



TRAVELING THE CIRCLE & BEING CHARGING STATIONS FOR ONE ANOTHER



Michael Yates

Coordinated School Health Institute

HOPE, HEALING, AND RECOVERY

WELCOME AND INTRODUCTIONS

- Overview of how we'll spend our time
- Agreements
 - ★ Positive Curiosity – Interactions and questions are encouraged
 - ★ Shared learning is valued
 - ★ Equip yourself with key take-aways: what commitments for practice improvement can you make?
 - ★ Enjoy yourself & have fun



POSITIVE CURIOSITY

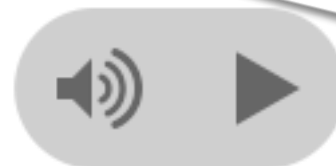
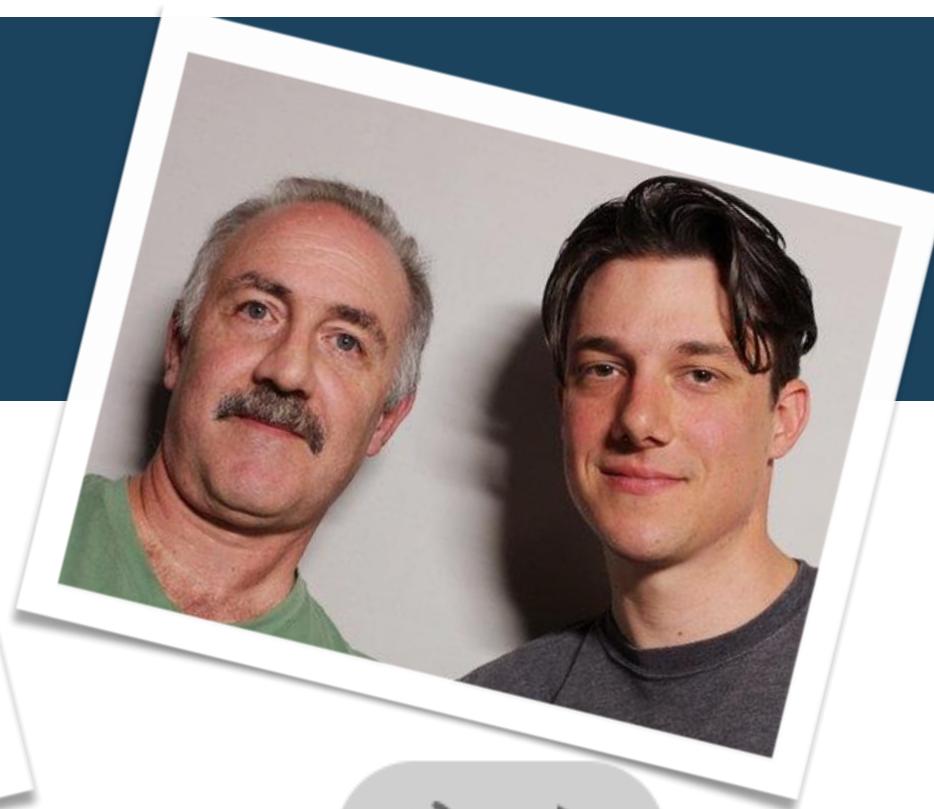
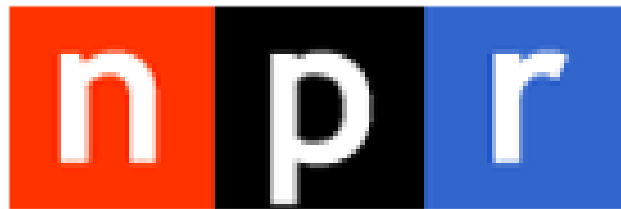
Keep Learning

Positive Curiosity

Curiosity helps us survive
Curious people are happier
Curiosity boosts achievement
Curiosity can expand our empathy
Curiosity can help expand our relationships
Curiosity improves healthcare

Emily Campbell, Science of a Meaningful Life, 2015





THE DIFFERENCE THAT MAKES A DIFFERENCE

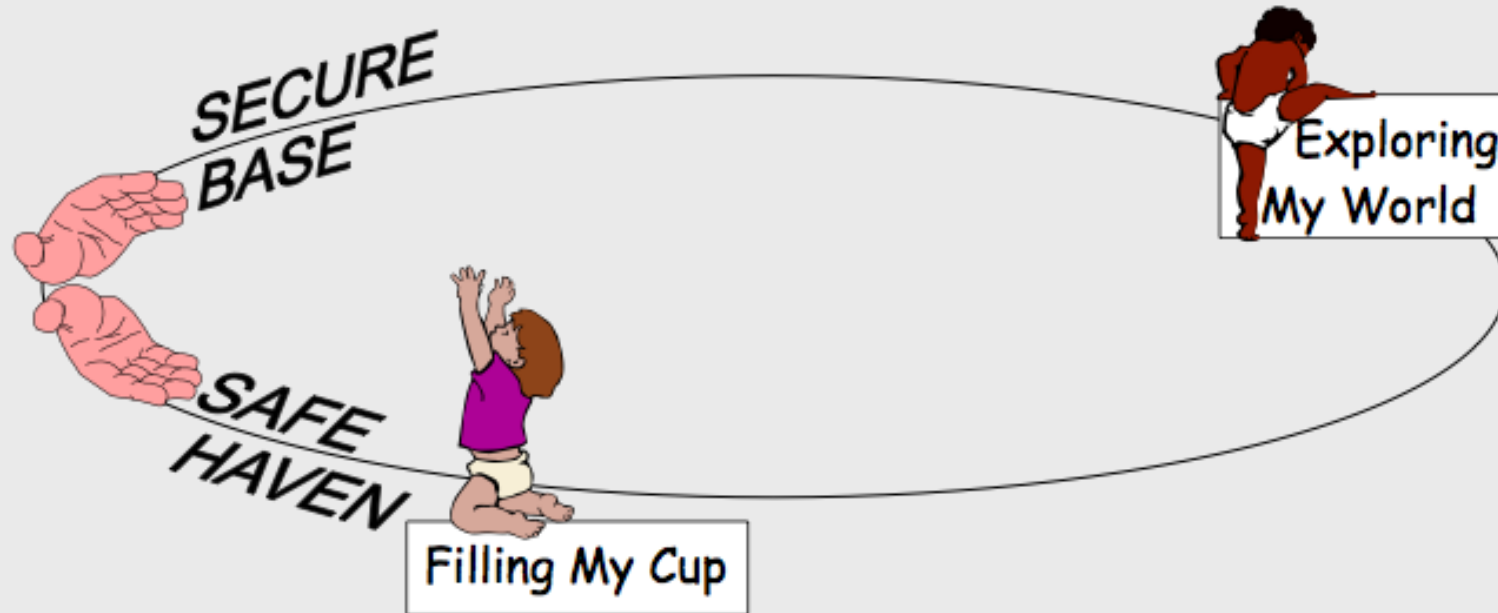
After 50 years of research we know that the more secure children are, the more they are able to:

