

Learning to Parent Again

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Objectives

- **Why is there a need to learn again?**
- **What are the challenges?**
- **What does this new way of parenting look like?**
- **How do we move forward?**

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Why the Need to Re-learn?

- Behavioral Strategies aren't working
- New approach
- What you both bring to the table



Ideal World

- Attachment Rich
- Sensory Development
- Wiring Predictability
- External Regulator



Beliefs

- **Trust**
 - I'm safe
- **Self Worth**
 - I am precious
- **Self Efficacy**
 - I can get my needs met



Different Picture

- **Stressful Pregnancy**
- **Early Hospitalization**
- **Exposure to Drugs / Alcohol**
- **Trauma**
- **Neglect, Physical, Emotional, or Sexual Abuse**
- **Unmet Needs**
- **Unresolved Losses**

What happened to beliefs?

- **Trust**
 - **Control**
- **Self Worth**
 - **Reflections**
- **Self Efficacy**
 - **Lost Voice**
 - **Behaviors**



TBRI®

As a Result

- **Fear/ Anxiety driven**
- **Limited capacity to give and receive nurture**
- **Sensitive to shame**
- **Difficulty learning/ memory**
- **Easily stressed**

Responding Under Stress

Fight – Flight - Freeze

Eva - Five Years Later



What does the parent bring to
the table?

Childhood Experiences

- **Family relationships**
- **Safety in home**
- **Discipline / fairness**
- **Number of caregivers**
- **Play and friendships**
- **School**
- **Losses**



Attachment Styles

- **Secure / Free**
- **Avoidant / Dismissing**
- **Ambivalent / Preoccupied**
- **Unresolved / Disorganized**
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Parenting Styles



Authoritarian



Authoritative



Permissive

What are your buttons?

- Certain Behaviors
- Disconnects
- Can you reconcile?
- Does your reaction match?
- Compassion level
- **Default Approach**
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Child and Parent Histories

- Respect for authority
- Unmet needs
- Role of fear / anxiety
- Beliefs

Challenge

- **Are we willing to relearn?**
- **Are we willing to look at your child differently?**
- **Are we willing to change your approach?**

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Watering the Roots



New Behaviors

- Learned behaviors
 - lack of relationships with trust and safety
- Re-learn new behaviors
 - through relationships with trust and safety

Redirecting Behavior

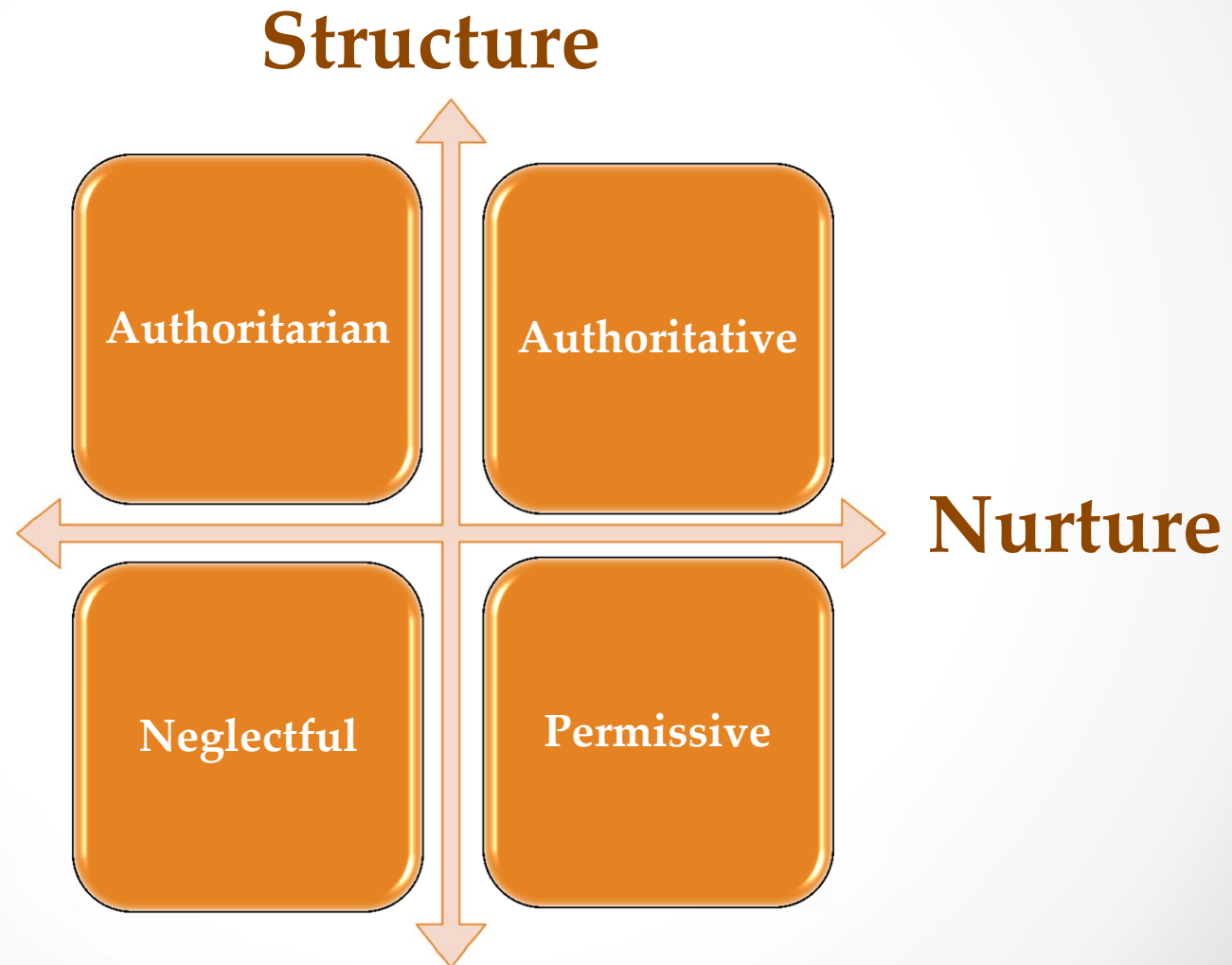
- First Response:

What do they need?

- Assistance with:

Listening to their bodies

The Balancing Act



Building Blocks



Support the
Senses

Sensory Diet



Hydration

Nutrition



Messages of Safety

- Daily interactions

Playfulness

Safe touch

Eyes

Voice Tone

Matching



Strategies

- Child's Voice
- Self Awareness
- Sharing Power / Control
- Compromises / Giving Choices
- Predictability
- Re-dos

Moving Forward



- **Earned secure process**
- **Build your tool box**
- **Early intervention**
- **Getting the right help**
- **Build your Support**

Bringing it all Together

- We are all created in His image
- Every child needs a secure authoritative parent

“All a man’s ways seem right to him, but the Lord examines the heart” Proverbs 21:2