

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

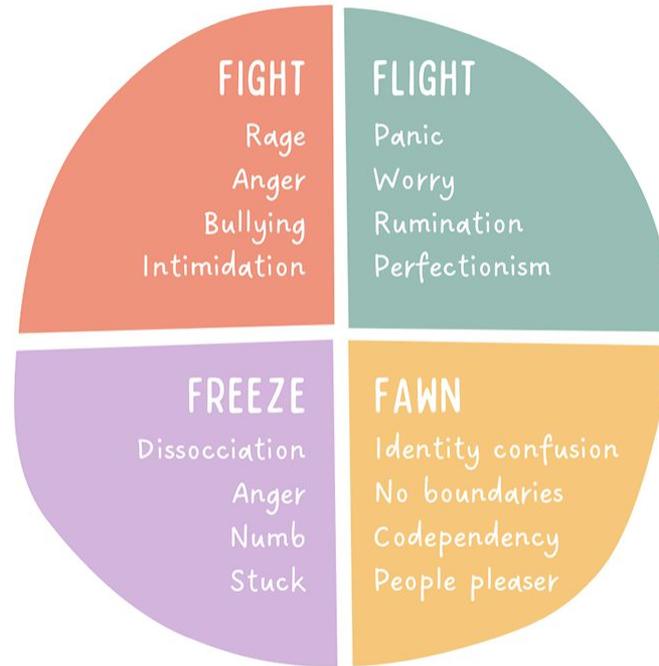




Image courtesy of Beacon House

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





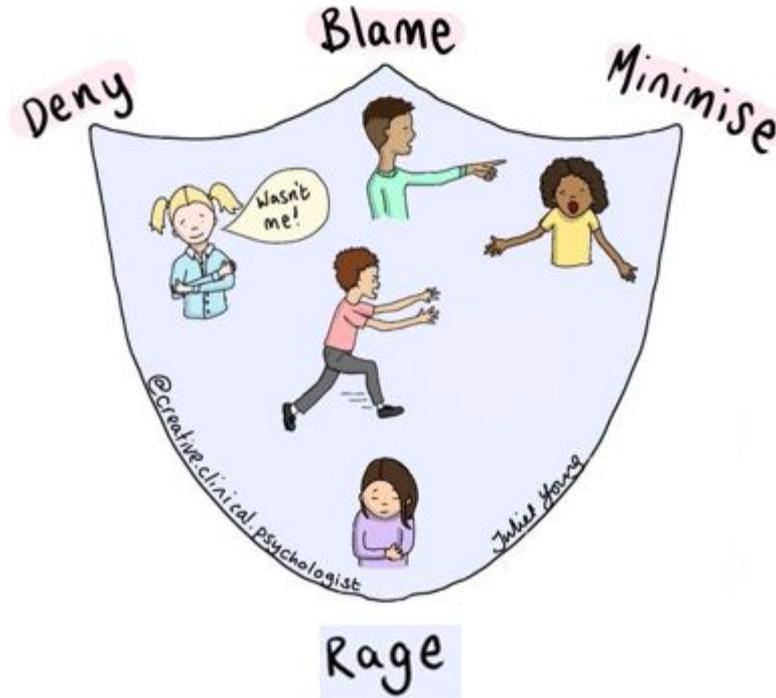


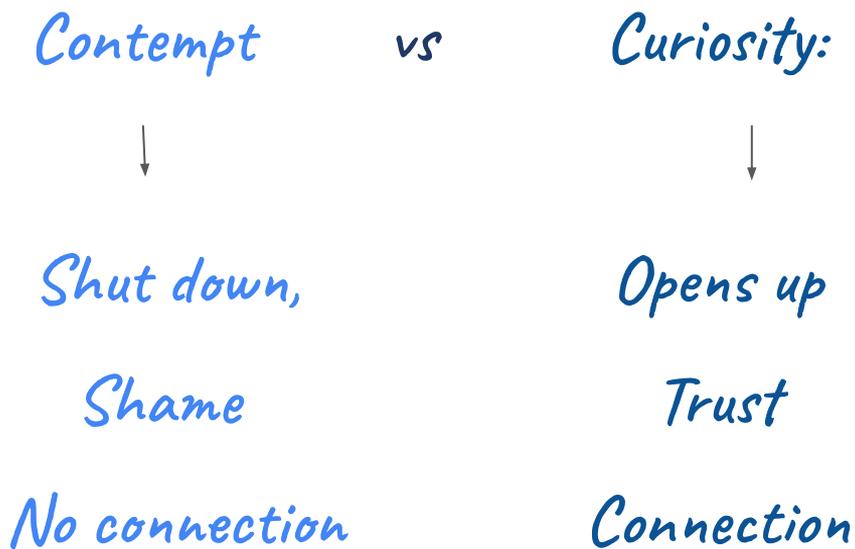
