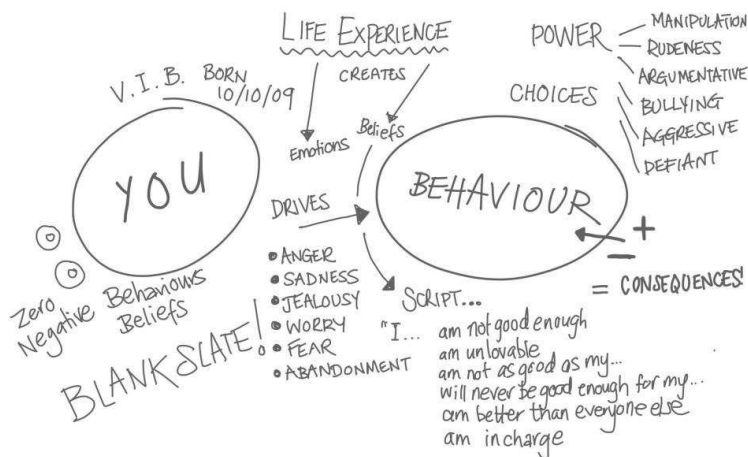




Otford Primary School- Happy Parenting Workshop



The Power of Parenting & Connection



Why I am Rude.

https://youtu.be/waeRP6jzW_U?si=UxuFvFeQ4K3CtITM



BENEATH EVERY BEHAVIOR THERE
IS A FEELING. AND BENEATH EACH
FEELING IS A NEED. AND WHEN
WE MEET THAT NEED RATHER
THAN FOCUS ON THE
BEHAVIOR, WE BEGIN
TO DEAL WITH
THE CAUSE,
NOT THE
SYMPTOM.

ASHLEIGH WARNER

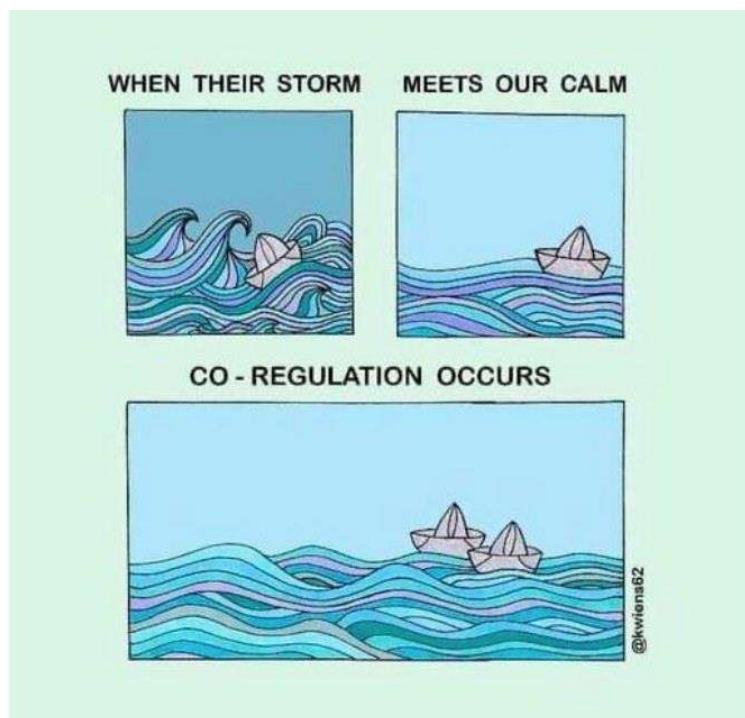


1127buddha.com

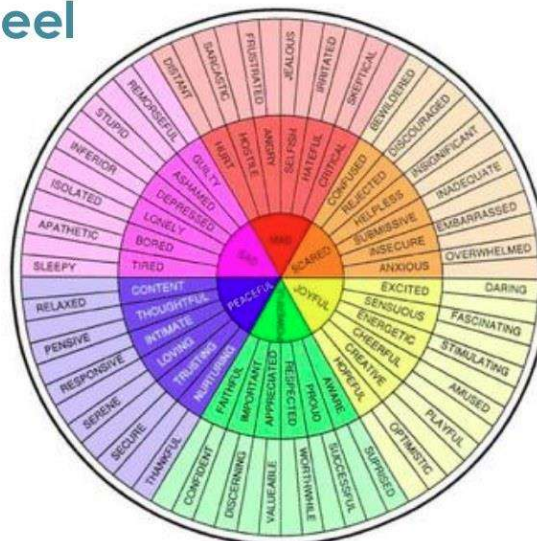
Listening



Dysregulation + Dysregulation = Disaster



Feelings Wheel



Boundaries and Consistency

”
Success doesn't come from what you
do occasionally, it comes from
what you do consistently.



