

# Cavendish Parent Workshops

*Relate*



## *Week 2 - Relate*





*Any feedback from last week? Anyone want to share experiences?*

*Successes or failures.*

*Homework*

"the most powerful buffer in times of stress and distress is our ability to connect"

- Dr Bruce Perry



All behaviour is communication

Shelter - Food - Touch

Safety and Security

Power and Control

Inner Value / Self worth

Relationship

*Fight, flight, freeze and fawn are responses to a perceived threat - threat to life, safety, identity, relationships etc, it is activated in the emotional part of the brain*

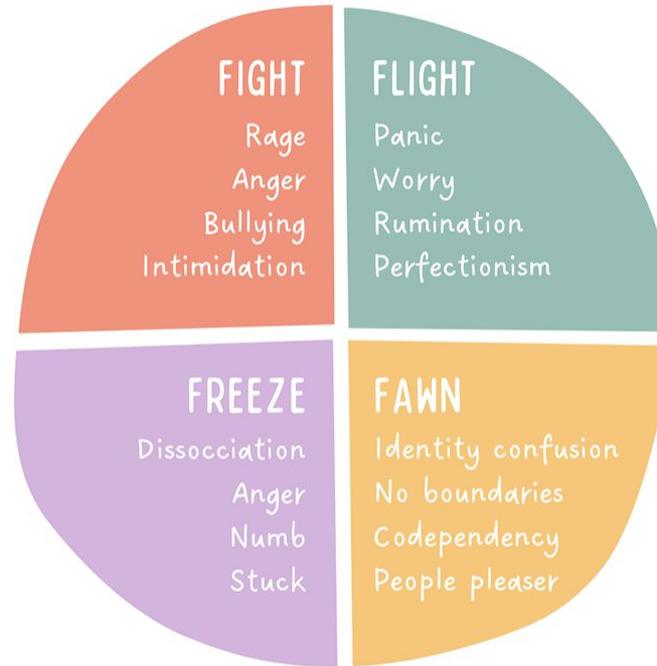




Image courtesy of Beacon House

How do you relate with your child when they're throwing a wobbly?

When people are speaking...



7%

of the message comes  
from the words



36%

of the message  
comes from the voice



57%

comes from nonverbal  
communication





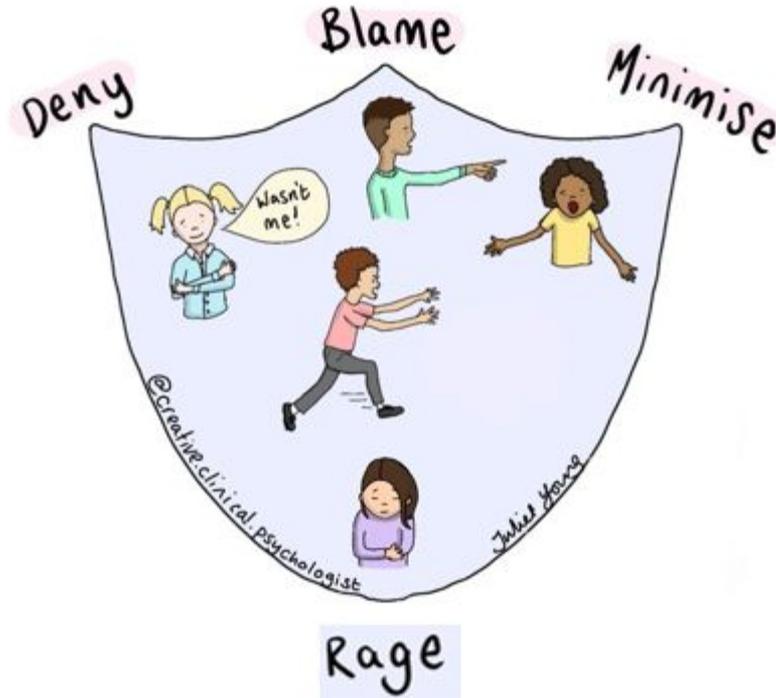


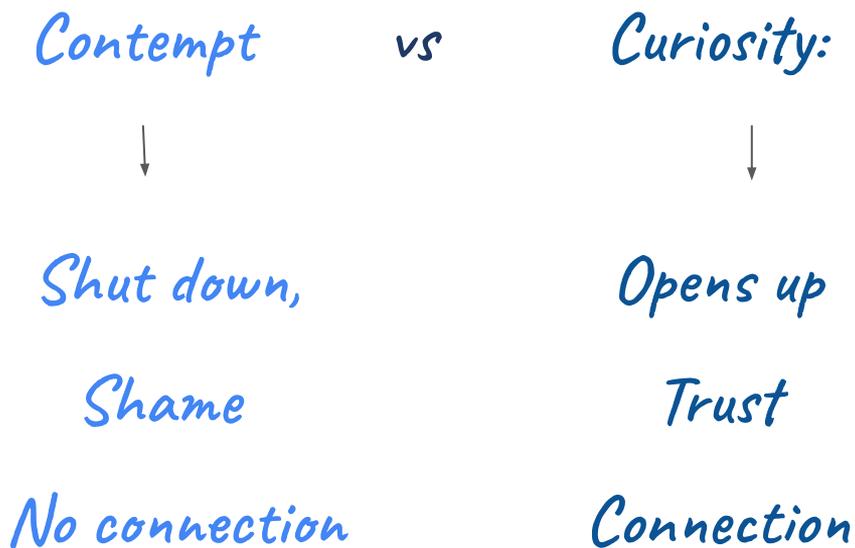
*“Animals and humans respond better to love than to anger, fear and punishment”*

