

PARENT DEVELOPMENT PLAN

Age & Stage of your Children? _____

Your Age & Stage? _____

Primary Parenting Tasks & Roles? _____

Schedules & Routines? _____

Top 5 Rules?

PARENT CARE:

How do you care for your health? Your mind? Your body?

How do you invest in your intellectual & professional growth?

How do you nurture your primary relationships?

How do you prop up and support yourself as a parent?

What is one thing that you can focus on to support each relationship/person in your family?

PARENT CONNECTIONS:

Who are your “go to” mom/dad friends?

Who do you call when in crisis? _____

What community do you rely on to support you and your family?

What supports do you need to build/add to help you grow as a parent?

The Healthy 5!!!! ~Daily Habits for Your Health

Keep it Simple & Smart [Specific, Measurable, Achievable, Realistic & Concrete]

1. Sleep: _____

2. Movement: _____

3. Fuel [Water, Food]: _____

4. Work: _____

5. Relationships [Family, Social, Support]: 1 Focus/Activity Per Person:

Parents' Toolkits For Social Emotional Development

Emotional intelligence is created by parents connecting with kids in emotion, which is EQ. It teaches kids how to deal with feelings. Includes emotional regulation (how we control and manage our feelings), which consists of downloading negative feelings from the right brain to left brain for more logical reasoning and processing of emotions.

Social competence is another indicator of success---how to make friends and how to get along with others.

Security [i.e Self-Esteem]---includes Competence (what we think we know), Confidence (how we feel about what we know/can do) and Connection (how close we feel to ourselves and others). [Stanley Greenspan]

Two Primary Tools for Parents to Promote EQ and Social Competence:

1. **Emotion Coaching** (works with parent-child and between parent-parent) Be aware of your child's emotions. by John Gottman
2. Recognize emotions as an opportunity for connecting or teaching.
3. Help your child really understand the emotions they are feeling.
4. Communicate empathy and understanding.
5. Set limits and problem solving!!!

Without step 5, we promote entitled children rather than emotionally regulated children.

Mindfulness Skills, both Informal and Formal, help us become more aware of our thoughts, feelings, and actions, which promotes better emotional regulation and social competence. The social brain is wired for **we** (mirror neurons). The Me-We connection includes integrating the self and others. We do this by creating positive mental models

with our children-- preparing for **we**; offering experiences that lead to connection cultivating a **yes state of mind**; helping kids be receptive to relationships. [*The Whole Brain Child*, by Dan Siegel]

1. **Connect Before You Direct** (with emotions in right brain before requiring left brain work or reasoning or following commands/requests)
2. **Name it to Tame it** (help kids tell their stories to calm down big emotions)
3. **Integrate right brain feelings with left brain words.**
4. **Engage don't Enrage** (Which part of the brain are you speaking to in a moment? Upstairs logical brain or downstairs reactive, lizard brain? Right-sided feeling brain or Left-sided logical brain?)
5. **Use it or Lose it** (Exercise upstairs-brain by giving them practice at making decisions, noticing others feelings, questioning right social decisions, tolerating their big feelings)
6. **Move it or Lose it** (Moving the body to avoid losing the mind)
7. **Replay memories** (Use the remote of the mind by telling stories-- instead of fast forward and forget, try rewind and remember)
8. **Remember to Remember!** (Make recollection part of your family's daily life -- instead of "how was your day?" Try remembering best, and the not so best parts of the day.)
9. **Let the clouds of emotions roll by** -- (instead of dismiss and deny, try teaching that feelings come and go)
10. **SIFT** (sensations, images, feelings, thoughts) paying attention to what's going on inside-- (instead of dismiss and deny, try using mind-sight to take control of images)
11. **Exercise mind-sight:** Getting back to the center -- (instead of dismiss and deny, exercise mind-sight (insight + empathy) of peaceful calming or positive images)
12. **Increase the Family Fun Factor:** making a point to enjoy each other-- (instead of command and demand, try playful parenting)
13. **Connection through Conflict:** teach kids to argue with the "We" in mind -- (instead of dismiss and deny, try connection through conflict ---listen to what is not being said, see through another's eyes, make things right after a fight)