“Animals and humans respond better to love than to anger, fear and punishment”

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

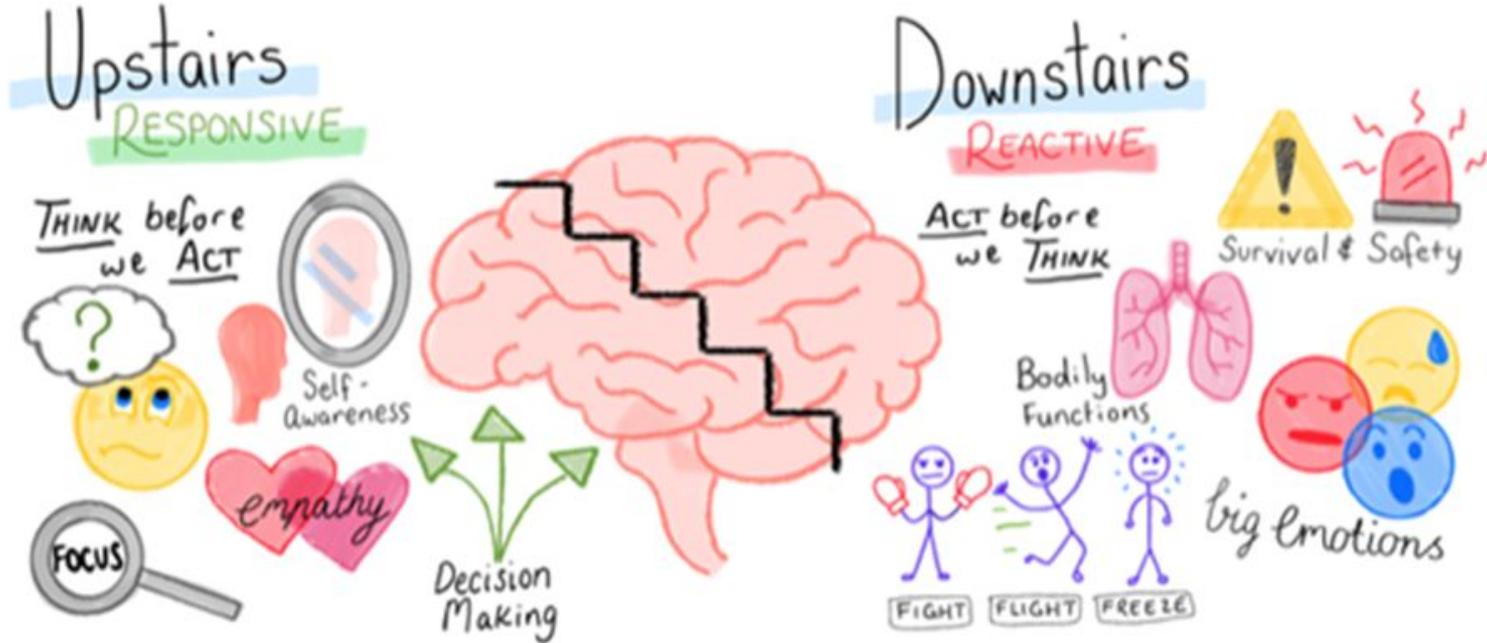
Wear a hairband on your wrists

*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?

