



Parenting in This New Era

Date: 25 March 2022
The Slides are prepare for BAC Education

How does it feel like to be a parent?

- Struggles
 - *offering something you didn't receive before*
- Rewarding
 - *Do you feel rewarding?*
- *My Personal struggles (own growing up experiences versus now as a mother) – dysfunction dynamics*
- *Attachment theory - Bowlby & Ainsworth:*
- relationship with a parent shape how a child will experience the world?

Common Parenting Struggles

- Challenges – Especially in Pandemic era
- Under appreciated jobs?
- Emotion handling – Fear / Anger / Tantrum
- Digital Addiction
- Academic Challenges
- Conflicts (siblings / friends)
- Others?
- **HOW TO TACKLE?**



Rule # 1 - Self Care

Why is self care should be the #1 priority?

Why is Self Care Importance?

- Let's clear up one common misconception from the get-go:
- Self-care is not synonymous with self-indulgence or being selfish.
- Self-care means taking care of yourself so that you can be healthy,
- you can be well, you can do your job, you can help and care for others,
- and you can do all the things you need to and want to accomplish in a day.

To be a good parent,
you need to take
care of yourself
so that you can have the
physical and emotional
energy to take care
of your family.

-Michelle Obama

Self Care

- **Psychical** – Breathing exercise, sports, new hobby
- **Mental** – Positive self talk
- **Spiritual** – Sense of contribution
- Plan according to above
- Benefits of sufficient and insufficient self care? How does it impact our parenting?
- Example – burnt out

Develop a Self Care Plan - Suggestion

- **Assess your needs:** Make a list of the different parts of your life and major activities that you engage in each day. Work, school, relationships, and family are some you might list.
- **Consider your stressors:** Think about the aspects of these areas that cause stress and consider some ways you might address that stress.
- **Devise self-care strategies:** Think about some activities that you can do that will help you feel better in each of these areas of your life. Spending time with friends or developing boundaries, for example, can be a way to build healthy social connections.
- **Plan for challenges:** When you discover that you're neglecting a certain aspect of your life, create a plan for change.
- **Take small steps:** You don't have to tackle everything all at once. Identify one small step you can take to begin caring for yourself better.
- **Schedule time to focus on your needs:** Even when you feel like you don't have time to squeeze in one more thing, make self-care a priority. When you're caring for all aspects of yourself, you'll find that you are able to operate more effectively and efficiently.

Verywellmind.com



**"Showing your children that
you matter, you have worth and
you are entitled to self-love is
one of the very best ways you
can teach your kids how to
value themselves."**

- Renee Brown



2 – connect with your
children

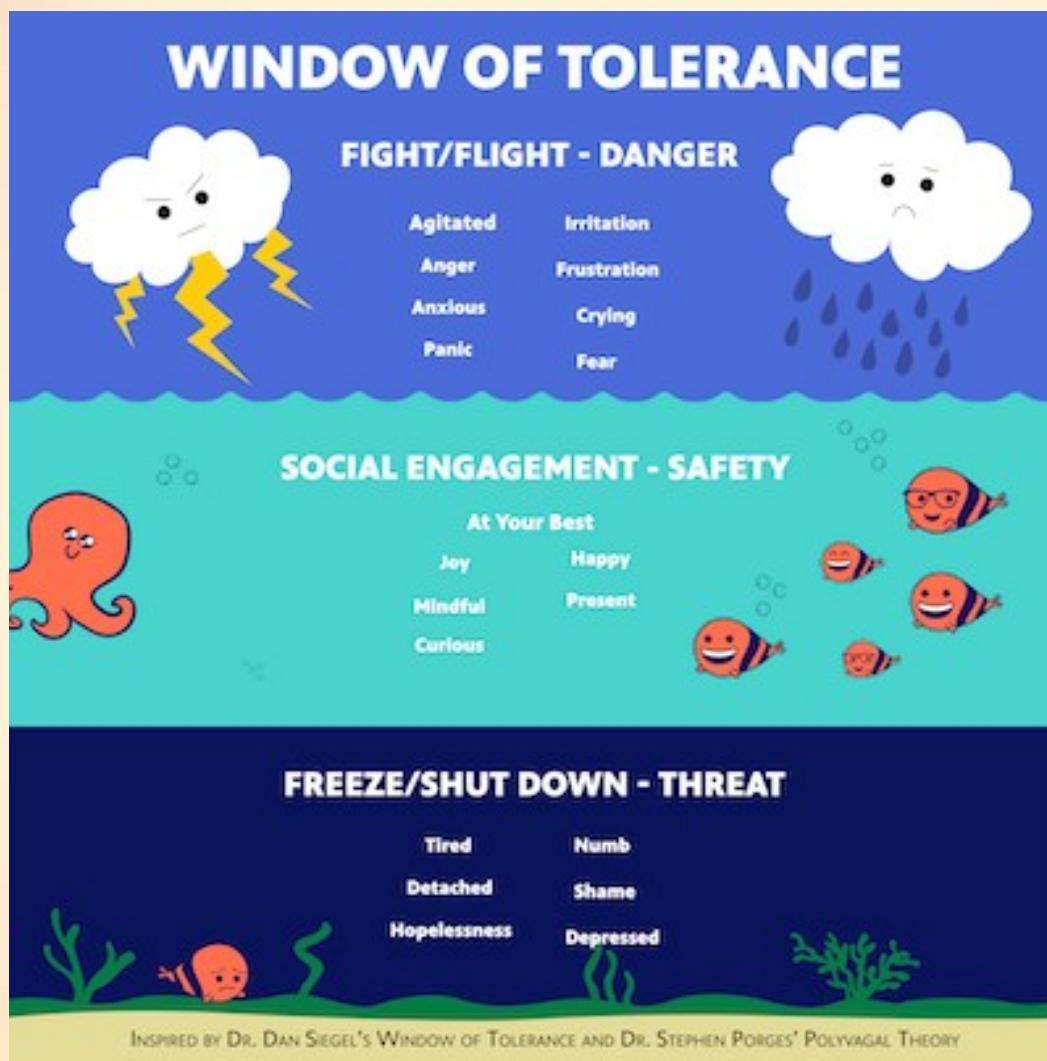
2 – connect with your children

- Empathy first, Solution Later - why is it importance ?
- Sometimes We Just Need to Be Heard, Not Fixed
- Identify our child's Body state – window of tolerance