- ✓ Enjoy more happiness with their parents
- ✓ Feel less anger at their parents
- ✓ Turn to their parents for help when in trouble
- ✓ Solve problems on their own
- ✓ Get along better with friends
- ✓ Have lasting friendships
- ✓ Solve problems with friends
- ✓ Have better relationships with brothers and sisters
- ✓ Have higher self-esteem
- ✓ Know that most problems will have an answer
- ✓ Trust that good things will come their way
- ✓ Trust the people they love
- ✓ Know how to be kind to those around them

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PARENT ATTENDING TO THE CHILD'S NEEDS



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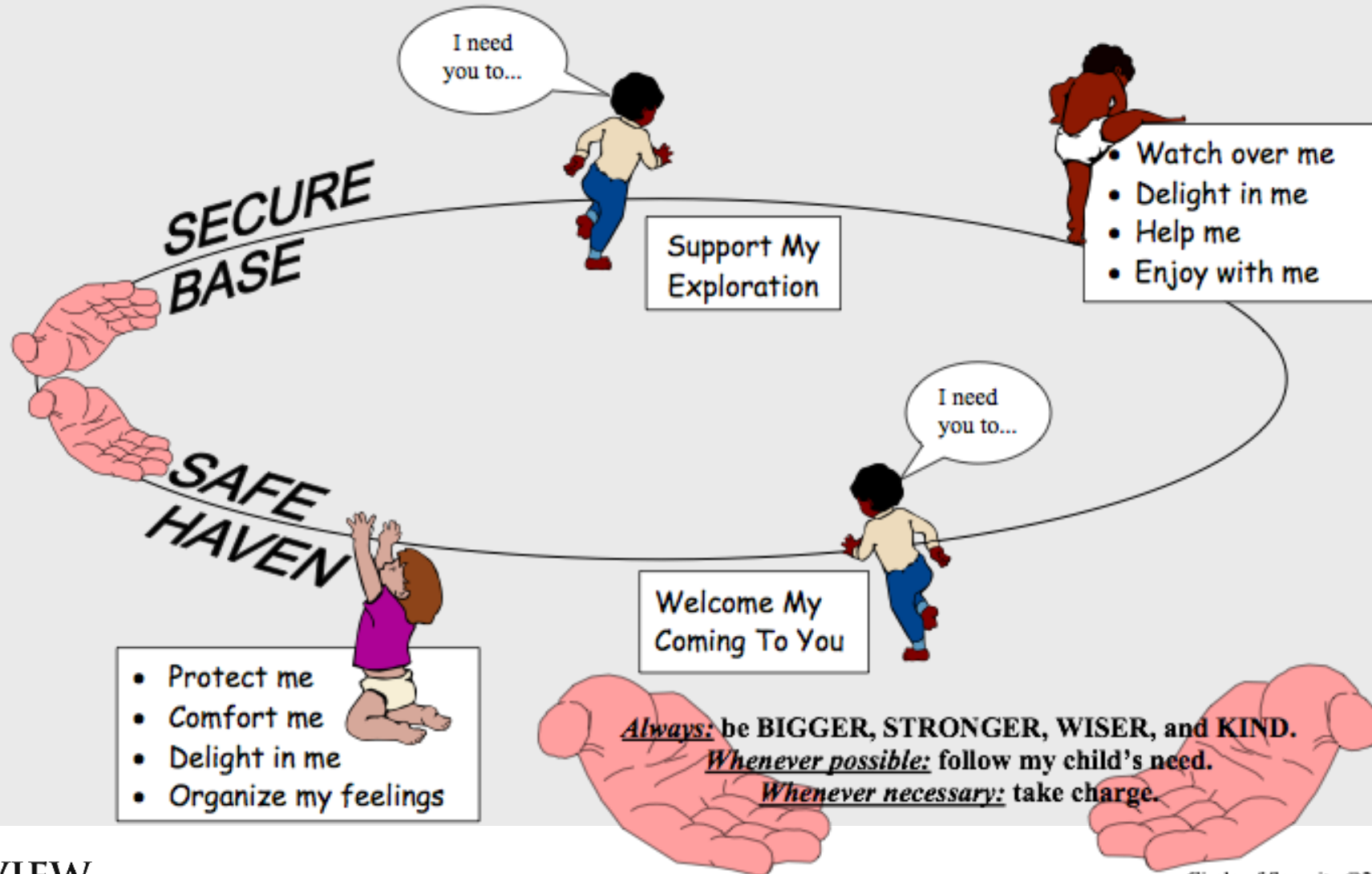
(Almost)
Everything I Need to Know
About Being a Parent
in
25 Words or less

- Always: be BIGGER, STRONGER, WISER, and KIND.
- Whenever possible: follow your child's need.
- Whenever necessary: take charge.

