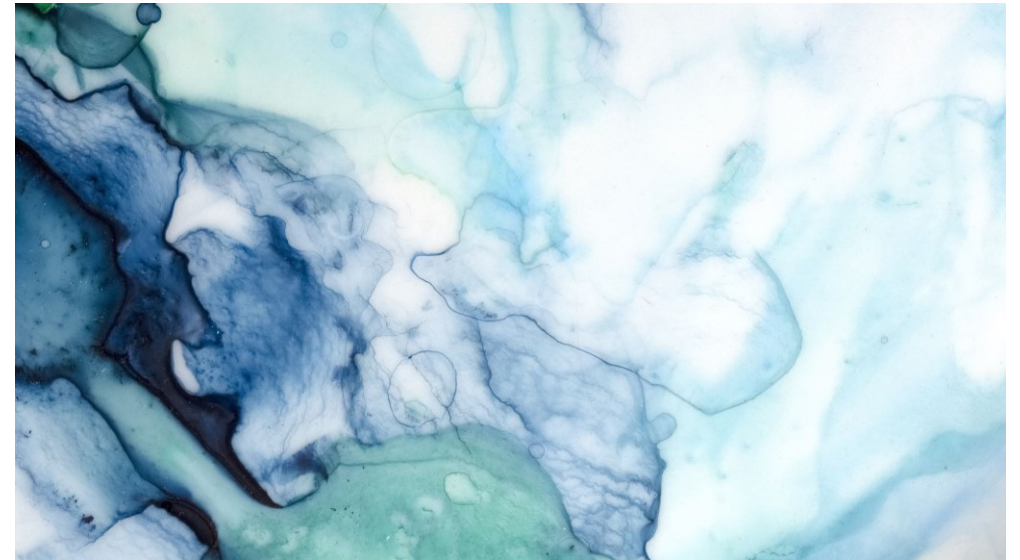


HOW AND WHY
TO POSITIVELY
INFLUENCE
YOUR CHILD

BY DAVID BROOKS
FOR ST CHRISTOPHER'S
THE HALL SCHOOL





IT'S NOT
ABOUT
BEING
PERFECT!

Do you worry about their safety? Their future success? Are they resilient? Do they fit in?

Do you worry about if you are parenting right?

Do you worry that you 'worry' too much?

WHAT'S THE MOST IMPORTANT THING I CAN DO TO HELP MY CHILD?

"Show up for your kids." - Dan J. Siegel & Tina Payne Bryson (The Power of Showing Up)

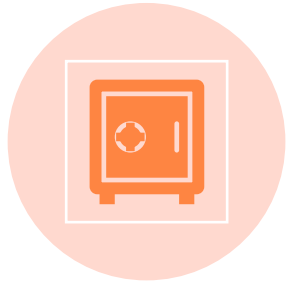


Always debate about parenting styles and so many opinions.

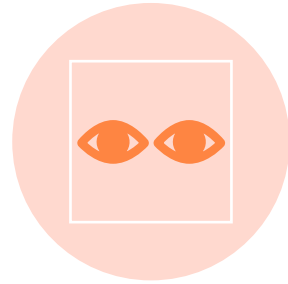


Fundamentally it all boils down to the relationships we have with our children

WHAT DOES SHOWING UP MEAN?



Safe



Seen



Soothed



Secure



SAFE

- Feel protected and sheltered from harm
 - Between them and the world
 - Beside them in the world
 - Behind them in the world
- We can make mistakes. We just model fixing it with them to help them feel safe.





SEEN

- They know you care about them and pay attention to them
- It's more than 'quantity time' and showing up to sports or recitals.
- We learn to be attuned to their inner self.
 - How and when do they get attention? What gets more time and attention? Do you work together on 'fixing problems' more than just observing, being curious or celebrating progress?
 - How do we model being 'seen' to them? Do we have moments of undivided attention or do they compete with other siblings, work, TV, use of devices etc?
 - Are there boundaries and do they know them or do they expect undivided attention?

SOOTHED

They know you'll be there for them when they are hurting

It doesn't mean we rescue them from all pain and all discomfort.

