

Empowering Parenting

Raising boys and girls
to be great men and women

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Principle #1 – As Parents We Live in the Age of Protection!



Principle #2 – There are Consequences for Over Protection!



- lack of adventure and appropriate risk
- less resilient and self-reliant
- ill-prepared to cope with life
- weaker social and problem-solving skills
- unable to make independent decisions
- increased obesity (including type 2 diabetes)
- increased mental illness



Principle #3 – Developing Resilience is Essential!

Bent Out of Shape

Brittle, Easily Shattered & Broken

Bounces Back



RESILIENCE

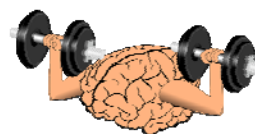
the ability to return to the original form, position, etc., after being bent, compressed, or stretched; elasticity



How is Resilience Develop?



Nature




Growth




Nurture



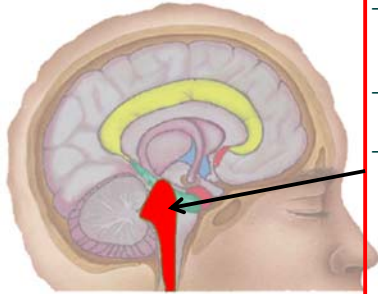
Principle #4 – Understand How Our Brain Works!



SURVIVE & THRIVE




Survival Brain – Brainstem

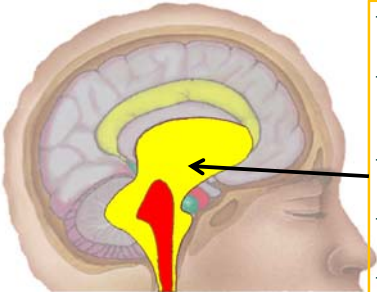


Automatic Brain

- the first part of the brain to develop
- fastest part of the brain
- runs automatic functions that keep us alive i.e. breathing, heartbeat, digestion
- its #1 job is our survival




Impulsive Brain – Limbic System

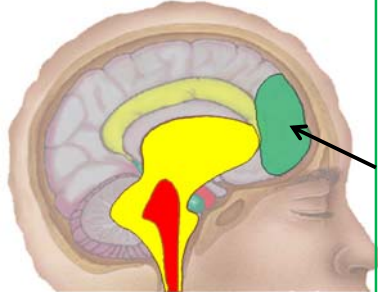


Emotional & Experiential Brain


- next fastest part of the brain
- runs on past experiences & emotions
- fear is its fastest trigger
- fires up our defences
- learns by repetition



Smart Brain - PFC



- the last part of the brain to develop
- slowest part of the brain
- helps us to think through decisions
- the first to switch off when under stress
- has the power to override the impulsive brain
- last part to mature


