Parent Needs to Know – Part Two

May 11, 2020 via Zoom with Sarah Ahn, MSW, LCSW, Jenny Burnsed, MS, LPC,



Welcome

- Introductions
- Communicating for Connection – 35 min
- Managing Anxiety – 25 min
- Checking In - Q and A – Sharing of Resources – 15 min
- Resources
 - Copy of this presentation will be posted on www.sarahahn.com

6 C's of Authentic Parenting

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



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

“Whether you’re an only child or you have tons of siblings around, knowing that there’s a hug waiting on the other end when everything else has been disrupted in your life is the single most important thing.”

▶ Dr. Hirsh-Pasek

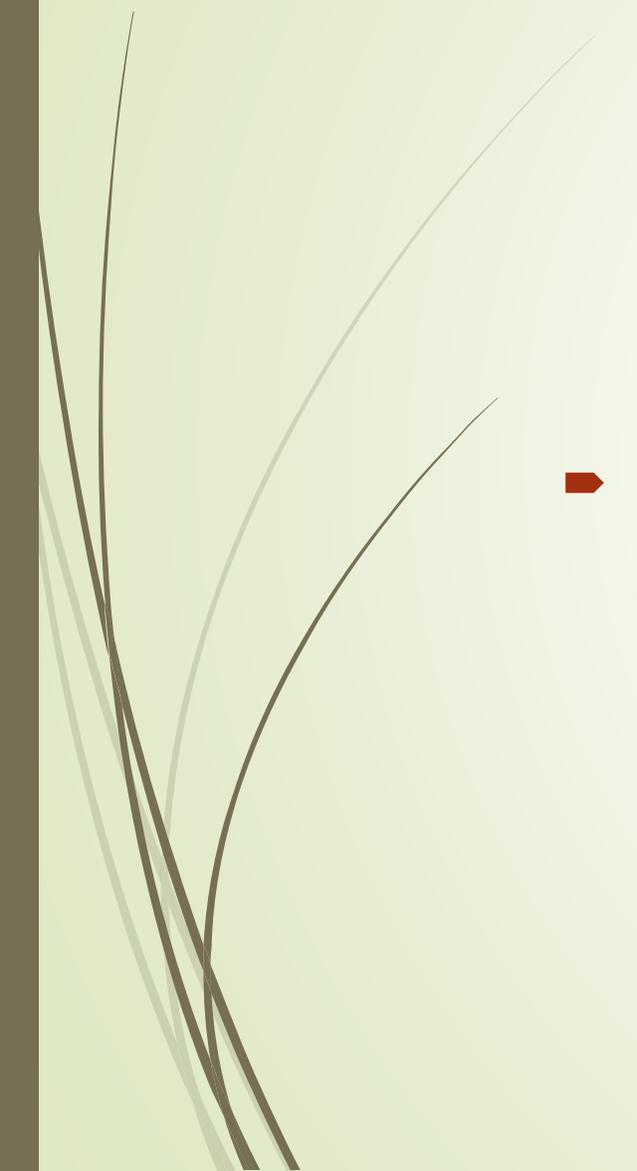


Connection

- ▶ 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, movement) 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

Caring for Self

“Put on Your Own Oxygen Mask First”



“An Empty Cup Cannot Fill Another”

- Emotional regulation is key
- Rupture and Repair
- BREATHE
- See 4/27 presentation posted on www.sarahahn.com



Communicating for Connection



Let kids have their feelings and reactions –
validate



Check in to see if kids feel heard



Answer their questions

Know what they are asking
Be curious
Be developmentally appropriate



Be authentic



Be a reflective listener



The Power of Praise

- ▶ Be specific and descriptive
- ▶ Be genuine and authentic
- ▶ Avoid comparison
- ▶ Focus on process improvement
- ▶ Link behavior to own satisfaction or effect on another
- ▶ Use 5:1 rule

Giving Constructive Feedback – The Do's

DO

- Use a Praise Sandwich
- Be specific
- Comment on actionable items
- Offer suggestions on how to improve
- Focus on behavior and not the child
- Place yourself on your child's side

Giving Constructive Feedback – The Don'ts

DON'T

- Assume
- Generalize
- Use labels
- Put unrealistic expectations on your child
- Compare

Try Giraffe Talk to Resolve Conflict

When I (see/hear) _____,

I feel _____,

Because I need/value _____.

Next time, would you be willing
to _____.

Thank you for listening!



4 D's of Disconnection

1. DIAGNOSIS
2. DENIAL OF RESPONSIBILITY
3. DEMAND
4. DESERVE-ORIENTED LANGUAGE

“We must be quick to understand and slow to judge.”