1
A boundary is not a
request, it is a **response**.

@holistic.life.navigation

2
“If you yell at me again, I won't
*continue playing this game with
you*”. In this example, I'm not
telling my child what she should
do - I'm telling her what I am
going to do in response.

@holistic.life.navigation

3
Telling someone what I will do
in response to their behavior
is my **boundary** and arguing is
how I put off enacting it.

@holistic.life.navigation

4
Children are not supposed to
love our boundaries. It's not
their jobs to congratulate us for
having them or to say “*That really
makes sense, I'll do what you want*”.

@holistic.life.navigation

5
A child's job, as much as
we hate it, is to **test**
boundaries to see if
they're real.

@holistic.life.navigation

6
Somatically speaking, a
boundary is a container.
The more I uphold my
boundaries, the more
contained my child is.

@holistic.life.navigation

7
Whether it be their rage,
joy, sadness, or delight - my
boundaries create the
feeling of *someone is here,*
holding this space.

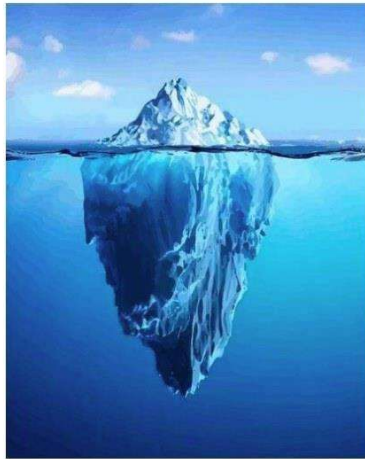
@holistic.life.navigation

8
The more I argue with them,
rather than just enact the
boundaries I say I will enact, I
join them in their dysregulation
and then there's **no one left to
hold the space.**

@holistic.life.navigation

9
The only person with the
capacity to hold them, the
parent, has left the building.

@holistic.life.navigation



5% Conscious

95% Subconscious

Still Face Experiment



<https://youtu.be/YTTSXc6sARg?si=c8nhX-BZXpRgiVHE>

Emotional Agility

Name
Know
Move Through



© The Happy You Coach 2022.



Connection Seeking



© The Happy You Coach 2022

The Daily D.O.S.E for growing brains

- **D — Dopamine (The Reward Chemical)**
- Fuels motivation, curiosity, and the satisfaction of finishing a task.
- Helps kids try new things, stick with hard work, and feel proud when they accomplish a goal.

How

- Break big chores or homework into small, bite-sized steps to celebrate mini-wins.

S — Serotonin (The Mood Stabilizer)

- Calms the nervous system and balances emotional highs and lows
- Supports better sleep, positive self-esteem, and resilience against daily anxiety.

How

- Encourage outdoor play, fresh air, and time spent moving in natural sunlight.

O — Oxytocin (The Connection Chemical)

- Builds feelings of safety, trust, and deep emotional bonding.
- Helps children regulate stress, feel secure at home, and show empathy toward others.

How

- Offer warm hugs, active listening, and uninterrupted family meals.

E — Endorphins (The Pain & Stress Reliever)

- Eases physical tension and lifts mood through exertion or joy.
- Eases physical tension and lifts mood through exertion or joy.

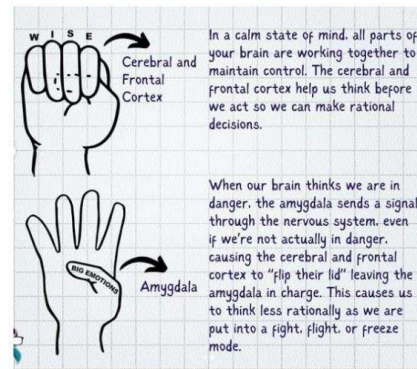
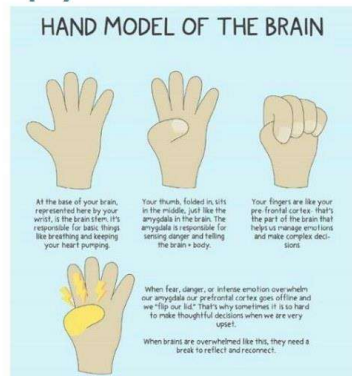
How

- Make time for rough-and-tumble play, deep belly laughs, and family dance parties



© The Happy You Coach 2022

Flip your lid



Worry

Worry is **not** a sign something is wrong with a child. It is a sign their brain is developing the ability to imagine the future — and with imagination can come **"what if"** thoughts.

What are worries ?

