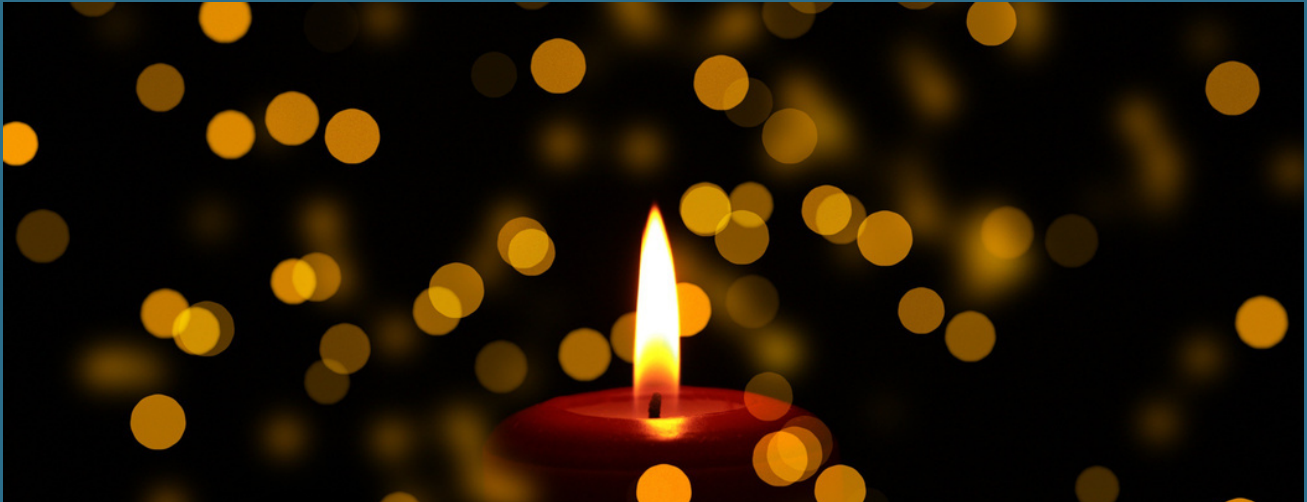


# THE HELM CONNECTION & TOOLS

CASCO LEARNING COLLABORATIVE



## This Little Light of Mine

WRITTEN BY MARIA J. CASCO

See that candle there? Imagine it is your parenting light.

As adults in our children's lives, we have the power (and the choice) to either use them to light our own children's candles or to blow them out.

Try to recall the differences we have touched on before when discussing "powering over" vs. "powering with".

When we are amidst a power battle with our children and our prefrontal cortex has been sent into overdrive because of screaming, whining, slamming doors, [insert behavior that drives you crazy here], we always have one final move to play:

"I am the adult, and you are the child."

Don't get me wrong. This is quite necessary from time to time. The truth of the matter is that our children should be able to respect us enough to listen to what we ask of them on a daily basis.

To arrive at that point however, we need to foster a family culture of empowerment, learning, and growing together. This is hard to do when we lose patience and default to blowing out candles just because we can.

So let's make a commitment to spread light in the new year!

### PARENTING HELM

Connection & Tools



"LOOK AT HOW A  
SINGLE CANDLE CAN  
BOTH DEFY AND DEFINE  
THE DARKNESS."

-ANNE FRANK

# Parenting Will Humble You Like Nothing Else!

By Jenna M. Hill

Try. Fail. Learn. Repeat.

This is Parenting! And WOW, did the holidays make us feel as humble as ever.

Emotions were high, and mistakes were inevitable as we worked to spend a memorable holiday together. Talking about our strengths and challenges with our kids became a part of our daily routine.

And while our kids benefitted from this communication, we often found ourselves lost as we witnessed behaviors and emotions.

"What are we doing wrong?" A statement I'm sure many of you have said before.

We were learning together, yet we kept repeating- "What need is not being met? ALL of their needs are being met. They have everything!"

So remember that parenting books and classes can make us feel like there are perfect parents out there and that there is a right or wrong way to parent, but in reality, there is only being there for your child.

Here are some helpful tools to ask yourself when the going gets tough:

1. Are my expectations developmentally appropriate?
2. Does my child need more autonomy or power? Are they rebelling against my control?
3. Are they hungry, tired, or is there another unmet physical need?
4. Does my child lack the skills or patience to understand?
5. Do they have an unmet emotional need caused by disconnection, causing them to behave in connection-seeking ways?
6. Do they have sensory issues that overwhelm them with too many stimuli?
7. Is there something in their environment that has changed?

Keep looking for what's underneath so that you can meet your child with patience, empathy, and understanding.

## Five Mantras to Guide You in the New Year

1. Relationships first.
2. Try your best to slow down.
3. Listen, observe, and pay close attention.
4. Learning happens all of the time, EVERYWHERE!
5. Emotions are simply information about internal states; try not to take them personally.