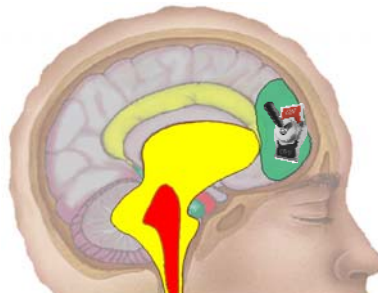



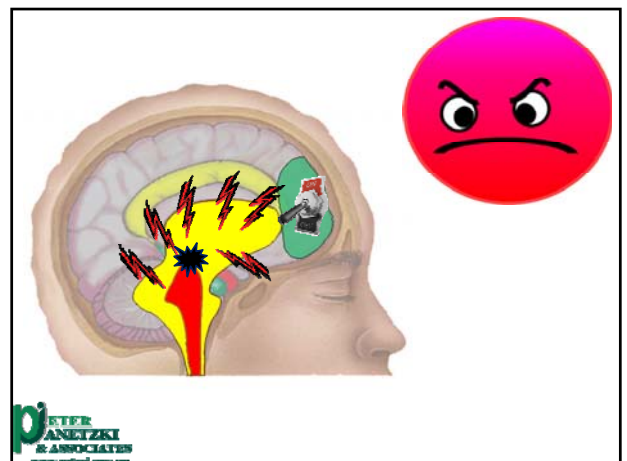
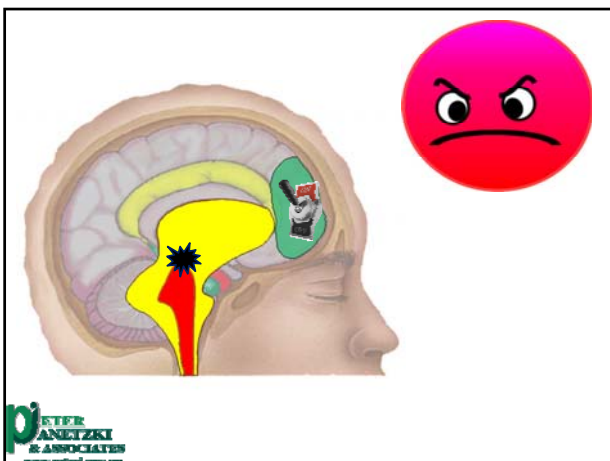
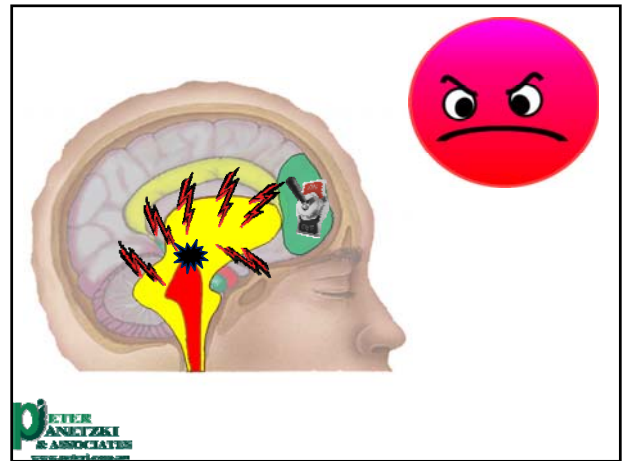
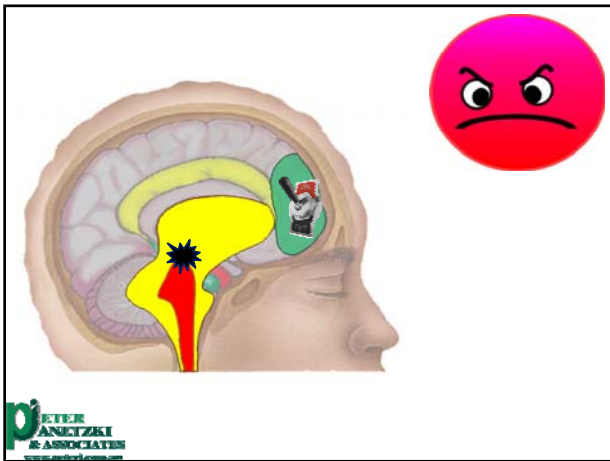