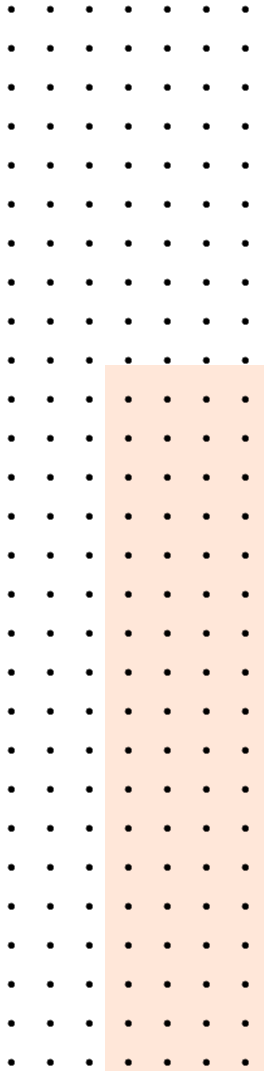
- "Soothing our children isn't about getting rid of the waves they will inevitably face in life's oceans. It's about teaching them to ride the waves when they come - and being with them when they need us." (The Power of Showing Up)
- They need to know whatever happens, we are there.
- They also learn, even when it hurts the most, that life has pain BUT they don't have to be alone.



SECURE

- They trust you to help them feel at 'home' in the world.
- Then learn to help themselves feel *safe, seen* and *secure*.
- The first three "S's" lead to this.
- It's not about being perfect, mistakes will happen.
- When we help develop the Four S's it results in an 'integrated brain'.
- This is a resilient nervous system that doesn't remain in states of stress.

- This approach is based on attachment theory combined with IPNB (interpersonal neurobiology)



WHY BEING POSITIVE MATTERS

- Neurons that fire together Wire together!



