

Cooperation Through Positive Connection



INTRODUCTION

- **PARENTING DURING COVID-19**
- **RELAXATION**
- **EFFECTIVE PARENTING**
- **BECOME A STUDENT OF PARENTING**
- **BELONGING**
- **STORY OF CONNECTION**

PARENT CONNECTION WITH YOUR OWN MENTAL/EMOTIONAL STATE

WHY? INCREASE EMPATHY, UNDERSTANDING & KINDNESS

HOW TO CONNECT: **self-awareness**

WHAT GETS IN THE WAY:

- LIMITING BELIEFS
- THEORIES ABOUT TEENS
- EMOTIONS

NOT EFFECTIVE

HOW THAT RELATES TO YOUR TEEN

Your feeling

Negative Connect

Positive View

Annoyed

Attention

Individuality

Anger

Power

Independence

Hurt

Revenge

Fairness

Pity

Show of Inadequacy

Competence

Adjusting your mental state to be an effective parent

INSANITY

CONTROL

INTENTION AND EFFECT

AWARENESS

TOOLS FOR SKILLS BUILDING

NOT BLAMING OTHERS FOR HOW WE FEEL

- **WHOSE PROBLEM IS IT?**

**HURT SOMEONE, RIGHTS ABUSED,
NOT RESPONSIBLE, PROPERTY DAMAGE**

- **THEY OWN THE PROBLEM**

REFLECTIVE LISTENING

- **YOU OWN THE PROBLEM**

I MESSAGES

COOPERATIVE PROBLEM SOLVING

CLARIFY AND UNDERSTAND THE PROBLEM

BRAINSTORMING

PICK A SOLUTION

TRY IT

FOLLOW UP

CONCLUSION

Takeaways

YOUR MIND IS LIKE A PARACHUTE, IT WORKS BEST
WHEN IT IS OPEN

DON'T GIVE UP

RESPOND; DON'T REACT

BE PATIENT AND COMPASSIONATE WITH YOURSELF

ENCOURAGEMENT, NOT CRITICISM

Raising Digitally Resilient Teens During the Covid-19