Worries are **thoughts** about things that might go wrong.

They are not the same as:

- **Fear** (a response to something happening right now)
- **Anxiety** (a pattern of worry that impacts daily life)

• Common worries in children:

- Being away from parents
- Making mistakes
- Friendship issues
- School performance
- The dark or imaginary creatures
- Illness or something happening to loved ones
- Being embarrassed or "getting in trouble"

© The Happy You Coach 2022



WORRY- The ABC Model

A = Activating event

Something happens:

"I have a maths test today."

"I didn't get selected for the team/ picked to read out loud"

B = Beliefs

The child's thoughts:

"I'm going to fail."

"Everyone else is better than me."

C = Consequences

Emotional and behavioural outcomes:

Feeling sick or other physical complaints

Refusing to go school

Crying or withdrawing



© The Happy You Coach 2022

How Worries Develop

• The role of imagination

- Children have vivid imaginations. This is wonderful for creative minds but can also magnify worries.

• Thinking traps

- Children often fall into:

- **Catastrophising** ("If I make a mistake, everyone will laugh at me.")
- **Black-and-white thinking** ("I'm bad at maths because I got one question wrong.")
- **Mind-reading** ("My friends don't like me anymore because they didn't invite me to a party.")

• Learning from adults

- Children copy:
 - The reactions they *see*
 - The language they *hear*
 - The coping strategies their parents/care givers *model*

If children see adults respond with calmness and curiosity, they begin to do the same.

The Worry Cycle

1. Trigger

- A thought, situation, or memory sets off the worry.

2. Physical sensations

- Tummy aches, fast heartbeat, sweaty hands.

3. Avoidance behaviour

- The child avoids the situation (school, bedtime, trying something new).

4. Short-term relief

- They feel better **immediately** — which teaches the brain that avoidance "works."

5. Long-term increase in worry

- The worry **grows stronger** because the brain hasn't learned the child can cope.

Breaking the cycle:

- Introduce **small brave steps**
- Provide **coaching**, not rescue
- Praise **effort** and **trying**, not the outcome

Why will this help us as parents/caregivers?

- When you support your child try to focus not just on the behaviour ("I don't want to go!") but on the underlying **belief**.
- **Useful phrase for parents:**
- "What did your worry say to you just then?"
- "What could you do to help move this thought on .."

This separates the child from the worry and helps them talk about it openly.

Managing Worries at Home

1. Predictable routines

- Children feel safer when they know what to expect.

2. Calm-body techniques

- Slow breathing
- Counting breaths
- Grounding techniques ("5 things you can see, 4 things you can hear...")

3. Shift from reassurance to coaching

- **Reassurance:**
- "It'll be fine / You'll be fine"
- "There's nothing to worry about."
- **Coaching:**
- "Let's think about what might help you if that happens."
- "How could you handle this worry today?"

4. Keep adult worries separate

- Children pick up more than we think.
Modelling how **you** cope teaches them how **they** can cope.

Questions to ask instead of "How was your day"

- Tell me something you know today that you didn't know yesterday.
- What was the hardest rule to follow today?
- Who from today would you send to the moon in a spaceship?
- If you could change one thing about your day, what would it be?
- If you swapped places with a teacher tomorrow, what would you teach the class?
- If you were the Headteacher, what new rule would you introduce?
- If there was no risk or fear, and you were a Superhero, who would you have helped today or what would you have said out loud?
- On a scale of 1 to 10, how happy are you with...

Strategies

GROUNDING TECHNIQUES FOR THE SENSES

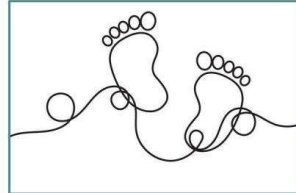
- 5** THINGS YOU CAN SEE 
- 4** THINGS YOU CAN TOUCH 
- 3** THINGS YOU CAN HEAR 
- 2** THINGS YOU CAN SMELL 
- 1** THINGS YOU CAN TASTE 



Non dominant hand drawing



10 9 8 7 6 5 4 3 2 1



3 Positive thoughts

the grass
is greener
where you
water it.



© The Happy You Coach 2022

PR (Power Responses)

- I can see that ...
- I understand ...
- What does that make you feel ?
- It's understandable that you are feeling ...
- I think I hear you saying that you ...
- I can see you are ... about that – I would be too...
- I am here for you and and I am going to keep you safe
- I am noticing that you ...
- Help me understand ...
- Feelings can be very hard, but they are also very normal, and they don't last ...



<https://youtu.be/M4OKjNB7KMo?si=Oy7fTZLUArrY7CCw>

© The Happy You Coach 2022