POSITIVE THINKING & GROWTH MINDSETS

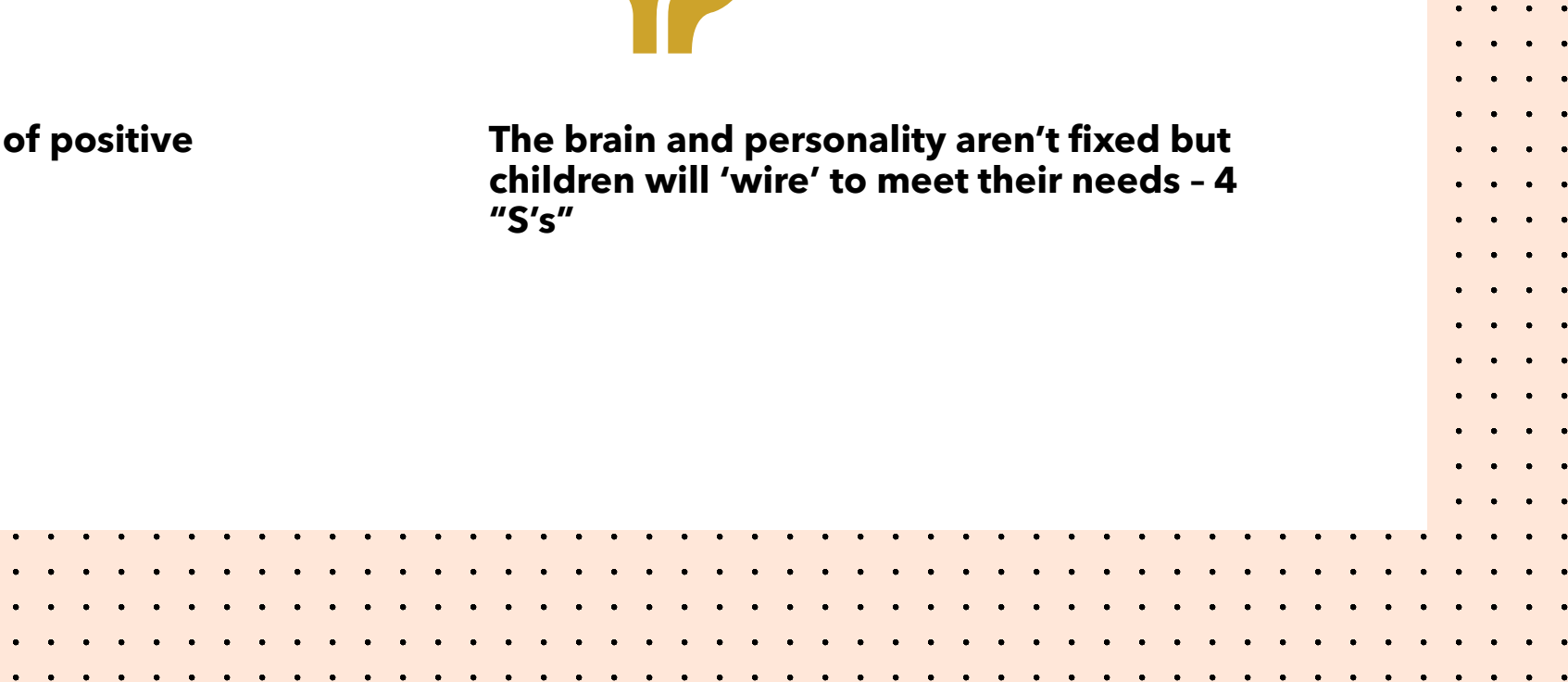


Martin Seligman - pioneer of positive psychology

Outcomes of 2 longitudinal studies



The brain and personality aren't fixed but children will 'wire' to meet their needs - 4 "S's"

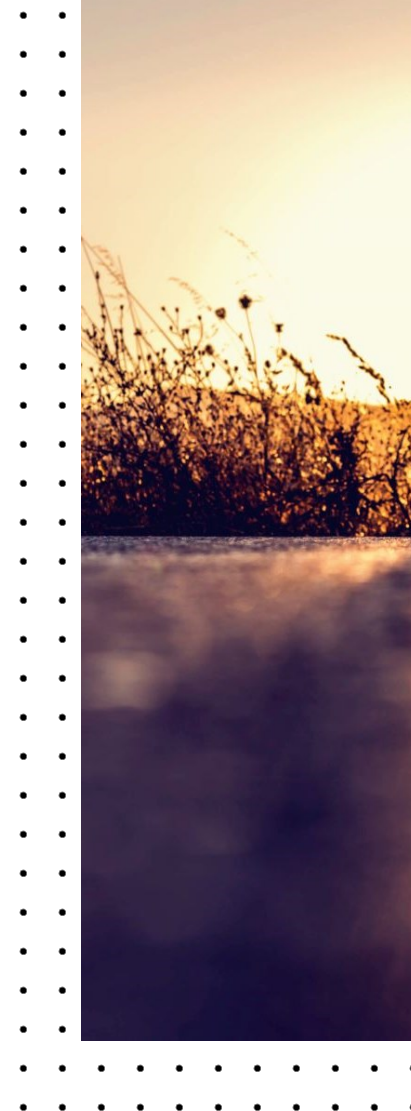


HOW YOU TALK

- Example
- Model curiosity, non-judgmental
- Ask what they learnt, what was interesting/funny, who they helped rather than what happened, who did it etc? (observation rather than investigation/interrogation)
- Recognise we are all working to raise the next generation. It's not a solo job. Other parents, coaches, schools, tutors are allies - not enemies but they will also make mistakes.
- Admit your own mistakes but let them see how you try to make right
- How they see us treat people to their face and behind their back...

HOW WE TALK ABOUT OURSELVES... AND OUR CHILDREN

- Try to use growth language
 - I wasn't very good at geography BUT...
 - You can't ride a bike YET...
 - What could we do to help you improve/learn/feel better about this?



WHAT DO WE SHOW?

- How do we listen?
- Who and what do they hear us talk about?
- Are we modelling resilience and integrated brains and do we admit mistakes and show how we try to make it right?
- If we speak positively, act openly and reinforce curiosity we will help our children integrate their minds and emotions and be better equipped for what they will eventually experience in the world.