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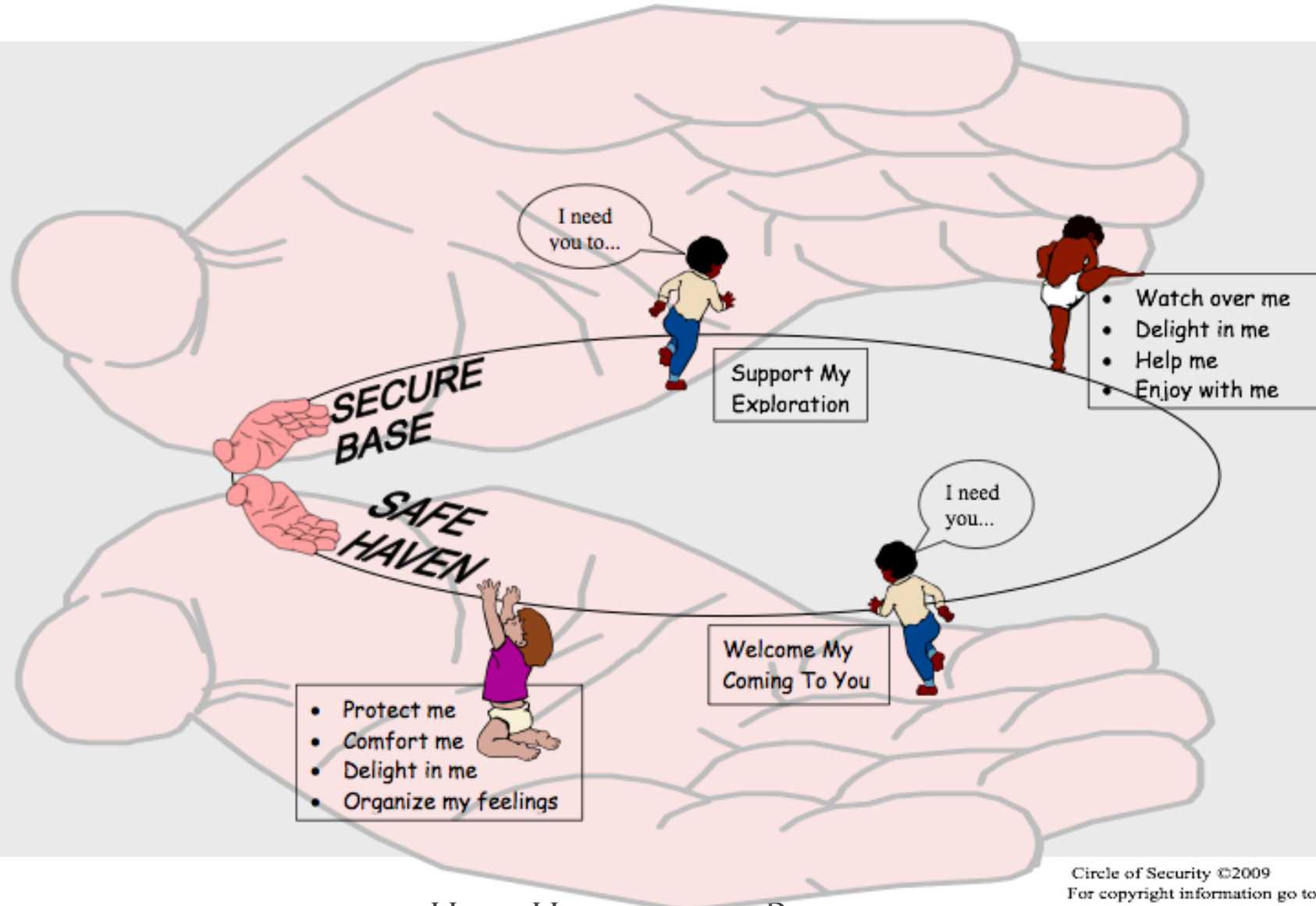
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PARENT ATTENDING TO THE CHILD'S NEEDS



