

Accepting Your Parent Baggage

Review

What is attachment?

How do you see it in your kids?

How do you notice your own attachment impacting your parenting abilities?

Accepting Your Parent Baggage

- The way we developed attachment with our parents determines how we interaction with our children
- Grab a puppet and practice soothing your child
- What was this like for you? How easy or difficult is it to soothe your child?

Intersubjectivity

- Infants do not have sense of self outside of parent
- Infant gathers sense of self from parent's response to infant
- Infant creates model of the world based on parent's actions, which determines how child interacts with world

Intersubjectivity

- Parents respond to children based on their model of the world learned from their parents
- Understanding your own model of the world gives clues to how you respond to your children
- Helps give you clues to your specific triggers and new ways to manage your own triggers

Shame

- Child is looking to create intersubjectivity with parent, to create sense of self
- Child believes world is unsafe and seeks to reinforce this concept
- Child picks on parent's specific triggers to elicit negative reaction from parent and reinforce negative self image
- Child engages parent in continual cycle of reinforcing shame

Shame

- Recall a time when you felt shame and describe how it felt in your body.
- Why did you feel shame instead of guilt?
- How did this affect your communication and behavior?
- How might you respond differently when feeling shame versus guilt?
- How does this help you understand your child's experience of shame?

Creating Intersubjectivity

- PACE teaches to match affect of child; however, child may also match affect of parent
- When you are feeling dysregulated, child is likely to match your affect to become dysregulated as well
- Child looks to parent to regulate emotions, thus child matches affect of parent to confirm how they should feel or behave

Creating Intersubjectivity

- When parents can manage their own affect, they can have a greater influence on child's affect
- Calmer amygdala soothes the dysregulated amygdala
- When triggered, parents need to model to child how to manage intense emotions

Considering Attachment

- Imagine a time you sought comfort from your attachment figure
- Recall time when they dismissed your distress
- Recall time when they gave advice instead of comfort
- Recall time they gave comfort
- Compare experiences and the effects of distress for yourself

Considering Attachment

- Imagine time when you faced distress alone
- How was it different than when you sought comfort from attachment figure?
- Did you consider the attachment figure during that time period?
- How does this help you understand your child's attachment behaviors?

Managing Repairs

- All relationships have breaks in attachment
- Lack of repairs increases shame and decreases trust in others
- Types of repairs
 - Apologize for your actions
 - Provide empathy for child's experience
 - Provide acceptance of child's experience
 - Remain calm when child is dysregulated

Managing Repairs

- When have you made repairs with your child?
- What has worked and what hasn't?
- What PACE concepts have you used to make repairs?

Managing Repairs

- How were repairs handled when you were a child?
- What messages did you learn from this?
- What traits did it reinforce?
- How does this affect your ability to repair with your child now?
- What barriers do you experience in making repairs with your child?
- How do you manage repairs in other relationships?

Managing Triggers

- What things trigger you the most that your children do?
- How can you relate this to your own attachment history?
- What do you do to manage these triggers?

Managing Triggers

- Deep breathing
- Meditation
- Self talk – mantra
- Time out for self
- Self soothe kit
- Honesty about own emotions
- Support groups, Facebook

Take Home Exercises

Try interacting with a member of your family or close friend and focus on taking a not knowing attitude to of what they are going through.

Imagine that they are going through something different than the last time you interacted with them and maintain awareness that they may be experiencing life differently in this moment.

Try to understand their inner life and experience in the current moment, rather than assuming what it might be like for them in the moment.

Take Home Exercises

After having an enjoyable moment with your child during the day, take time to reflect on the experience later with them and let them know what you enjoyed about them and the experience.

Comment on how you experienced the child and provide curiosity about how they experienced the situation, themselves, and you as the parent.
