

Asking the Right Questions
Looking through Different Lenses

How do I get my child to
change his behavior?

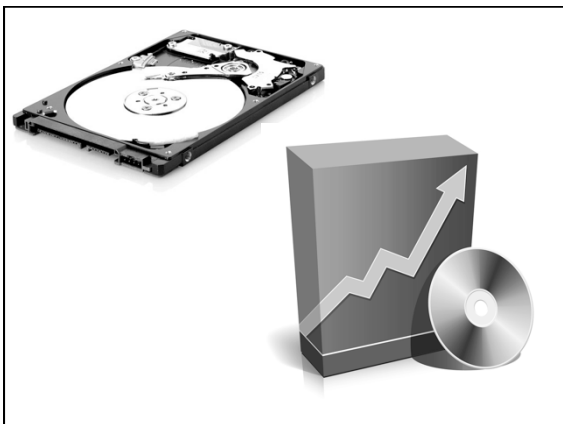
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Asking the Right Questions
Looking through Different Lenses

1. What is driving my child's behavior?
2. What can I do at this very moment to
improve my relationship with my
child?

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**THE EXPERIENCE OF FEELING
HOPELESS
HELPLESS
POWERLESS**





John Bowlby

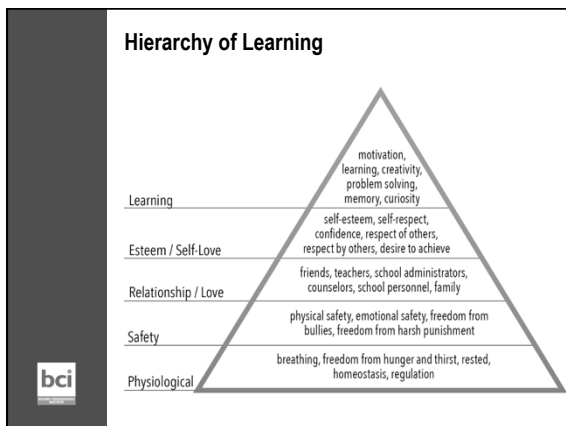
- A continuous relationship—a mother and child in which **both** find happiness and satisfaction—promotes mental health.
- His findings emphasized the long term importance of the **early relationship** between mother and child.
- He studied how orphans behaved and noticed the same anxieties in children where the separation wasn't physical but **emotional**.
- Bowlby believed the first three years are crucial, if the child doesn't receive **sensitive attention**, not only the child, but society too will pay a high price.



Survey Says...

What do children need at school to make learning better?

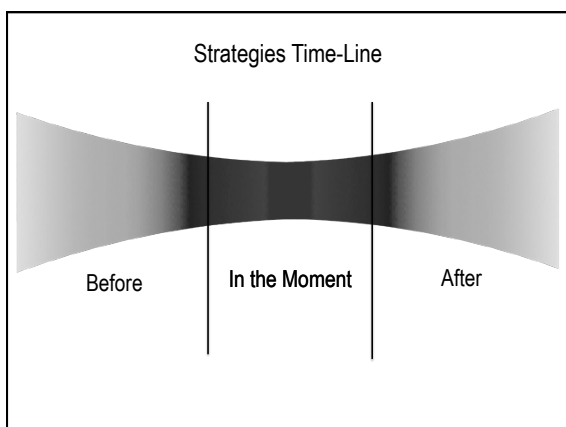
Physiological
<ul style="list-style-type: none"> - Having snack time. - Being able to eat a snack when I need it. - More snacks
Safety
<ul style="list-style-type: none"> - Make kids stop bullying me. - I didn't like school because of the bullies! - I didn't like the bullies. They should stop being mean to me.
Relationship / Love
<ul style="list-style-type: none"> - If I had more friends. - Teachers who like you. - Being with my teacher. - Knowing that I am waking up to a happy family.
Esteem
<ul style="list-style-type: none"> - I liked my teachers alot better this year because they understood me. - I didn't like school because I did not do so well. - I liked school because I did well.