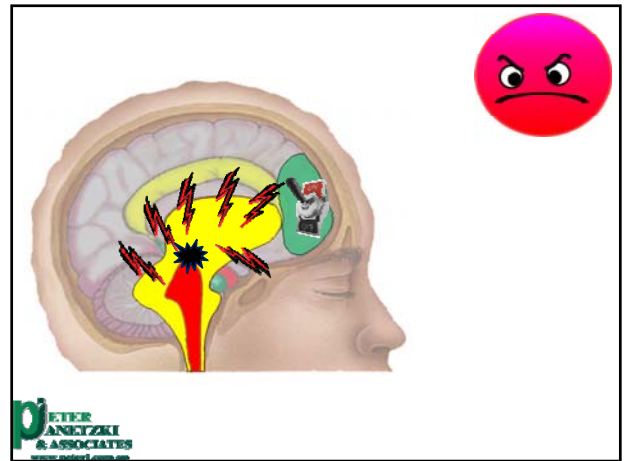
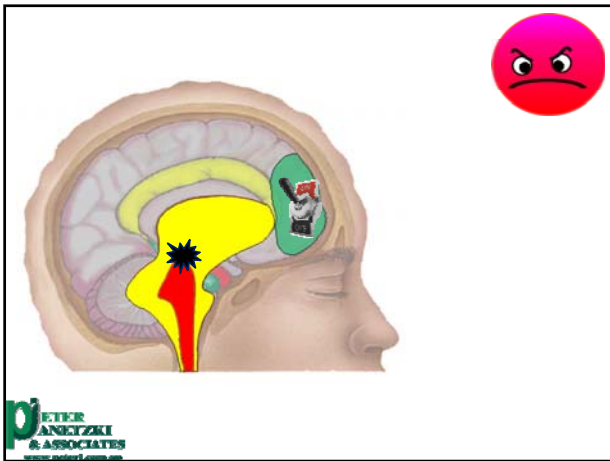
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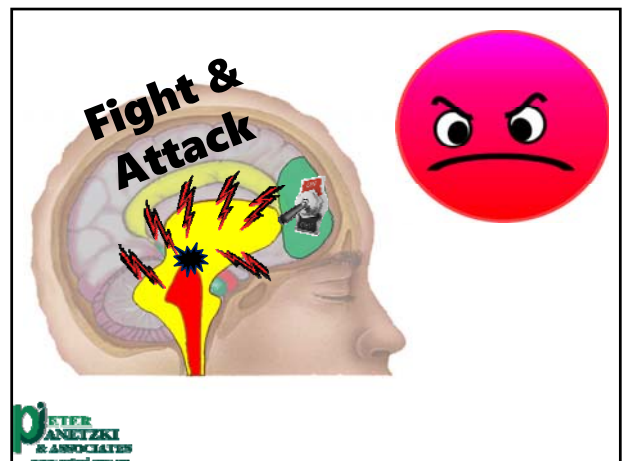
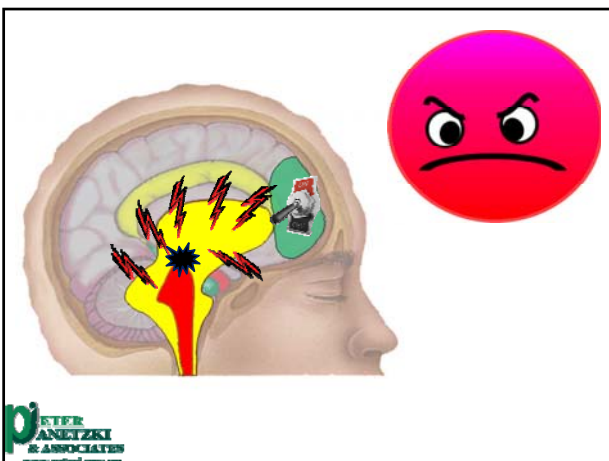