-Lawrence Bacow

Rupture and Repair

▶ *The Power of the Apology*

Do

Be emotionally regulated

Be authentic

Be sincere

Own your part

Don't

Demand reciprocity

Negate by adding a "BUT"

Make it into a teaching moment

Angle for last word



Tone of Voice Poem

It's not so much what you say,

As the manner in which you say it.

It's not so much the language that you use,

As the tone in which you convey it.

“Come here,” I sharply said,

And the child cowered and wept.

“Come here,” I said with a smile,

And straight to my lap he crept.

Words may be mild and fair,

But the tone may pierce like a dart.

Words may be soft as the summer air,

But the tone may break the heart.



Tone of Voice Poem, cont.

For words come from the mind

They grow by study and art,

But tone leaps from the inner self,

Revealing the state of heart.

Whether you know it or not,

Whether you're mean or you care,

Gentleness, kindness, love and hate,

Envy, anger are there.

Then, would you quarrels avoid,

And peace and love rejoice?

Keep anger not only out of your words,

Keep it out of your voice.

THOUGHTS ON ANXIETY



Anxiety is a normal feeling designed to keep us safe.



Normal to be feeling insecure, fear and concern about the present and future.



Anxiety lingers when our bodies, thoughts, and behaviors are alarmed.



Anxiety's best friends are avoidance and control.



Reassurance reinforces!



There are many forms of anxiety.

HOW TO SUPPORT YOUR ANXIOUS CHILD

- Empathize with what your child feels.
- Be aware of your own worries/anxieties.
- Provide structure.
- Encourage your child to be active.
- Acknowledge the strengths and reinforce child's attempts in 'pushing back on the worry bully'.



Calm THINKING Tools

- Get worry in the open – name it!
- Validate concerns
- Use logic (what is the worst thing that could happen? Likelihood?)
- Externalize the worry (worry bully; worry bug)
- Encourage and Empower your child to talk back to the worry
- Don't let worries grow (containment)
- Create a mantra or positive self-talk
- Set a worry time (this allows for some control over the worry)





Calm BODY tools - Hypo-regulated

Breathe

Get moving!
Run, jump,
dance, swing

Engage in
heavy work.

Bounce on a
yoga ball,
trampoline, etc.

Throw/kick a
ball.

Take a bath or
shower.

Joint
compression.

Fidgets.

Calm BODY Tools (Hyper-regulated)

- Breathe.
- Go to a cozy corner/safe place.
- Progressive muscle relaxation.
- Deep pressure.
- Relaxation aids.
- Nature.
- Ask for a hug.
- Build something.
- Play with a pet.
- Take a shower or bath.

Parent Resources

- Chansky, Tamar, Freeing Your Child From Anxiety.
- Chansky, Tamar, Freeing Your Child From Negative Thinking.
- Siegel, DJ & Hartzell, M. Parenting From the Inside Out.
- Wilson, R & Lyons, L Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children.





Child Resources



Huebner, Dawn. Something Bad Happened- A Kid's Guide to Coping with Events in the News. (**Available for FREE on-line at <https://www.dawnhuebnerphd.com/>**).



Huebner, Dawn. What to Do When You Worry Too Much.



www.BlissfulKids.com



Meditation Apps

Breathe,
Headspace,
Smiling Mind
Calm



Empty The Mind Bucket

- ▶ 1. Pause. State out loud that you are going to take a moment to clean out all the thoughts that you don't want from the day.
- ▶ 2. Close your eyes and take few deep breaths in.
- ▶ 3. Busy your mind by thinking about how your clothes feel on your body, how they touch your skin. Perhaps consider if they feel soft, rough, scratchy, warm or cool?
- ▶ 4. Now imagine in your mind that you see an infinite number of empty buckets. These buckets can look any way you want them to look. Perhaps they are a certain color that you like? Maybe they have the day's date stamped upon them? I wonder what your buckets look like?
- ▶ 5. Now imagine that you can fill each bucket with a thought about something you no longer want to think about. Visualize dropping these unwanted thoughts, events, or memories into each bucket. Once you have filled each bucket, now begin to see the buckets empty. Maybe you carry them to the ocean and dump the contents into the big waves to wash away. Or maybe you take them to a car wash or a giant shower to wash them down the drain. Or maybe even you send them off on a space shuttle to outer space. Any way you would like, empty out your buckets.
- ▶ 6. Begin to feel calm and peaceful as your mind quiets, being rid of all of the unwanted thoughts. Feel how calm your mind is. Beautiful!
- ▶ 7. Feeling that your mind is now clean, calm, and ready for sleep, you can begin to return your attention to the room around you and open your eyes when you are ready.