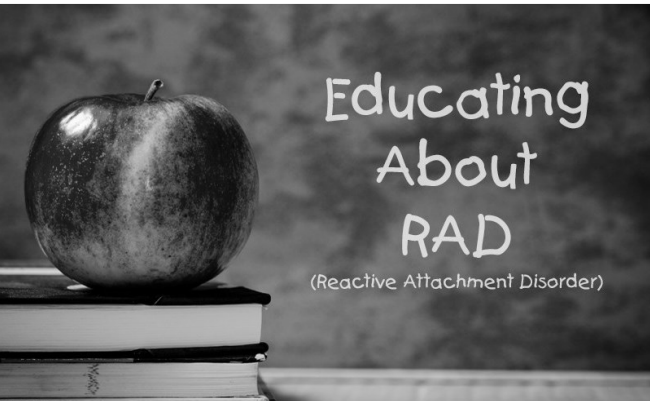


APRIL 26, 2016



By Diana Whiteheart (Serenity Links Coaching)

One of the most frustrating things I have experienced over the past many years of parenting my kids who had a rough start in life is trying to help others on the outside understand just how complex and comprehensive RAD/developmental trauma really is. This is serious stuff! It isn't just an "at home problem." It isn't "normal kid stuff"...and it certainly isn't something they will simply "outgrow." Attachment disorder affects every aspect of life and very often FOR life. It affects every social interaction and relationship. It impacts how a child thinks, feels, speaks, behaves, and processes information. It also has a very large impact on how and if they learn.

I have tried many different approaches to try to help those who work with my kids understand what we are dealing with. Some of those attempts have failed miserably. Others have been WAY too long (our first IEP meeting lasted over 3 hours!) Other attempts have been ok, but not really worth the investment of my time and energy for what the receivers got out of them. Then, I finally found a successful approach!

[CONTINUE READING](#)

Four Questions I Ask My Kid Every Day

By Jamie Harrington (Blog - TotallyTheBomb.com)

I'm a busy working mom. My daughter is a busy pre-teen kid, and as she grows older, there's less time snuggling and more time talking. I thought I would be heartbroken when that time came about, but the talking is so much fun that I hardly miss it. I think it's important to embrace each new stage as it comes along and not dwell too much on the past or how easy it is to miss!

Every single day, I make it a point to start a conversation with her that leaves a door open for her to tell me anything she wants. Let me be real here, this doesn't always end in some poignant mother daughter moment, and I get one word answers more often than not, but that's okay, because sometimes I get the good stories and the important questions.

[CONTINUE READING](#)

4 REASONS PARENTING TRAUMA IS INCREDIBLY DIFFICULT

We were well into the third year of our family's new normal, before I had come to the realization that things really were different for us. That no, all kids really don't do this-whatever "this" may mean at the moment-and that we were not imagining the stress. We were not imagining the frustration. It took nearly four years to accept that the challenges we were facing couldn't simply be dealt with by working harder or doing more. It took nearly four years to come to terms with the fact that living in a family with children who have experienced early childhood trauma(s) can be an isolating, lonely, and oddly enough traumatizing endeavor, with very unique and difficult challenges. So few on the outside can understand what it's like to live inside our walls. Source: *EmergingMama.com Blog*

[CONTINUE READING](#)

Where there is anger there is always pain underneath. - ECKHART TOLLE

8 WAYS KIDS CAN CALM DOWN ANYWHERE

All kids can have a hard time regulating their emotions. Some have a tougher time than others. For those that need a bit of extra help, these calming tools that they can do ANYWHERE, will provide them with the skills necessary to calm down in any situation.

- 1 COUNT TO 5.**
Counting is a great way to help kids learn how to stop and think before reacting to their anger. Impulse control is difficult to come by for young kids. This simple tactic gives them a chance to think before they act.


- 2 TAKE A DEEP BREATH.**
Deep breathing is such a great relaxation technique. Despite how they are feeling, taking a deep breath (or two) can help them calm their bodies quickly.


- 3 BLOW INTO YOUR HANDS.**
This is another technique for promoting deep breathing. By blowing directly into their hands rather than the air, the child receives feedback and can feel the strength of their breaths.


- 4 PLACE HANDS IN POCKETS.**
This act provides kids with some deep pressure and physical restraint. An alternative to this would be to sit on hands or clasp them tightly.


- 5 ACKNOWLEDGE ANTECEDENTS TO ANGER.**
It is so important that kids begin to notice and realize what happens to their bodies when they become angry. What does their face feel like? Is there tension in their body?


- 6 MAKE A FIST, THEN RELAX THE HAND.**
Squeezing hands into fists and then releasing is a great way to remove some of the tension built up in the body. Often kids do not realize how much tension they are holding in their bodies when becoming upset.


- 7 DO A BODY SCAN.**
Start at the head, working down the body, notice areas of tension and relax those muscles.


- 8 ASK FOR A HUG.**
Hugs make everything better. Find someone you love and hug it out.



www.viewsfromastepstool.com

IFAPA CLASSES

WORKING THROUGH ANGER

This class will help you understand how anger and experiences are related and provide insight to things that may be triggering your child to have angry feelings. We will identify the beliefs that your child or you may hold in your invisible suitcase which contribute to negative reactions toward others. This class will provide concrete, trauma-informed ways to work toward developing the skills necessary to help a child de-escalate their anger.

WHAT PARENTS ARE SAYING ABOUT THIS CLASS:
"This class really helped me learn how to identify triggers that can lead to anger."

DAVENPORT

Saturday, May 7, 2016 (9am-12:15pm)

HOW TO TALK SO EVERYONE WILL LISTEN

Talking, listening and setting effective boundaries are essential skills for parents. This type of communication becomes even more valuable when the parent is dealing with individuals who have experienced significant emotional trauma. Participants will learn communication skills and ways to provide consequences relevant to the behavior.

WHAT PARENTS ARE SAYING ABOUT THIS CLASS:
"I feel like I learned a lot and that this applies to everyone not just kids. Everyone could benefit from this class."

DAVENPORT

Saturday, May 7, 2016 (1:15pm-4:30pm)

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Saturday, May 14, 2016 (8am-12:15pm)

[REGISTER AND PAY FOR CPR HERE](#)

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