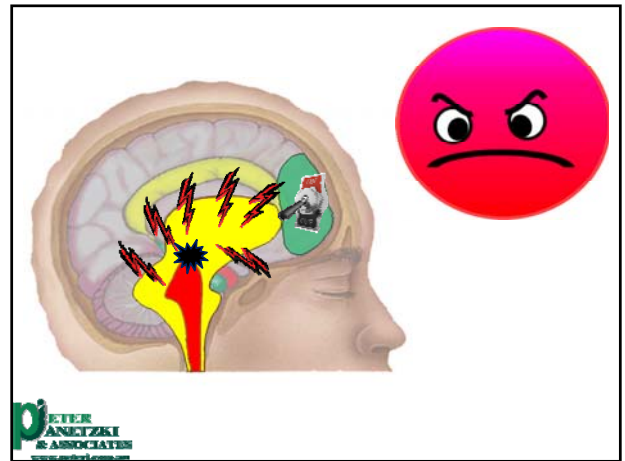
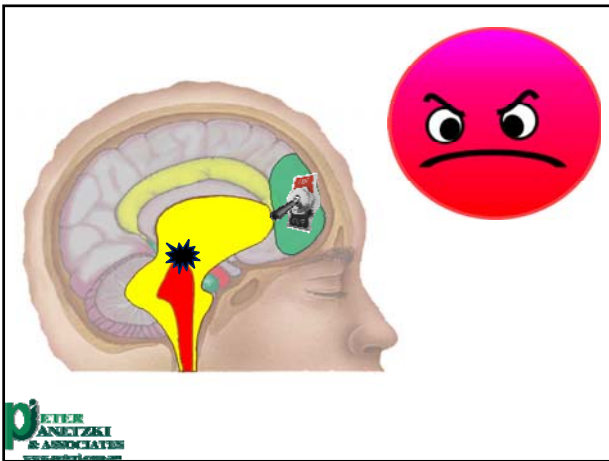
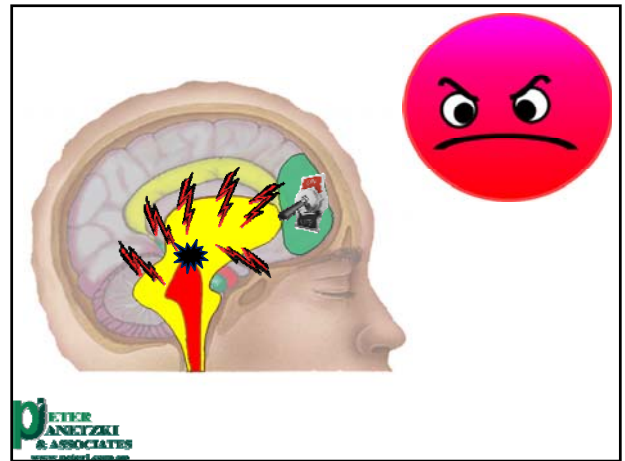
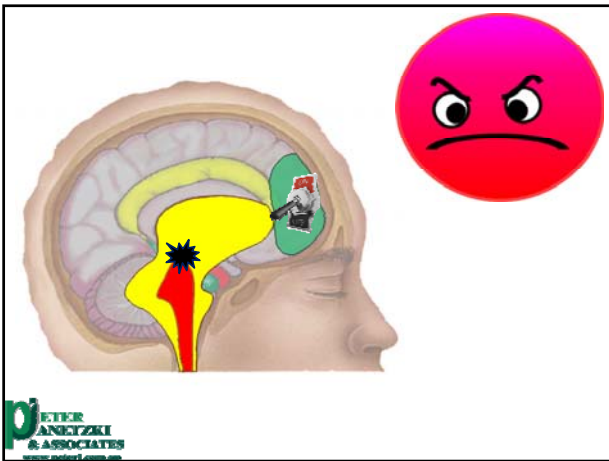
Impulsive Brain & Survival Brain