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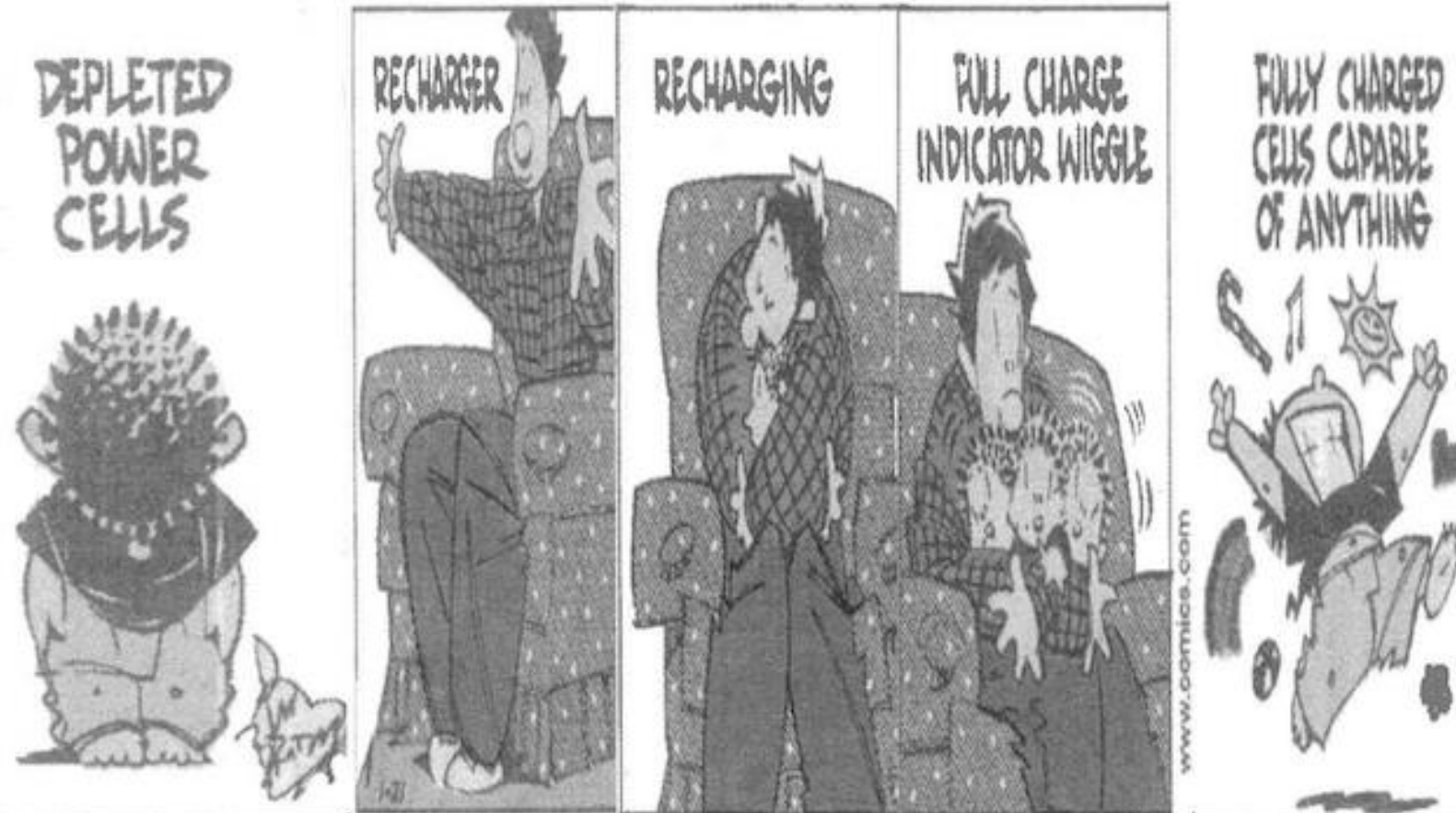
PARENT BEING HELD WHILE HOLDING THE CHILD



EVERYDAY ATTACHMENT

Rose is Rose

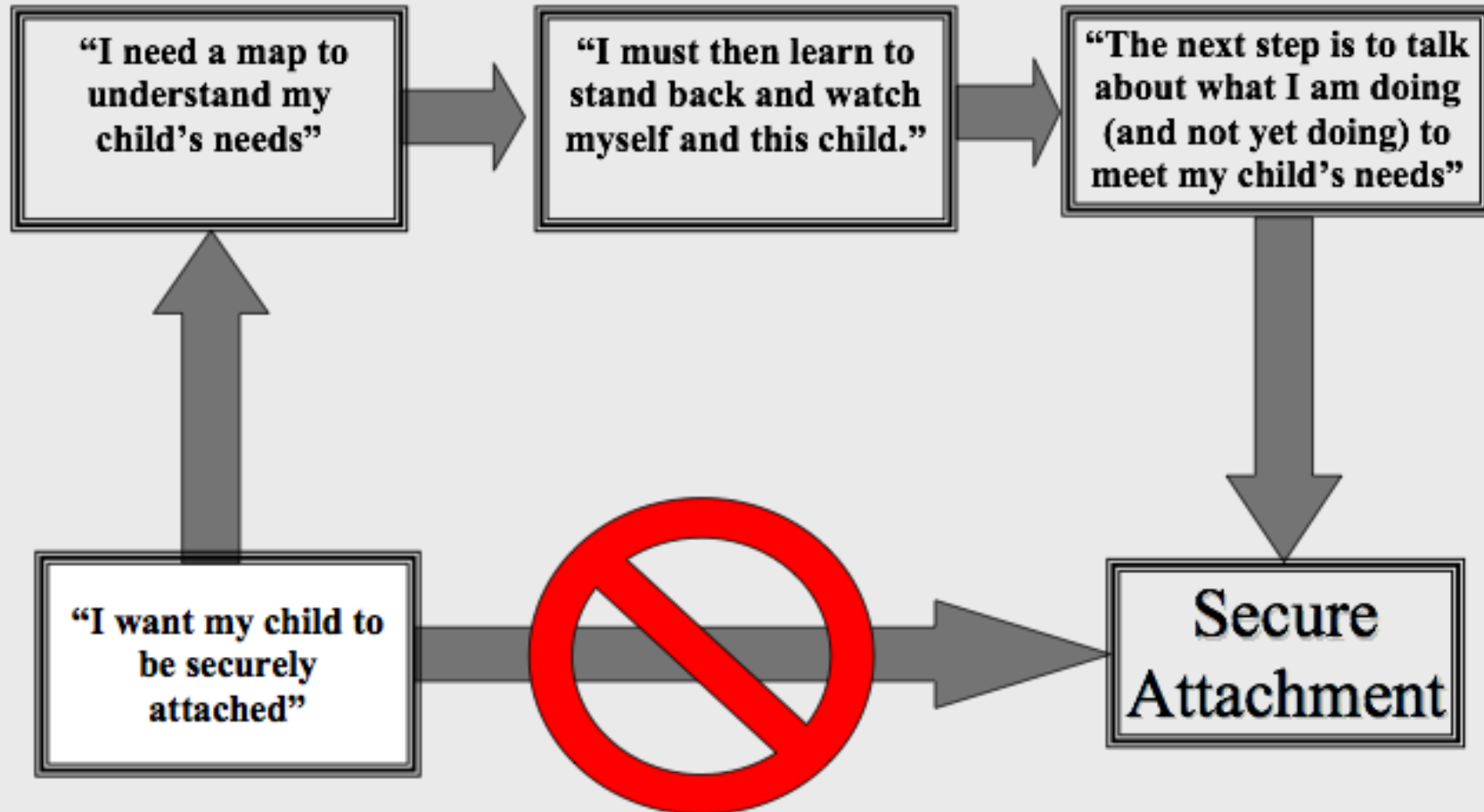
Pat Brady



Schools should be a charging station for students!

