

The spirited Child



You already possess the answer

- * **Unconditional Love**
- * **Wisdom/Experiences**
- * **Supportive and encouraging**
- * **Sensitive**
- * **Responsive**
- * **empathetic**
- * **Connection**

The Decision is yours

Disconnect

- * Lock the door and walk away
- * Shut them out
- * Ignore
- * Yell
- * Lecture

Connect

- * Listen
- * Brainstorm together on ideas
- * Be there
- * Share
- * Believe in them

Characteristics

- * Highly Creative
- * Intelligent
- * Passionate
- * Intense in their interests
- * Want to be heard
- * Need to know “why”
- * Learn by doing
- * Perfection oriented
- * Focus on self not others
- * High need for validation
- * Need emotional safety
- * Resist change
- * Highly sensitive
- * Need to test status-quo
- * Independent

Connections

- * What are we going to teach

Each Child is Unique

How do we interpret the behavior?

What strategies foster an emotional bond?



Emotion coach

Positive recognition makes
you feel

- * Great
- * Worthwhile
- * Competent
- * Capable
- * Confident

Negative recognition makes
you feel

- * Angry
- * Worthless
- * Incompetent
- * Incapable
- * Inadequate

Responding to challenging behaviors

- * An effective response to challenging behavior is a process, not an event, a process that provides children with the opportunity to develop the skills and attitudes they need to meet their needs appropriately.



Why do children behave as they do?

A child's personality emerges from the dynamic interplay of his or her interactions with key caregivers. At each stage of development a child has special needs, and there are certain experiences that can promote mastery of that particular stage and certain experiences that may create hurdles.

Triggers

- * Unexpected or unfamiliar events, anxiety provoking events
- * Sudden changes in routine, future plans
- * Over stimulated, overscheduled
- * Environmental factors, cold , hot, rainy
- * Stress at home, school and socially
- * Overly tired, not sleepy well or enough
- * Not feeling well, physically or emotionally
- * Feeling frightened or alone (feelings trigger behavior)
- * Common frustrations, lacking the coping skills

Managing Behavior

- * Consistency
- * Model
- * Teach problem solving
- * Focus on positives show appreciation
- * PRAISE

Relationships

Discipline through
loving relationships

Kids do want to
please us.

Keys to success

- * Remain calm pause, the emotional message
- * Avoid power struggles, give choices and control
- * Expect them to test limits
- * Compromise /pick your battles
- * Ask, is this really that important?

Ross Greene Behavior Baskets

- A. Non-Negotiable “No You can’t” and this is why
- B. Empathy/ invitation – create new road maps, “Could we compromise”?
- C. Don’t say a word , off the radar, finding peace in the home for everyone

Self Regulation

- * Calming place
- * Visualization
- * Exercise
- * Deep breathing



*Children value themselves only to the extent that they feel valued by the important people in their lives.



* **Rules without Relationships = Rebellion**

* **Relationship without Rules = Chaos**

* **Relationship + Rules = Respect and Responsibility**

Seven Critical Components

The Yes Challenge – Here is the challenge for you. Every time you are tempted to say no to your child, pause and ask yourself if you could say yes instead.

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* **Attunement** – Attunement with kids can be this simple! All it takes is a little effort to show them that we're here and listening, and that we care about them.

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* **Positivity Ratio** – Dr. Gottman magic ratio of positive to negative.

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* **Believe in the good** – If we think kids are bad or broken they know it.

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* **Flash Forward** – Close your eyes – Is what we are dealing with important? Will it affect the outcome? If so can we shape this interaction to help guide her on her way? Can we let go?

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* **Choice** – this is the oldest trick in the book. Kids benefit from a sense of control

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* **Have fun** - Don't forget to have a little fun

Basic Ingredients to a positive relationship

- * Mutual respect
- * Time for fun
- * Praise
- * Communicate unconditional love





***Trust your Gut**

Children Reflect the Treatment they receive



A New Sense of Hope When You Need It Most.

Taking Care of Yourself

- * What does this look like for you?
- * How do you accomplish this?
- * Just be that dog it makes all the difference