Caregiver Webinar
May 26, 2022



All Behavior Makes Sense

- Recognize behavior as a means of communication

  (I **need** your help so I can get back in bounds)

- Feeling mad, scared, frustrated, powerless, too crowded, etc.

  (I **need** to feel safe)

- All feelings are valid to the person who has them. Help a child identify his/her feelings and express them in ways acceptable to you and others.



My behavior is communication:

- I am trying to gain someone or something
- I am trying to avoid someone or something
- I am trying to express a sensation or emotion
- I feel unsafe *(trauma trigger)*

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Signs of trauma-related stress

When children are in the heightened stress state produced by trauma, they often:

- Seem to be sad a lot of the time, or don't demonstrate any emotion at all
- Develop a hair-trigger (easily disrupted) response to stress, like a car alarm that goes off when a leaf lands on it
- See neutral facial expressions and even friendly remarks as threats (micro expressions)
- Have problems regulating strong negative emotions—not just anger, but also fear, sadness, loneliness and shame
- Demonstrate a significant increase in impulsivity and distractibility
- Have trouble anticipating consequences and evaluating risk
- Are prone to withdrawal or aggression
- Don't seem to feel empathy or have a sense of right and wrong.

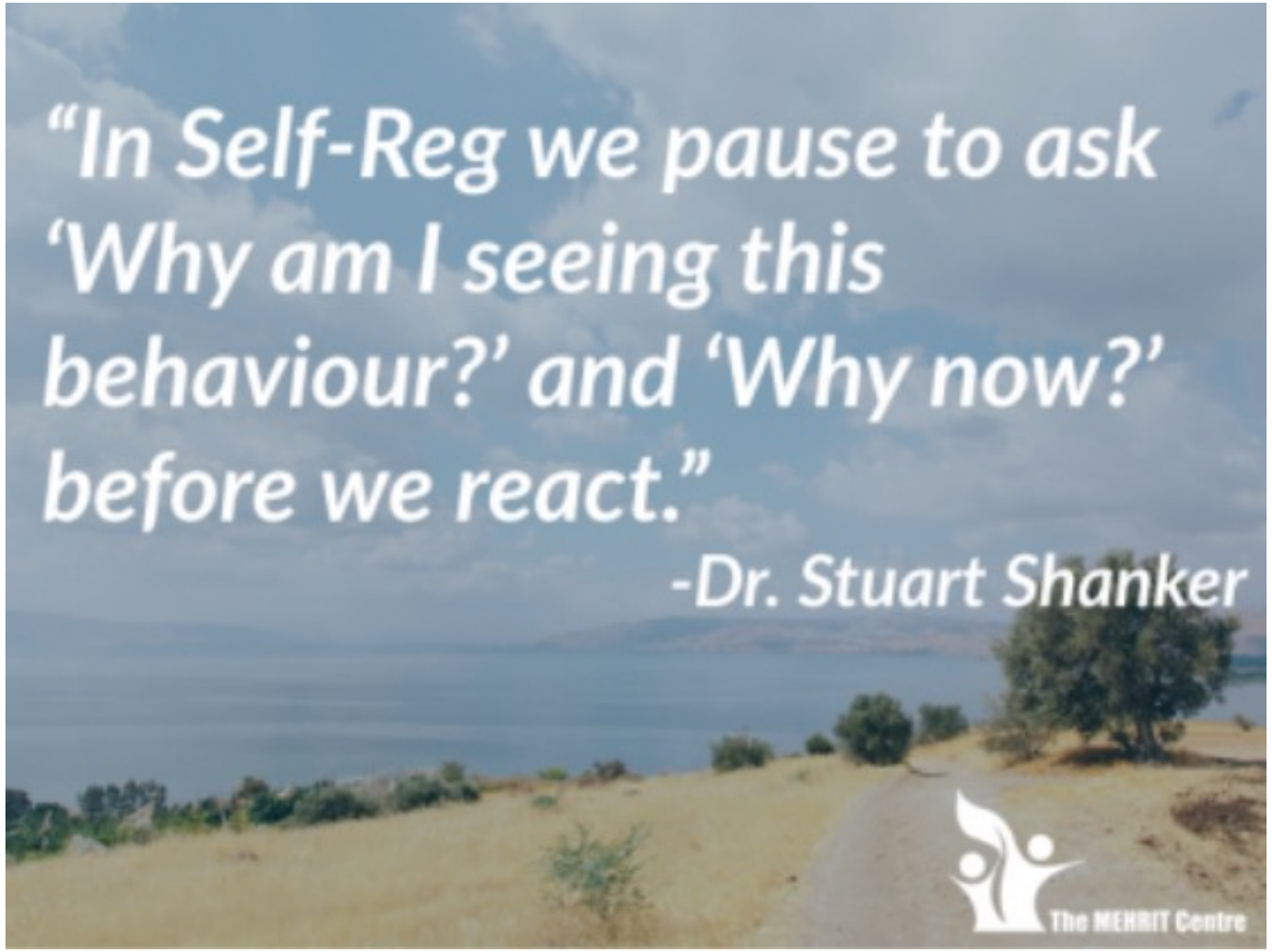
- Dr Stuart Shanker (Impact of Trauma Info Sheet)

Reduce stress and Stay Calm

- Stay calm so the child can co-regulate with you.
- Breathe
- Stay close (I am here when you are ready)
- Name the feeling behind the behavior



Get Curious


"In Self-Reg we pause to ask 'Why am I seeing this behaviour?' and 'Why now?' before we react."
-Dr. Stuart Shanker
The MEHRIT Centre


It's not your job
to stop a child from
having a tantrum.
It's your job not to
have one.
www.imperfectfamilies.com



Stay Calm and Nonreactive

- Caregivers help children handle strong emotions.
- Adults must maintain self-control.
- “Don’t just do something, stand there.” – Jeree Pawl
- Avoid flipping your lid.



5:1

- It takes 5 positive interactions to every negative interaction for a healthy relationship.

  - John Gottman

- **PDA**
  - Positive
  - Descriptive
  - Acknowledgement

Problem Solve

1. *Stop. What's the problem?*
2. *How do I feel?*
3. *Take 3 deep breaths to calm down.*
4. *Think of a solution.*
5. *Try it!*







Elements of Trauma Informed Parenting

- Recognize the impact trauma has had on your child.
- Help your child to feel safe.
- Help your child to understand and manage overwhelming emotions.
- Respect and support positive, stable, nurturing relationships in the life of your child.
- Help your child develop a strength-based understanding of his/her/their life story.
- Be an advocate for your child.
- Take care of yourself.

Discover the massive benefits of Self-care





Resources

- Scripted Story for Emotional Literacy and Self Regulation (Julie Kurtz)
  https://www.optimalbrainintegration.com/freeresources
- Circle of Security
  https://www.circleofsecurityinternational.com/resources-for-parents/
- Misbehavior vs Stress behavior (Stuart Shanker)
  https://self-reg.ca/parents/
- Teaching Pyramid
  https://cainclusion.org/teachingpyramid/materials/family/
  https://challengingbehavior.cbcs.usf.edu/resources/index.html

Wetting and Soiling

- Encopresis is a symptom of a complex relationship between the body and psychological/environmental stresses.
- Pushing out a bowel movement is like facing their biggest fear. Every. Single. Day.
- The child should be taught how the bowel works, and that he can strengthen the muscles and nerves that control bowel function.
- https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Soiling-Encopresis.aspx