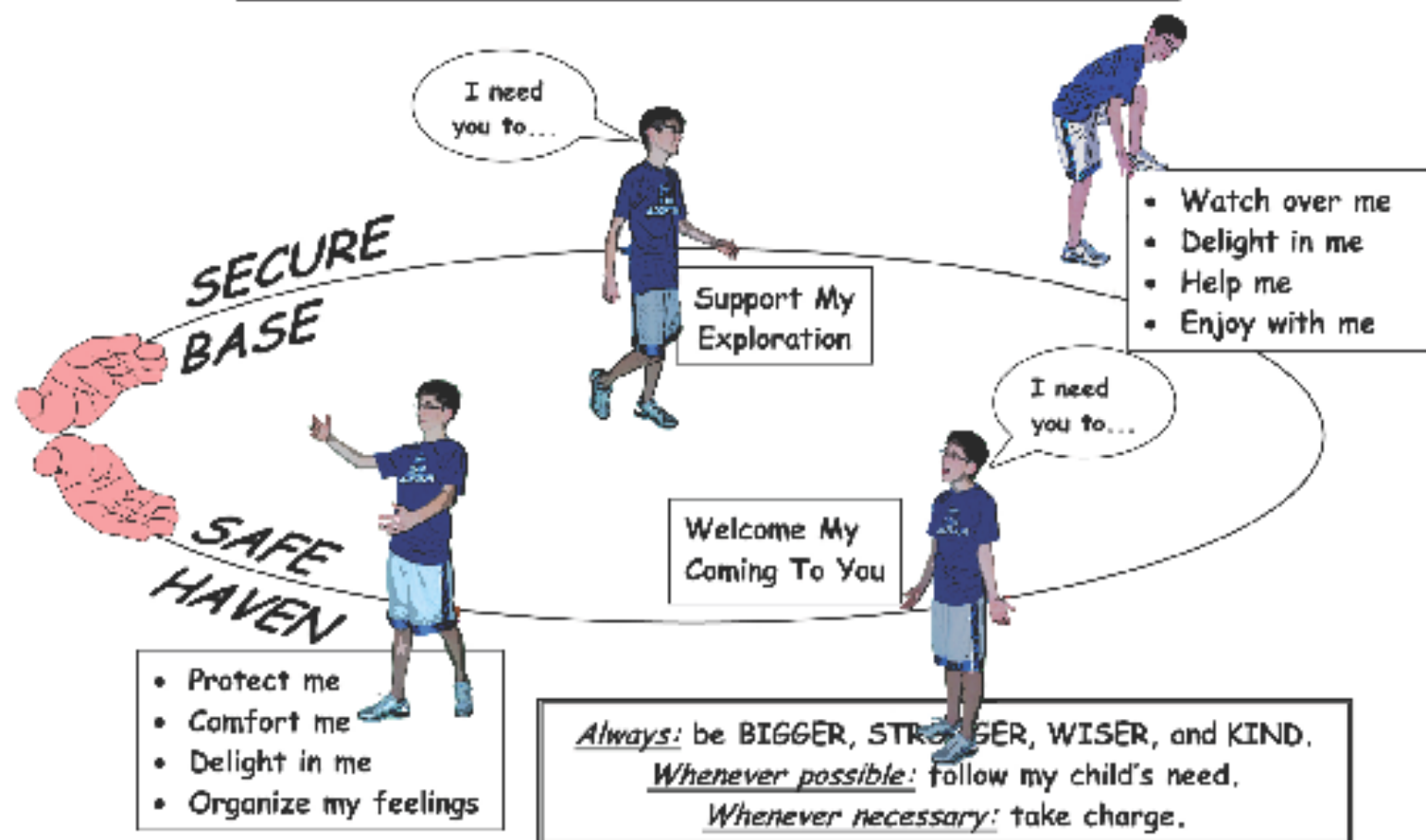


The Path to Secure Attachment



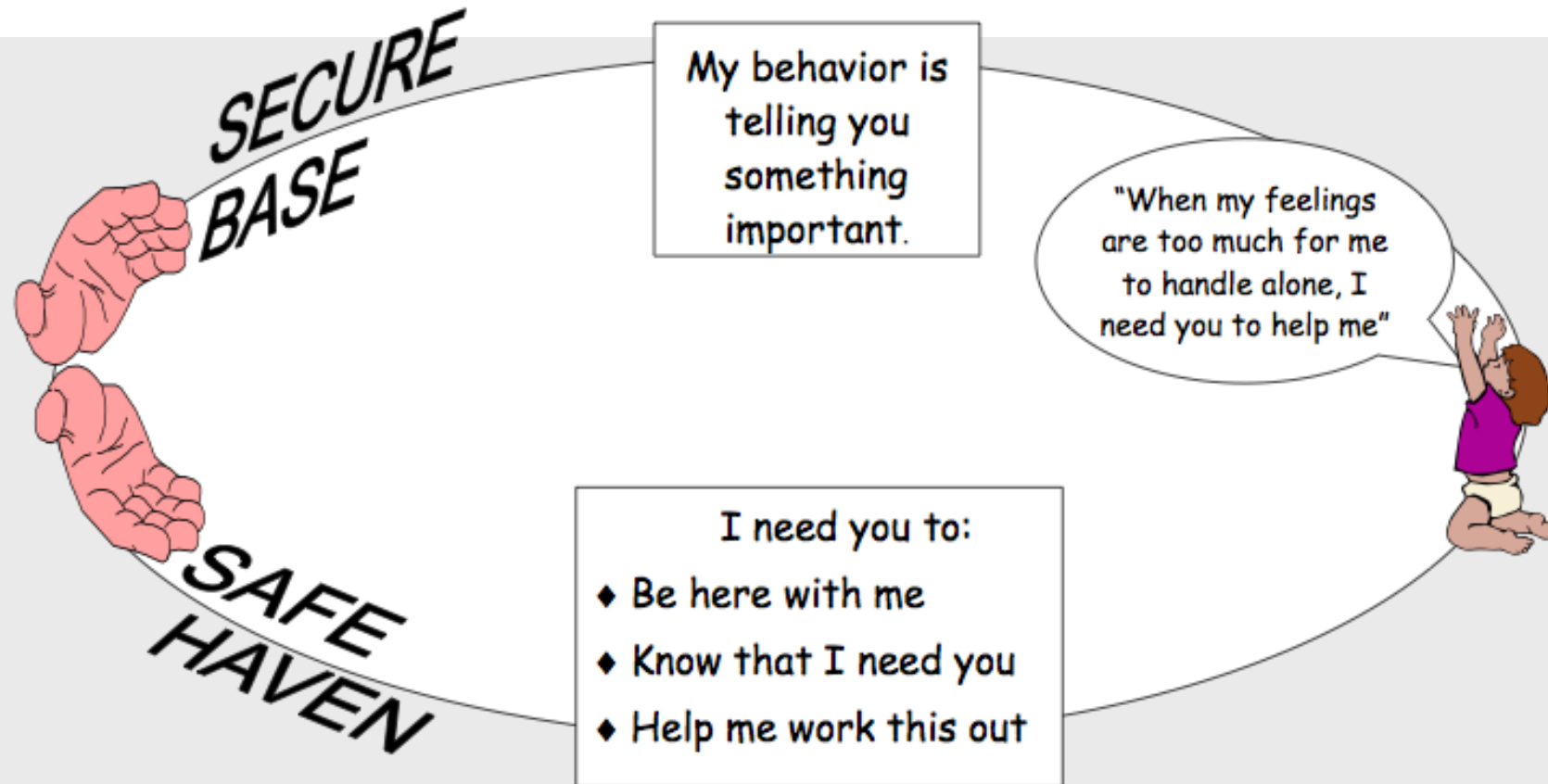
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PARENT ATTENDING TO THE CHILD'S NEEDS



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When I get upset
(frustrated, withdrawn, whiny, demanding, out of control):



"When Good Kids do Bad Things"

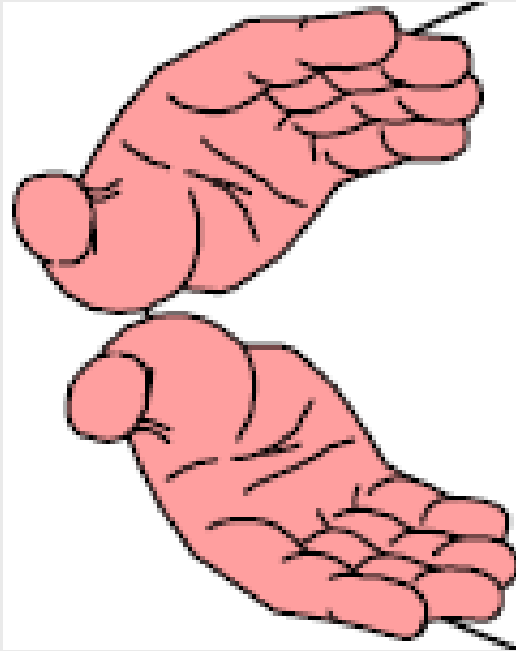
Seeing our child rather than our Shark Music

BETTERMENT: A KEY PRACTICE TO RESOURCE PARENTING

- Parent self-reflection and insight are critical elements to healthy parenting