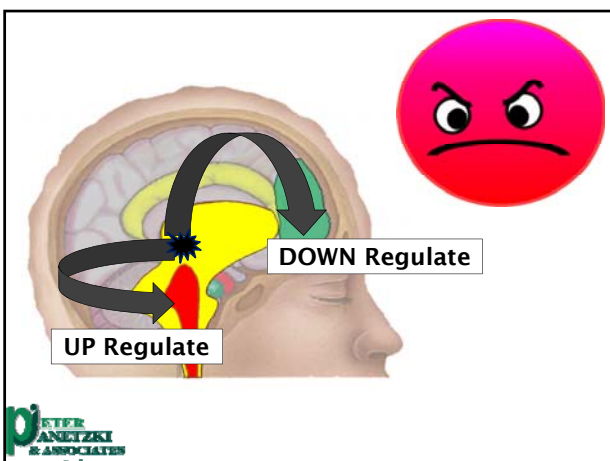
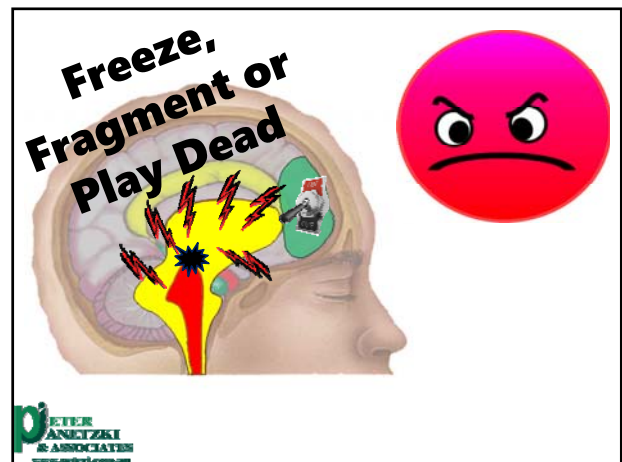
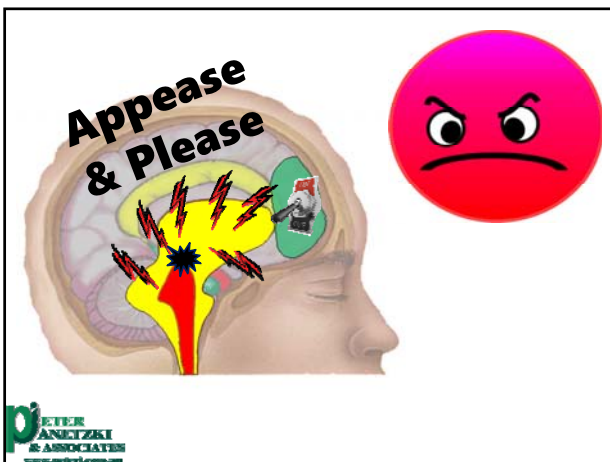
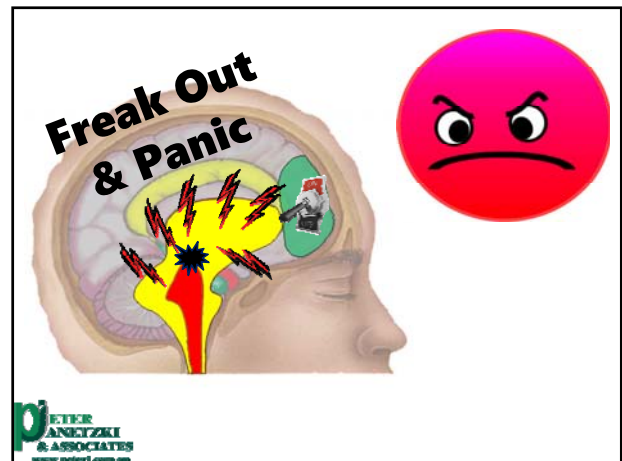
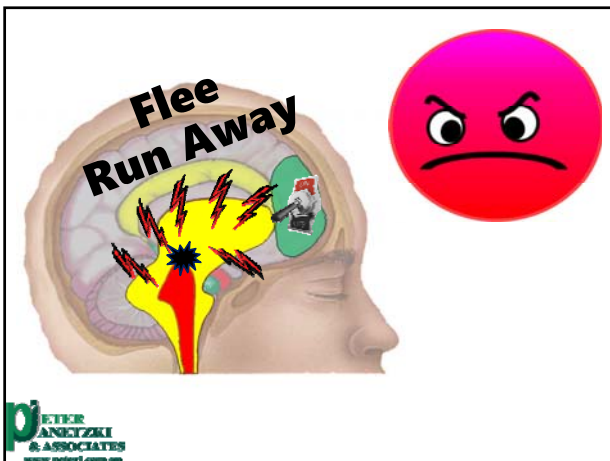
FIRES UP my

