

[RE]PARENTING EMPOWERMENT

Mini Workshop

A unique workshop that doesn't seek to change children, including inner children, but rather takes their nature, development, and needs into account while simultaneously looking at our own patterns and how they affect our interactions with others.

Reparenting

Write down what "re-parenting" means to you:

Identifying Challenges - Personal

Mark the challenges that feel true for you.

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Parental guilt
Lack of tools

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"I don't want to do it [this] way, but I don't know what else to do"
Lack of support/community
Making sense of my childhood

Anger
Sadness
Grief - "What I didn't get"

☐

Societal expectations of
Self
Children

☐
☐

Influences/judgment from others
Breaking out of old parenting patterns
How do I not [yell] at my kids
What to do when I [yell] at my kids

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I don't have enough time
Internal beliefs
I'm not good enough
I'm not capable
I don't belong

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Time/Space/Connection with self

How to hold onto yourself while parenting - I am more than just a parent

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Pick 1 or 2 of the above challenges and write a few sentences about how it shows up for you or makes you feel.

Situations with children

Write down some potentially difficult situations with children.

Sibling rivalry	_____
Tantrums	_____
_____	_____
_____	_____

Take one of the situations above and write out how your parents would have responded to you in the same situation and how that made you feel.

C.E.A.L

1. Check-in: **Check in with yourself and your capacity**
 - Do I have the capacity to handle the situation?
 - Do I need anything before handling the situation?
 - Do I need help to handle the situation?
 - Do I need to pause the situation and handle it later?
2. Evaluate: **Evaluate the situation and the capacity of other people involved in the situation**
 - Are the participants able to listen?
 - Are the participants able to articulate their needs?
 - What regulation assistance do the participants need?
 - What communication assistance do the participants need?
3. Assist: **Utilize the necessary tools to diffuse the situation**
 - Regulation
 - Intervention
 - Reminders
 - “We use calm voices to communicate” – Side note: Remember at another time to have the conversation that sometimes yelling is an appropriate response.
4. Listen: **Let the situation unwind all the way to the end. Let the participants off-load what they need to with presence.**
 - Suggested responses
 - “Yes, that is hard.”
 - “I’m right here.”
 - Restate the boundary – “Your sister is using these tiles. You can use those ones.”

Body Awareness

Somatic tools:

- Feeling your body - The book *The Body Keeps the Score*, by Bessel Van Der Kolk gives wonderful information about how memories and even trauma get stored in our body and affect our thoughts and behavior. Your body receives information before your heart, and before you mind.
- Are you in your body? – A gentle finger under your nose (above your upper lip) and your belly button (umbilicus). If you notice a change when you hold these areas, you likely were out of your body and are now back in. You can hold these points while you reflect on what is causing you to be out of your body. Pain, mental emotional stress, worry, etc.
- Body Tension - Where do you notice tension? Give that area some attention, acknowledge it and see what happens to it. Does it release? Does it redirect you to somewhere else in your body? Does it have a voice, feeling, emotion, other information? Notice if it affects your capacity to respond. When children are 'acting out', they may be experiencing body pain. Example: A toddler suddenly must sit still in kindergarten when they've been able to freely move around until then. They don't have the ability yet to notice and speak to pain they may be feeling.
- Drinking water is the cheapest and most powerful medicine ever. When we are well hydrated our bodies can function and our general pain level is greatly decreased. Are you drinking enough water? Is your child drinking enough water?
- Bodywork - Sometimes we need the outside help of a professional to help us know how to care for our body or sometimes because of an injury. Reach out to a massage therapist, bodyworker, physical therapist, chiropractor, etc.

Responding

Many things affect how we respond to difficult situations. These are some things to keep in mind.

1. Your own experience and capacity
 - What were the patterns you experienced growing up?
 - What belief systems are influencing your reaction?
 - What influences/messaging is influencing your reaction?
2. Child Development
 - What is appropriate behavior for the child based on child development?
 - Does the child have the capacity to do what I am expecting?
 - What is the child showing me they need based on this behavior?
3. Communication and Listening Techniques
 - Do I need to utilize a different communication technique?
 - Is the child able to listen right now?
 - What does the child need right now? (off-loading, grounding, regulating, etc.)

Reflection Activity:

1. What is your usual response to difficult situations with others when you're not operating at your best? For example: yelling, silent treatment, punishment, disconnection, etc.

2. What do you remember about your caregiver's response to you, when they were upset?

3. If your caregiver's response was not based in connection, what sort of response would you have wanted instead

Somatic Tool: Focusing on the exhale to release the CO2 built up in your body. Releasing thoughts, feelings, emotions, beliefs, etc.

We hope that this mini workshop was helpful and informative. Our other offerings expand on these ideas and give more tools for implementation in your relationships.

Our key intentions in our teaching are to:

- offer tools to (re)parent with self-awareness.
- treat people with grace and love.
- build community through learning and understanding.

You can find information about our upcoming offerings at www.KimHolman.com.

Feel free to email us with any questions or feedback. Thanks for joining us!

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