- Resiliency begins with caregiver affect management
- Remember, it all starts with the hands.
- 25 words or less ... repetition is the essence of learning.

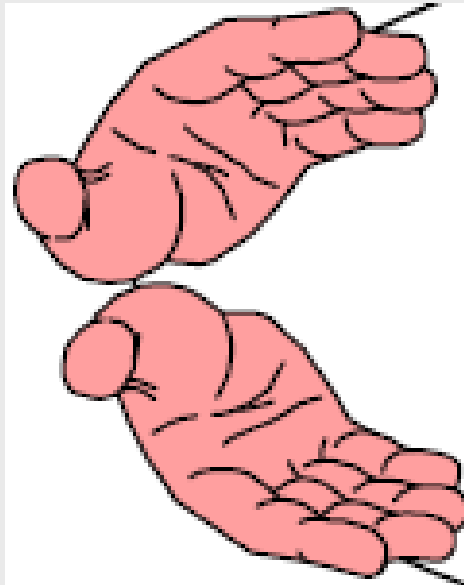


CONSIDER YOUR HANDS

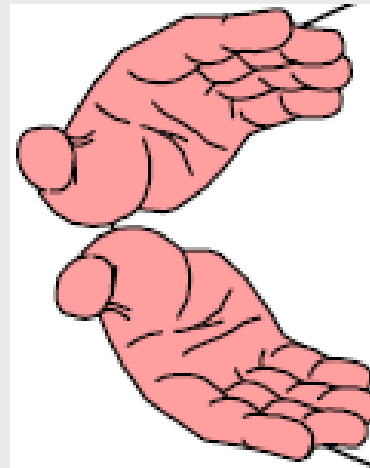


- How do you experience a secure base?
- Who takes delight in you?
- Where / how do you get the “full charge indicator wiggle?”

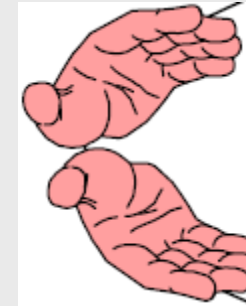
TO WHAT EXTENT CAN THE LEVERS OF PRACTICE AND SYSTEM MIRROR THE SAFETY AND SECURITY REQUIRED IN PARENTING CHILDREN FROM HARD PLACES?