Smart Brain Switches OFF







**Principle #5 – Our Impulsive Brain
Learns by EXPERIENCE
and REPITITION!**

PROCEDURAL LEARNING

PETER ANCIZKI & ASSOCIATES

This text box contains the title 'Principle #5 – Our Impulsive Brain Learns by EXPERIENCE and REPITITION!' in bold black font. Below it, the words 'PROCEDURAL LEARNING' are written in a larger, bold black font. A logo for 'PETER ANCIZKI & ASSOCIATES' is in the bottom left corner.

Procedural Learning

Procedural memory does not involve conscious thought.

- talking
- walking
- playing a musical instrument
- sport skills
- riding a bike
- driving a car



Procedural Learning Facilitates Automatic Responding to Unconscious Future Predictions

“[Procedural] memory shapes how we experience the present and how we anticipate the future, reading us in the present moment for what comes next based upon what we have experienced in the past.”

(Siegel, 2006. cited by Fisher, 2014)

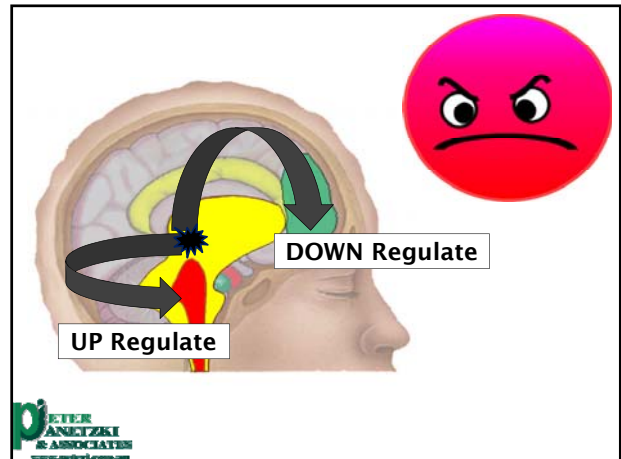


Procedural memory does not involve conscious thought



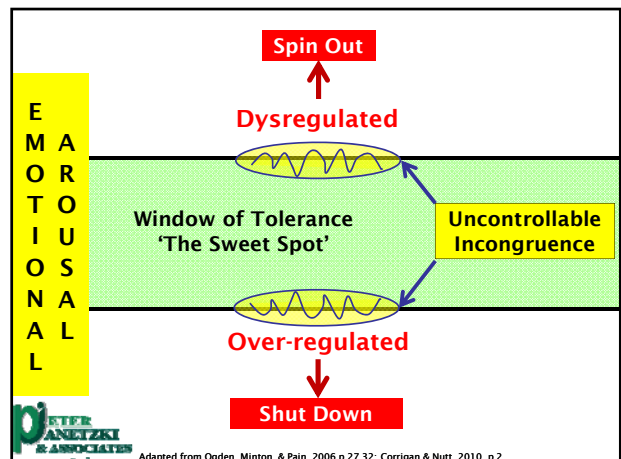
Including our responses to PERCEIVED THREATS

- FIGHT
- FLIGHT
- FREAK
- FREEZE




Principle #6 – We All Have an Emotional Sweet Spot that Allows Great Relationship!


THE WINDOW OF TOLERANCE



Adapted from Ogden, Minton, & Pain, 2006.p.27,32; Corrigan & Nutt, 2010, p.2



Some Tips for Empowering Parents




Tip #1 - Develop Your Own Emotional Maturity (Resilience, Smart Brain, & Window of Tolerance)




Cool Down Time


De-escalating & Emotional Management
Self Soothing & Calming Down
'Clear Mind' verse 'Mud Mind'





Time Out


1. On a Chair sitting quietly
2. 1 minute per year of age
3. Use a clock – Stop Start DON'T Restart
4. Address the Issue & Repair relationship
5. When finished it is FINISHED!





Tip #2 - Develop Positive Mind Set - Challenge Catastrophizing




- ✓ 5:1
- ✓ Challenge Negative Scripts
- ✓ Avoid seeing crises as insurmountable problems
- ✓ Develop Empathy
- ✓ Acceptance of Imperfection & Limitations

Tip #3 - Develop Their Personhood



- ✓ Develop their WHO rather than their DO
- ✓ Identify and celebrate their individuality & uniqueness
- ✓ Words are powerful
- ✓ Dream Makers or Dream Breakers



Tip #4 – Change is Part of Normal Life

- ✓ Respond to Life Rather than Seeking to Control It
- ✓ Changing Life Goals According to Circumstances
- ✓ Talk About Life as Developmental



Change is Inevitable, Growth Optional



Tip #5 – Promote Hopeful Outlook



Always Look On the Bright Side of Life



Tip #6 – Take Baby Steps - Partialize

- ✓ "What is one thing I can do now!"
- ✓ Keep it Simple
- ✓ Small Steps Become Bigger Steps
- ✓ Use Thought Stopping to Refocus






Tip #7 – Age Appropriate Boundaries & Age Appropriate Risks

- ✓ Age appropriate consequences – consistent & predictable
- ✓ Responsible Thinking Process
- ✓ Develops a Sense of Independence
- ✓ Develops Mastery of Tasks
- ✓ Reinforces Competence




Tip #8 – Develop Friendship Skills

- ✓ Social skills are caught and taught
- ✓ Grab a hold of incidental teaching times
- ✓ Accepting help and support from those who care about you and will listen to you strengthens resilience.

Tip #9 – Don't Overload





 **Tip #10 – Eat Together
– with SCREENS off**

- ✓ Communication and Well-Being
- ✓ Model Manners (and more)
- ✓ Expand Their World
- ✓ Prevent Destructive Behaviours
- ✓ Improve Grades



Some Resources

- Triple P - Positive Parenting Program
www.triplep.net
- Focus on the Family Australia
www.families.org.au
- The Australian Family Association
www.family.org.au
- The Australian Federation for the Family
<http://wingfold.tripod.com/ausfamily>
- Focus on the Family with Dr James Dobson
www.family.org
- Putting Family First
www.puttingfamilyfirst.info



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