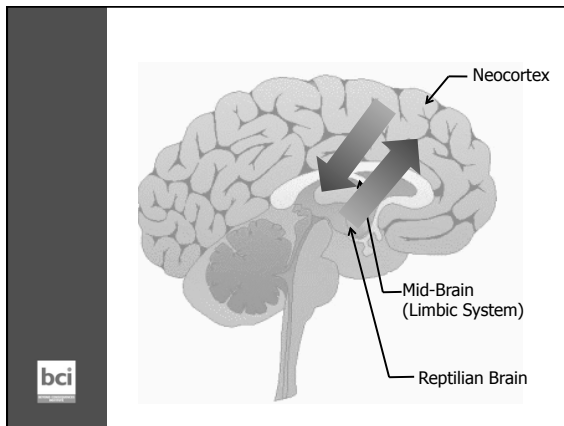


Two Important Terms

Regulation:
 The ability to experience and maintain stress within ones window of tolerance. Generally referred to as being calm, focused, or relaxed. This term is utilized by literally every scientific discipline.

Dysregulation:
 The experience of stress outside of ones window of tolerance, generally referred to as being stressed out or in a state of distress. It is believed that affect dysregulation is a fundamental mechanism involved in all psychiatric disorders (Dr. Allan Schore - *Affect Dysregulation and Disorders of the Self*)