window of tolerance – Different body state
different reaction and interspersions

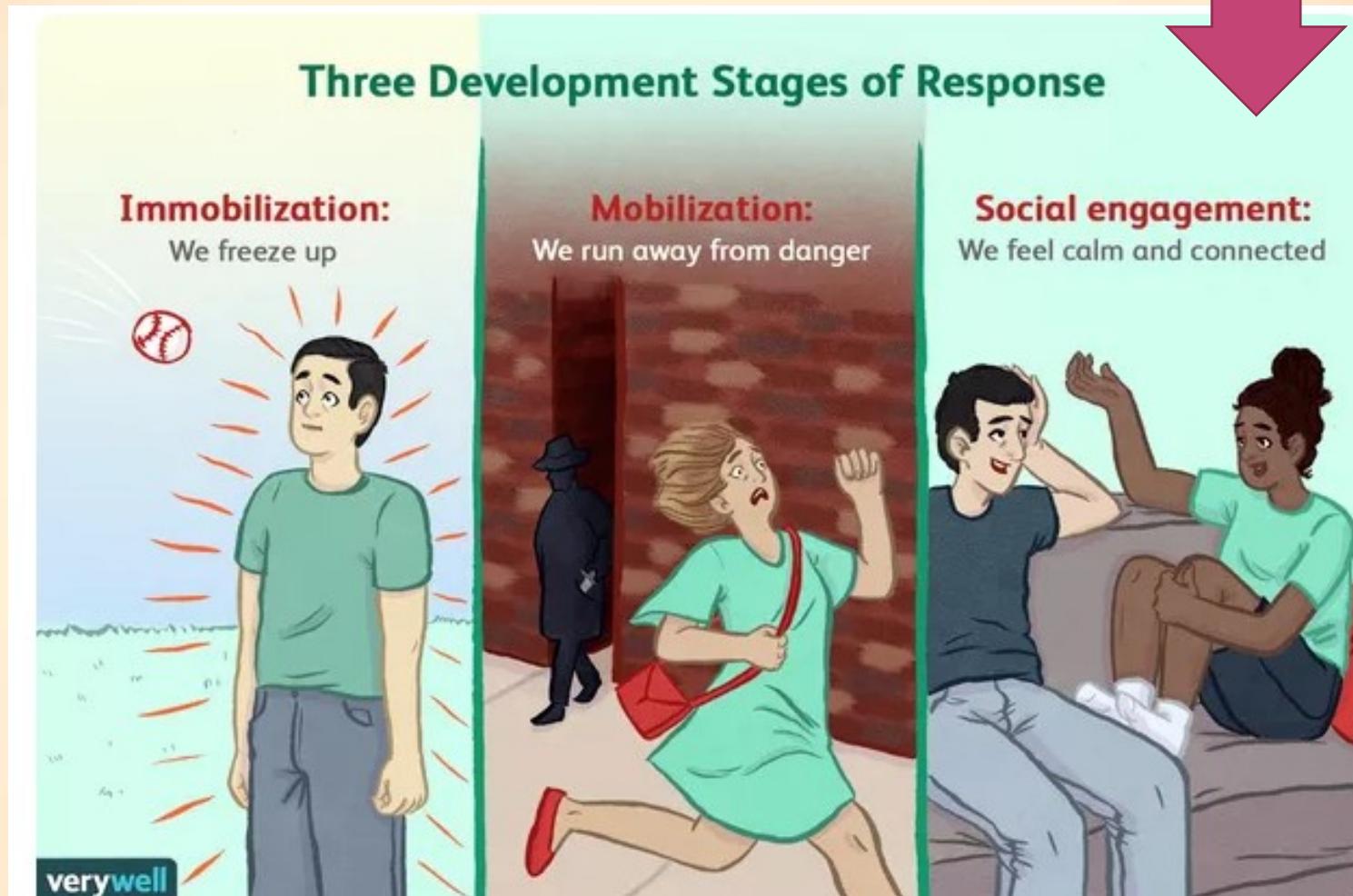


Window of tolerance



Developed by Dan Siegel, a Clinical Professor of Psychiatry, the Window of Tolerance describes the best state of 'arousal' or stimulation in which we are able to function and thrive in everyday life. When we exist within this window, we are able to learn effectively, play, and relate well to ourselves and others. However, if we move outside of our window we can become hyper-aroused or hypo-aroused.

Identify body state



3 – when the body is in Window of Tolerance State...

- We can set Rules / limitation / boundaries for digital usage
- Mutual agreement
- Exploration with the content and not judgemental
- Our own experience as a child previously
- Example

Closing

- Principle – flexible, kind and firm
- No quick fix, no quick technique
- Relationship, trust, support system and psychological safety comes first.

Quote

**TAKE CARE OF YOURSELF,
AND THE WORLD WILL
TAKE CARE OF ITSELF.**

-Kamel Edmond Barakat

Ref

- Human Parts
- <https://www.everydayhealth.com/self-care/>
- <https://www.verywellmind.com/>
- Bowlby & Ainsworth:



Q&A