

THERAPEUTIC PARENTING



with Dr. Karen Treisman

home · school · in utero · ENVIRONMENT is key

stress toxicity loveable safe trustworthy

TRAUMA in relationships ... HEALING in relationships

Being & feeling are DIFFERENT

TRAUMA influences child's brain WE CAN positively change neural pathways

HOPE

What happened to you? Things CAN change What is STRONG with you?

Playful Parenting

Lessons learned can be very different

I'm not getting out

Tickle you out

You are our world

Tailor it to child

EMOJI

F**k it

Take moments & help them learn

Use moment in future

empathy Learning reassurance

AGE & STAGE

Peek a boo

sensory

TRAUMA is a multisensory experience

Talk about feelings in a playful way

feelings as colours

Tower of strengths

Sparkle box!

Reminders

Relationships

Born with **AUTOREGULATION**

breath suck cry

CO-REGULATION adult helps child learn & make sense of feelings

Wow!

distractio**n** empathy when & then

memory bank

SELF REGULATION (only if experienced co-regulation)

Feelings

NAME it to TAME it

It's OK to have more than one feeling at same time

mixed & blended feelings

TRAUMA RESILIENT

feelings are different to thoughts

I feel angry

I want to hit

I hit teacher

Understand the trauma

Many kinds of TRAUMA

- cultural
- relationships
- siblings
- intergenerational

My triggers & hotspots

FUSSY EATING

Relationships

See the behaviour differently, see different behaviour

memories

WELLBEING

You must be calm & regulating

Mindful or Mind full?

Keep yourself well

Be there for others without leaving self behind

TRY TO HAVE 10-20 PERSONAL STRATEGIES

Relationships

Feel safe enough to show vulnerability & prickly parts

Connection before correction

source of pain = people

people = scary/overwhelming

History of behaviour?

ANGER

FEAR

SAD

Behavio**ur** is the PROBLEM NOT the child

Separate the two

Put child first

"the anger"

Respect why here

- collaborate
- distance their words
- different view

Create a strategy to help

limbic whisperer

Regulate own emotions

Model the Model!

slow & sustain

Antenna for negative

BE THE ANCHOR

CURIOUS instead of FURIOUS

Negative attentional bias

Children have learned to read & notice negatives

Relationships