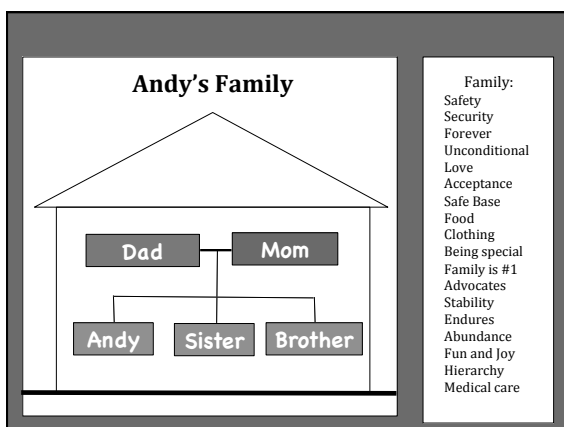


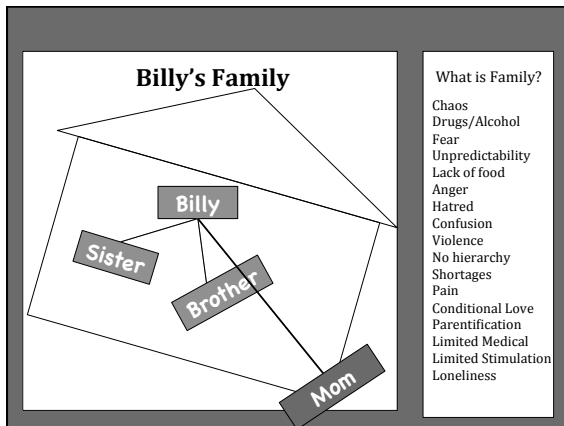


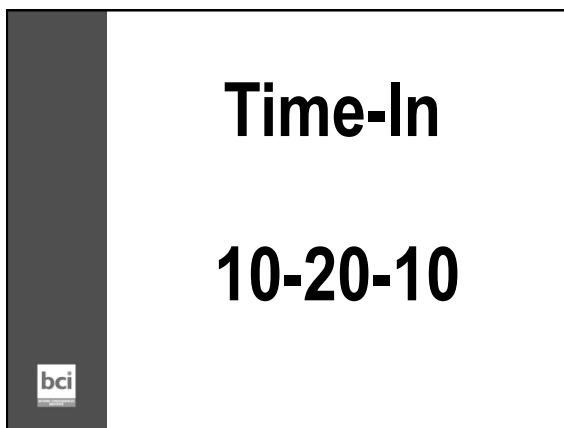
Before: Pro-Active Strategies

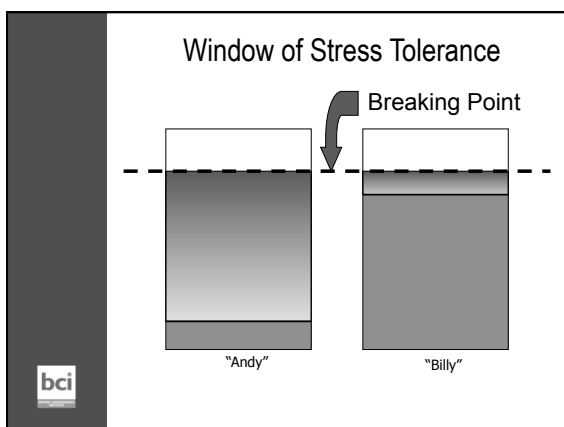
- Teach "Family"
- Build and Develop Relationships
- Reduce Stress in All Environments to Build the Window of Stress Tolerance
- Create a "Small World" with Structure
- Address Developmental Deficits
- Teach Emotional Expression
- Provide Regulating Activities to Calm the Brain
- Give Your Children Their Story
- Help with Transitioning
- "Safety First"

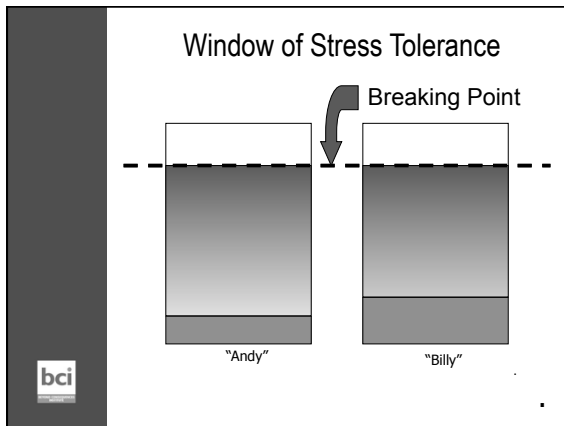
A 'bci' logo is in the bottom left corner.

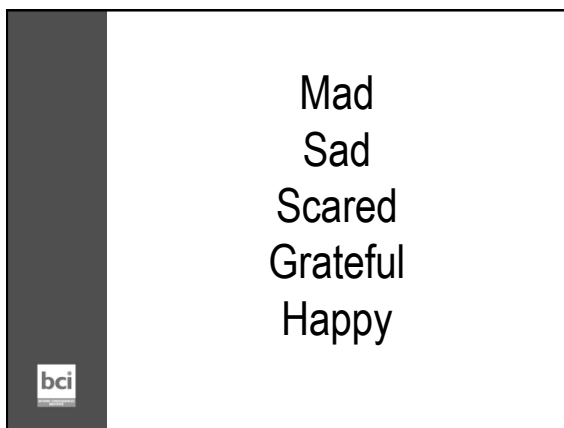













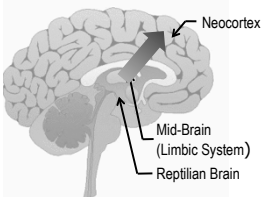



Before: Pro-Active Strategies

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Bottom-Up Control

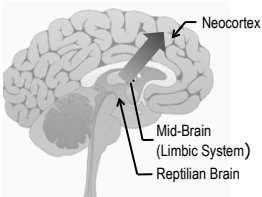





Ineffective:

1. Excessive questioning
2. Lecturing
3. Giving logic
4. Asking to make a better choice
5. Comparing
6. Promising a prize/reward
7. Standing over the child
8. Encouraging
9. Reacting
10. Raising your voice
11. Ignoring
12. Threatening
13. Adding points to a point chart
14. Time-out
15. Minimizing
16. Giving rational thinking
17. Expressing anger