System



Team



Family



Child

Tale of Two SEAS

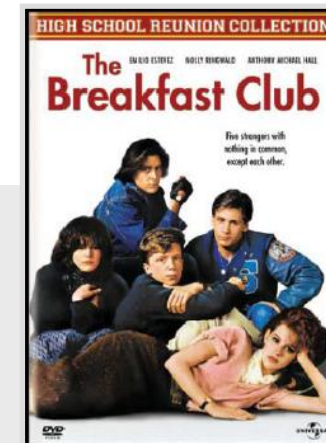


SHARK MUSIC



Paying attention to our shark music alerts us that we are upset. Instead of reacting from our own distress, we can train ourselves to interpret the child's actions accurately and provide nurture even when hearing shark music.

Adult Affect Management and Shark Music



Choosing Security

Your Child's Need:

When your child's *need* requires a response that is not comfortable for you...

Shark Music:

You suddenly *feel* uncomfortable...(e.g. lonely, unsafe, rejected, abandoned, angry, controlled etc.)

Choice Point:

- You can *respond* to your child's need (in spite of the discomfort it causes you),
OR
- **You can *protect* yourself from further pain by overriding your child's need (limiting or avoiding a response). If you protect yourself from uncomfortable feelings, your child's need will go unmet. Over time s/he will begin to express that need indirectly, causing both of you difficulty.**

All parents hear Shark Music with some of their child's needs. The parents of secure children *recognize* their Shark Music. Often (not always) they *choose* to find a way to meet their child's need, in spite of the temporary pain it causes them.

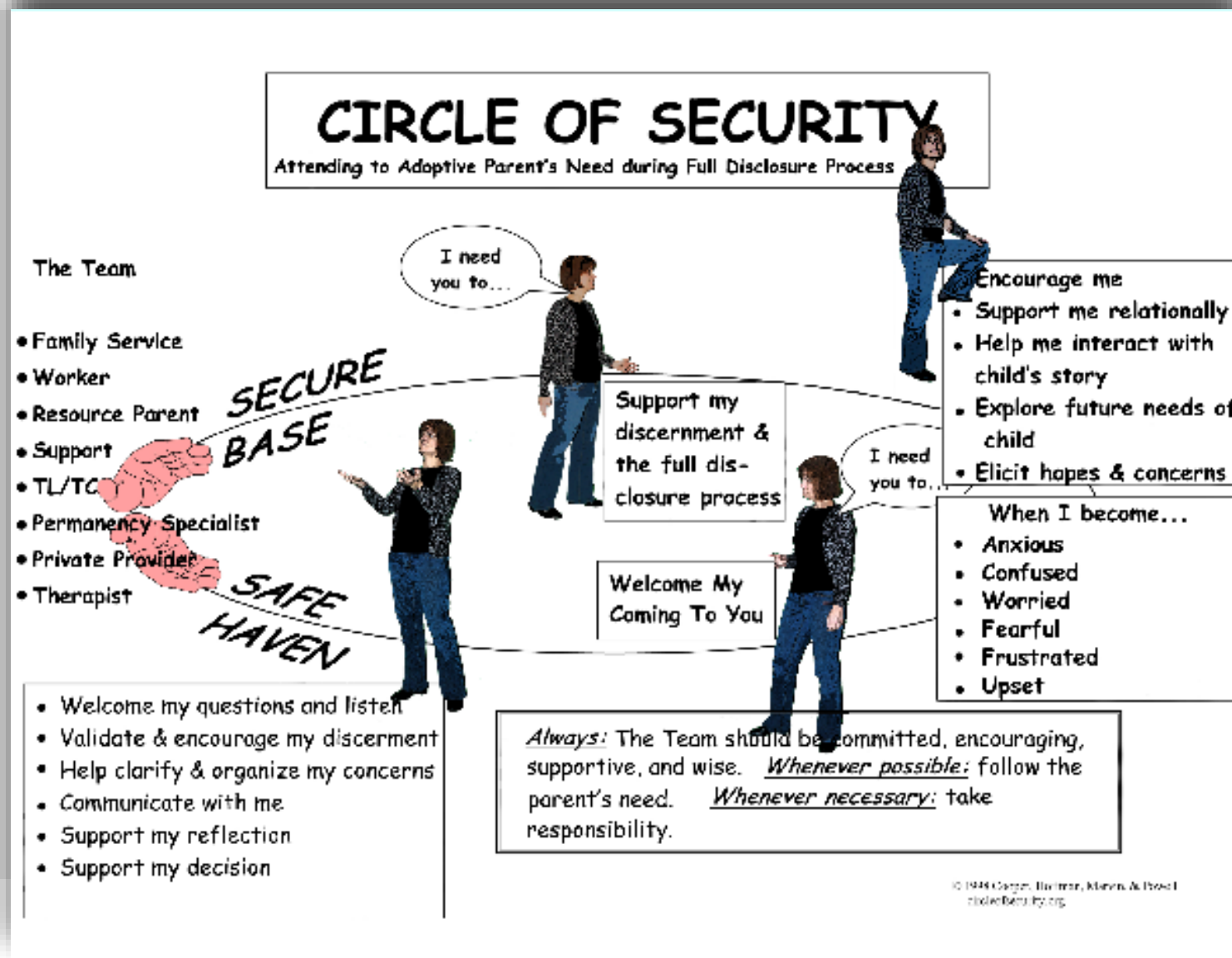
Steps to Security:

1. Recognize the discomfort ("Here's my Shark Music again."),
2. Honor the discomfort ("I hurt now because this particular need triggers my Shark Music."),
3. Respond to your child's need.