# The Shield of Shame

(adapted from Golding and Hughes, 2012)

Shame can be such a painful emotion to feel that we often respond in ways that end pushing people away (at a time when connection is really needed)





*“When a child is upset, logic won’t work until we have responded to the emotional needs”*

*– Dr Dan Siegel*



*I know how you feel . . .*

*I get that you're upset . . .*

*I understand you want . . .*

*It's OK to feel that way . . .*

*Accept, however unreasonable or  
illogical*

*What if you feel you can't connect to your little person?*

*Repairing a connection from a distance and with nurture*

*A note in their lunch box*

*Touch - hair touse, back stroke, HUGS*

*Have a special ringtone on your phone  
unique to your LP*

*Playing games together*

*Storytelling - remember when . . .*

*Co-create a list of mini dates*

*Surprise them with their favourite treat  
in their lunch box*

*Face painting, lotion potion*

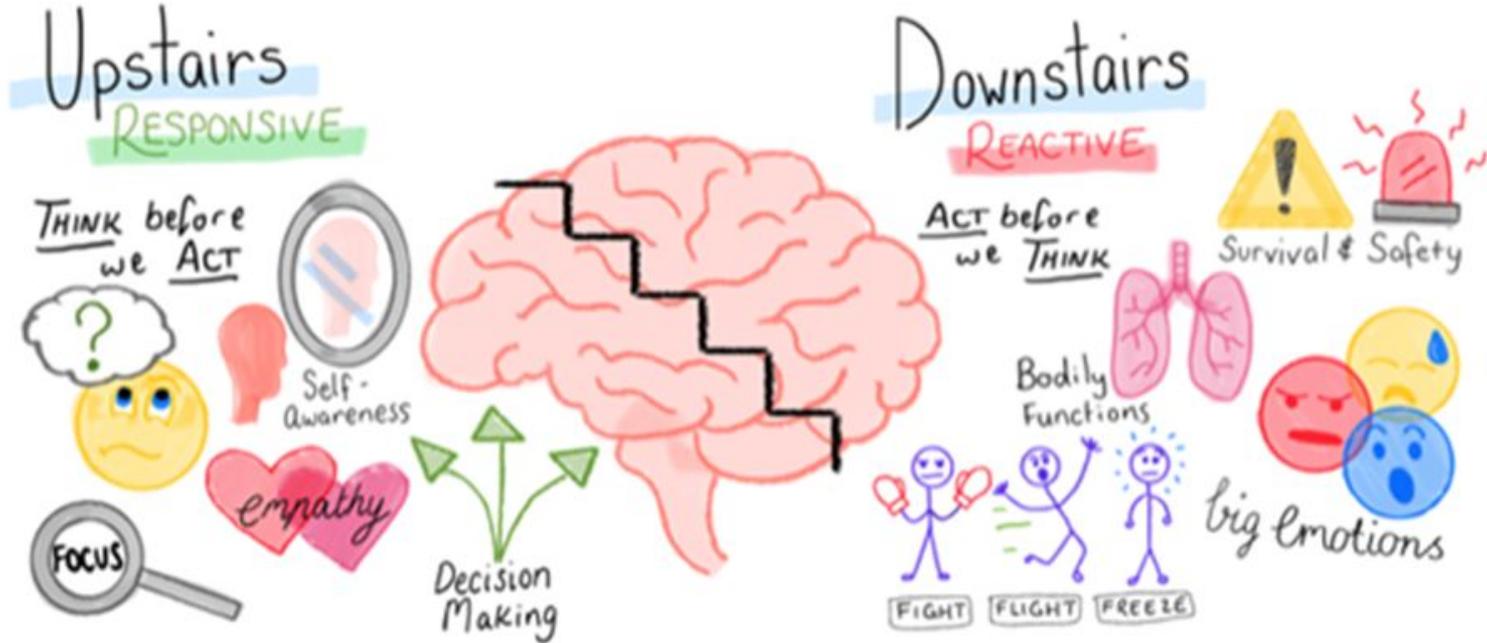
*Wear a hairband on your wrists*

*Sing songs and change a word to their  
name*

*And what else?*

# Why regulate before we can reason with our little people?

Here come more brainy stuff



\*Ref: Dan Siegel and Tina Bryson; The Whole Brain Child

\*Illustrated by: Jessica Angus



**Una sonrisa  
cambia la  
expresión de los  
ojos**

**@terapiaamartillazos**

# Homework!

*Do you know when your little person wants to connect?*

*How do they react if they don't get the connection?*

*Can you find moments in the day to connect?*