Bottom-Up Control

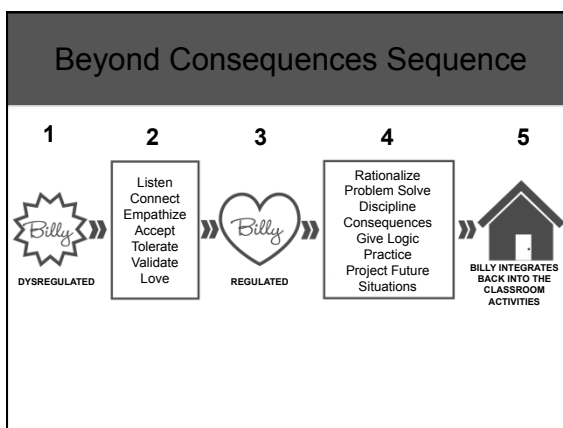


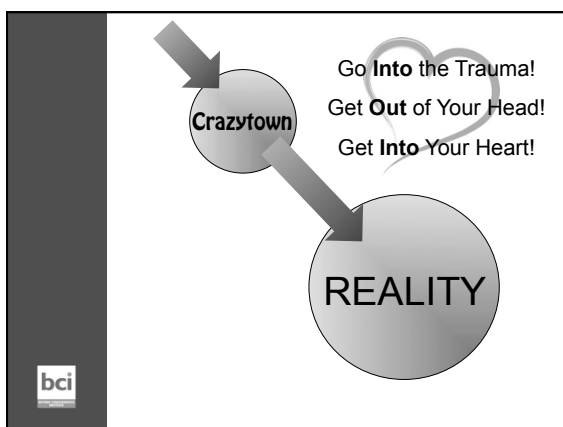



Effective:

1. Connecting
2. Slowing down
3. Understand
4. Breathing
5. Time-in
6. Gentle touch (sometimes)
7. Regulating
8. Sitting
9. Quieting
10. Joining
11. Maximizing
12. Expressing Passion
13. Relating
14. Supporting
15. Exploring
16. Empathy
17. Validating
18. Accepting
19. Engaging
20. Apologizing










CHEAT SHEET


Sample Relationship-Based Responses to Use When Billy Becomes Dysregulated and Stressed

- "Looks like you're having a hard day."
- "Help me to understand what's going on."
- "How can I help?"
- "I know it is hard, but the more you keep it inside of you, the harder it gets."
- "I need to know how bad it was for you."
- "You're not in trouble."
- "How did that make you feel?"
- "Stay with it, Billy. You're not alone in it."
- "Open up to the pain. You're safe now, so let it out."
- "I had no idea this was so hard for you!"
- "Breathe. Take a deep breath." (Take a deep breath to model it for your child)
- "I've gotta have it...I need to have your feelings."
- "You don't have to carry it all."
- "That's too much pain to have all by yourself. Can you share it with me?"
- "I want to understand you better and if I know how you feel, I'll be able to do what you need me to do."
- "I believe in you, no matter how you feel."
- "Give yourself permission to have a voice. I'm listening."
- "I can handle whatever you went through/whatever you're feeling."
- Use your own story to connect: "I remember when I was a little girl/boy and a friend of mine was really mean to me..."