Reflection is Key to Improved Practice and Supports a Holistic Interaction with Child's Full Story



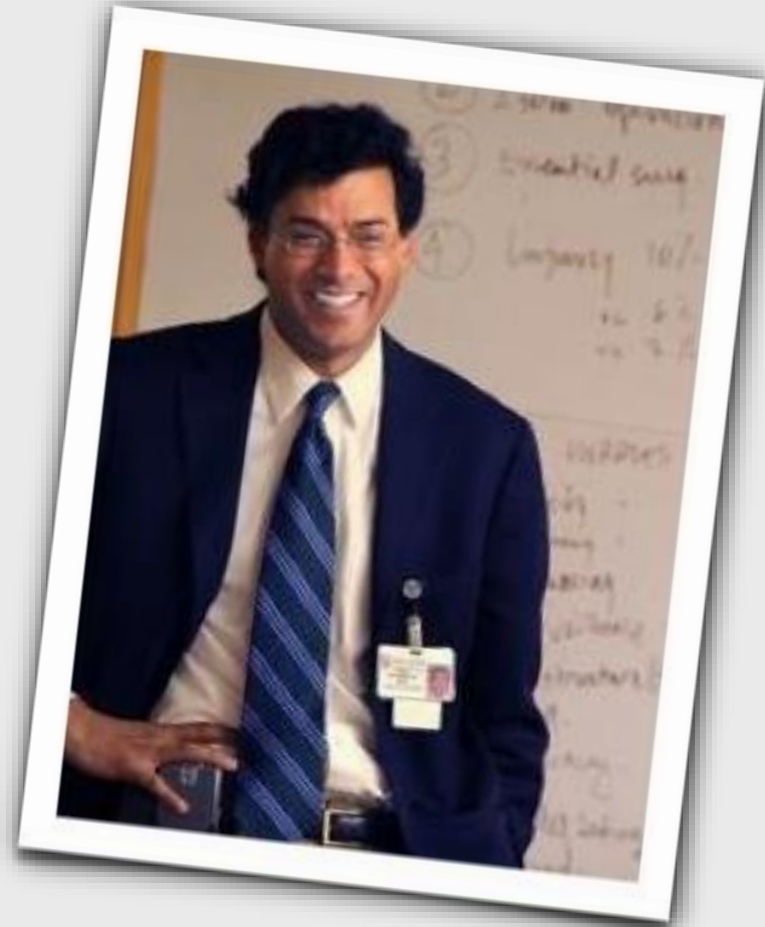
TRAVELING THE CIRCLE AS A PARENT



Never Stop Learning

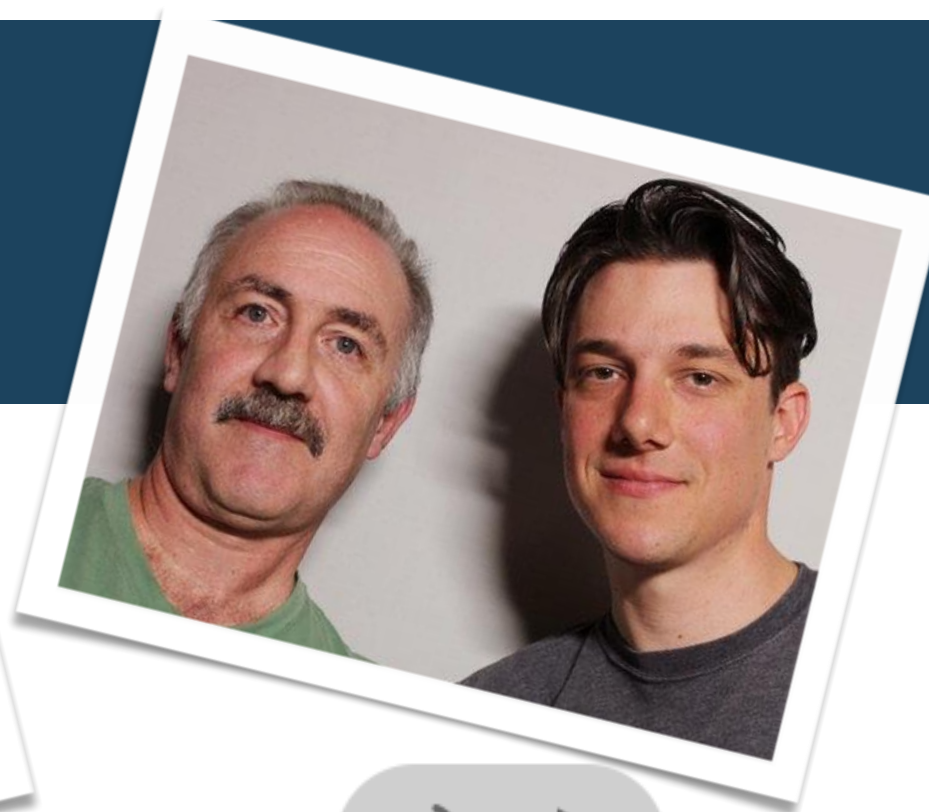
Betterment is perpetual labor. The world is chaotic, disorganized ... we are also only human ... to live [as school personnel] is to live so that one's life is bound up in others' and in the messy, complicated connection between the two. The question is, having accepted the responsibility of [providing this care], how does one do it well.

Atul Gawande, Better



A FEW CONFESSIONS

- Parenting (and teaching) is hard, hard work.
- “Parenting takes us to breathtaking vistas of our own inadequacies.” – Novak
- No intervention has all the answers.
- “Child rearing is a creative endeavor, more art than science.” – Bettelheim
- I hope acquainting you with aspects of the Circle of Security helps you better understand what a child’s behavior is communicating about their relational need(s).





THANK YOU!



Teamwork: Ridgeview values working in a collaborative manner with co-workers as well as with our numerous community partners with each contributing essential parts to comprise the whole for the betterment of those we serve.

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