



13 Things Mentally Strong Parents Don't Do Book Study

Part III: Chapters 9-13

November 2, 2022

Welcome and Introductions

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Norms

- Celebrate successes
- Give ourselves a break
- Show respect by:

Maintaining confidentiality

Keeping a focus on the topic

Listening & Monitoring “Air Time”



Share

In your table groups:

Introduce yourself (name, ages/grades of children, school they attend)

Discuss the questions:

Report out on your action plan for last session. What were your successes? What are you thinking about doing differently?

What from Chapters 9-13 most resonated with you? Why?



Avoiding Power Struggles

What's Helpful:

- Keeping your emotions in check--staying calm
- Establishing clear rules and limits
- Following through with consequences
- Being aware of the situations that are the struggles for you and your child and reflect how to navigate them when you are calm
- Engage, don't enrage



Engage, Don't Enrage

Child Behavior or Situation

Whining about what's for dinner

Parent Action that Enrages Downstairs Brain

"You get what you get, and you don't get upset."

Parent Action That Can Engage Upstairs Brain

"You're upset that we have chicken for dinner tonight, huh? I'm sorry. Can you help me to plan dinner for Friday?"



Engage, Don't Enrage

Instead of....	Try.....
No! Stop It!	What can we do instead?
We don't act that way!	What's another way we can handle that?
We don't talk that way!	Can you think of another way to say that?
Because I said so!	Can you come up with an idea for how we can both get what we want?



Avoiding Power Struggles

- What are some of the situations with your child that have or could lead to a power struggle? How might you navigate that differently?
- What strategies have you found helpful to manage your emotions and/or your child's emotions in these situations? (Chapter 9)



Teach Kids to Deal with Pain

- You can help your child develop coping skills for uncomfortable feelings, like pain.
- Journaling options of art, private, parent-child (page 199)
- Friend or Enemy (page 196)

	Friend	Enemy
Fear	Stops you from doing something dangerous (e.g., bridge jumping).	Prevents you from advocating or doing something helpful (e.g., asking a question).
Sadness	Reminder to honor a memory, help process (e.g., drawing a picture of a pet that died).	Results in withdrawing from friends and family.
Anger	As a signal someone isn't being treated well, followed by standing up for yourself or others.	When it is hurtful and causes physical or emotional pain.



Reflecting on Dealing with Pain

Helping your child cope with uncomfortable feelings relates to making room for your child to make mistakes and persist with doing something difficult (Chapters 10 & 12). Consider:

- What has worked for you in supporting your child's coping skills? Ability to delay gratification? Perseverance?
- What are some challenges you encounter?



Putting Our Learning into Action

- Reflect on your conversations over the course of this discussion
 - Establish 1 (ONE) goal or specific change you can make based on learning
 - Write it down
 - Create a short but specific plan to implement.
 - Share with the group

Closing Reminders

- Please complete the Exit Slip before you leave today
- Next Parent University session is **First Phone: A Pre-Tween's Guide to Digital Responsibility, Safety and Etiquette** *Presented by Dr. Catherine Pearlman* on November 16 6:30-7:30 (virtual)



Additional Resources



The Core Emotions

Onionhead



Parent University Planning Committee

Are you interested in helping to plan next year's Parent University sessions?

We will be meeting:

- Monday, April 10 1:00-2:00 at the Haines Center
- Monday, May 1 1:00-2:00 at the Haines Center

Please contact:

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