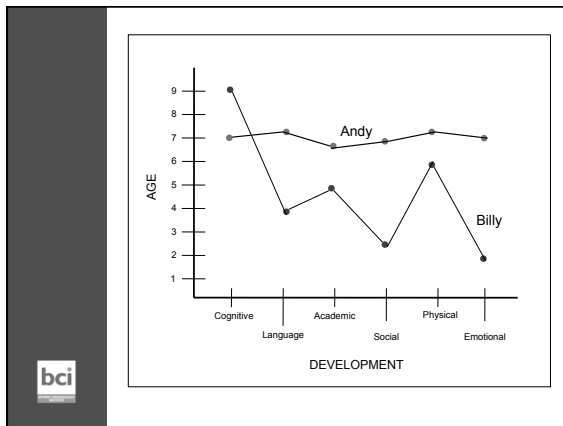
After: Teaching the Lesson

- Re-regulate
- Spend time rebuilding the relationship
- Review what happened
- Address developmental deficits
- Teach reality thinking
- Address belief systems and build self-esteem
- "Re-track"
- Reinforce "Family"
- Adjust your expectations, if needed
- Find humor and have fun



Developmental Deficits

- **Cognitive development**
 - Concrete and black and white thinking
 - "More gifted than the gifted children"
- **Language development**
 - Language deficits impede understanding
 - Acting out takes place of expression
- **Academic development**
 - Trauma impacts attention, concentration, information processing, and organization
- **Social development**
 - Threatened by children their own age
 - Have to learn how to interact appropriately (been in survival)
- **Physical development**
 - "Failure to Thrive"
- **Emotional development**
 - Typically VERY immature

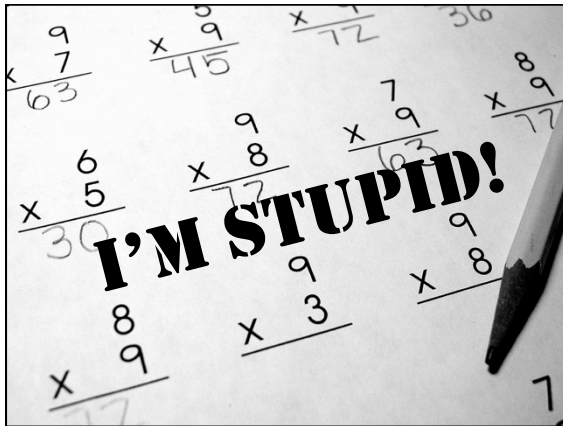



Deconstruct and Reconstruct

Language	Sequencing
Logic	Information Processing
Listening	Receiving Information
Learning	Analyzing Information
Problem Solving	Retrieving Information
Thinking & Reasoning	Attention & Memory
Visual Perception	Social Skills
Auditory Processing	Emotional Skills

Love = _____

PAST	PRESENT
Traumatown Violence Hurtful Touch Sexual Abuse Abuse=Love Drugs Profanity Screaming Voices No Food Punishment & Pain Inconsistent rules Fear etc.	Reality Safety Gentle Touch Hugs Kindness=Love No Drugs Good Words Nice Voices Plenty of Food Discipline Consistent rules Safety always etc.





Affirmations

Self-Confidence


"I refuse to believe I am stupid any longer. I am smart and I accept that now."

"I refuse to believe I will fail any longer. I am succeeding and I can do anything I put my mind to. I accept that now."

"I refuse to believe I am bad any longer. I am great and I accept that now."

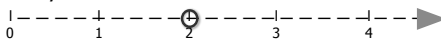
"I refuse to believe I am ugly any longer. I am beautiful and I accept that now."

"I refuse to believe I am a poor reader any longer. I am a powerful reader and I accept that now."

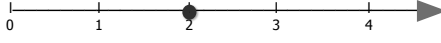


Developmental Re-tracking

Crazytown




Reality




Professional & Other Interventions

- Nutrition (supplements, gluten free, dairy free)
- Medication
- Trauma Therapies
 - EMDR
 - Neuro-feedback
- Art and Music Therapy
- Occupational Therapy
- Acupuncture
- Yoga
- Equine Therapy
- _____
- _____
- _____



How Does This Make You Feel?

1. Worthless
2. Unsuccessful
3. Bad
4. Invalidated
5. Frustrated
6. Up Against a Wall
7. Trapped
8. Worn-out
9. Disappointed



Emotions and the Heart

