

Parent Power Hour



November 9, 2020

Whatcom Dispute Resolution Center staff along
with HMS and VMS counselors

present

Keep Calm and Parent On

Welcome!



In the chat write:

Hope or expectation for today

Specific issue or example you're hoping we'll cover?



Adolescent Development



- Broadly known about adolescence
 - Independence and home connection are both important
 - Strong sense of justice, right & wrong are
 - Needs for boundary & structure
 - Lots of brain development in this time
 - Identity development, exploration and questioning

Keep in Mind



- Research shows by and large, teens love and respect their parents
- The resonance of a disagreement often lasts longer for parents than it does for adolescents
- Short, frequent conflicts between parents and adolescents are typical and help young people gain important skills

Hot Buttons, Stressors, & Physiology

Hot buttons or stressors:

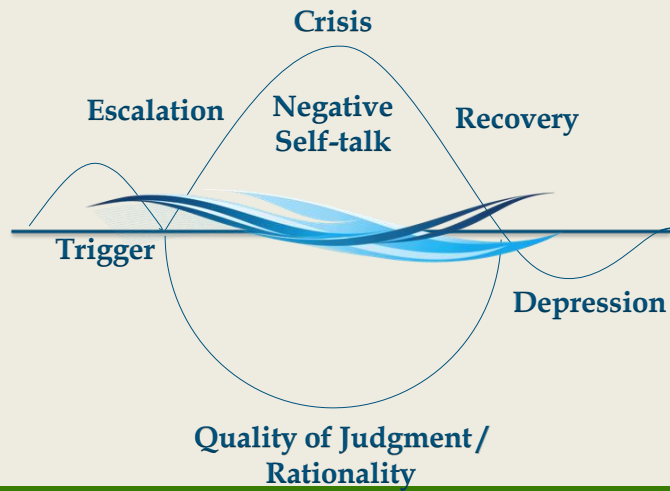
One for yourself

One for your child

Challenge: What need is connected to that? What is hoped for or being denied?

Physical responses to stress:
What do you notice first?

Cycle of strong feelings

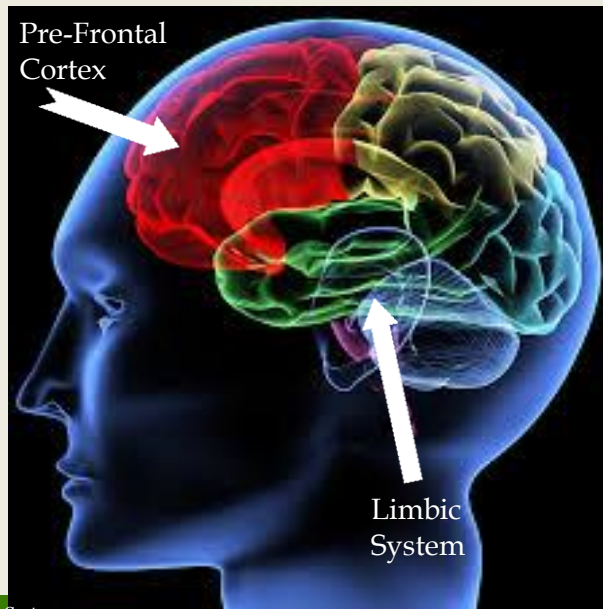


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Prefrontal Cortex Key Functions:

1. Empathy
2. Insight
3. Response Flexibility
4. Emotion Regulation
5. Body Regulation
6. Morality
7. Intuition
8. Attuned Communication
9. Fear Modulation

Mindsight - Siegel, Daniel



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How to Counteract the Cycle



- Use a calm voice to respond
- Intentional breathing
- Provide physical space & time
- Physical movement- big motor movement; go for a walk
- Things that are actually cold: water, ice, cool air

Opportunities?



- Share an experience with your child that was joyful or captivating

- Have you connected in any unexpected ways?

Compromise Curiosities



- When are times where a 50/50 compromise doesn't solve the whole problem?
- When are times where you "win" the argument but aren't satisfied with the result?

From Positions to Interests

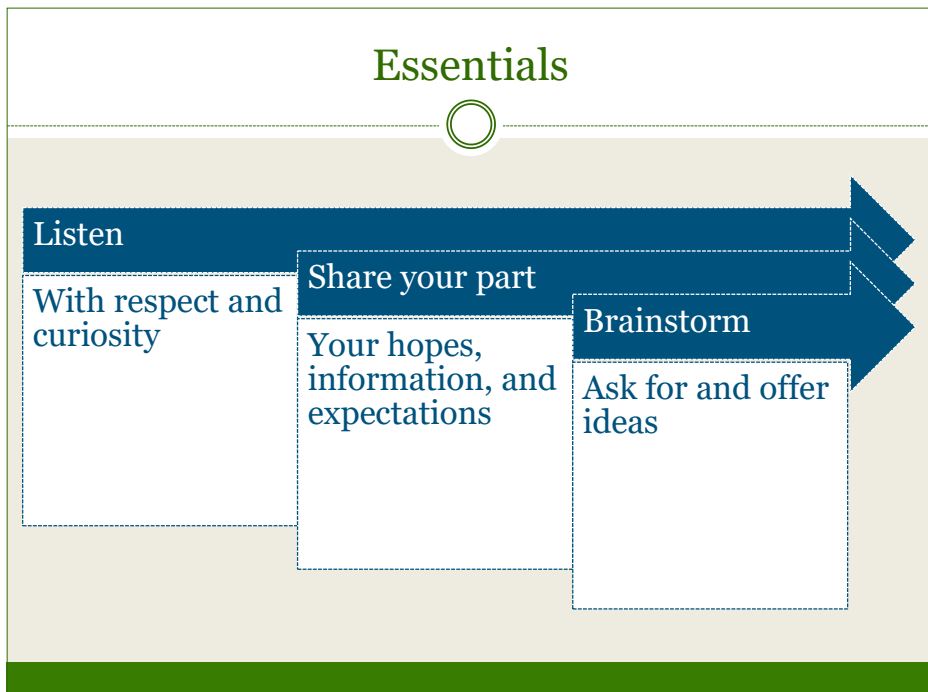
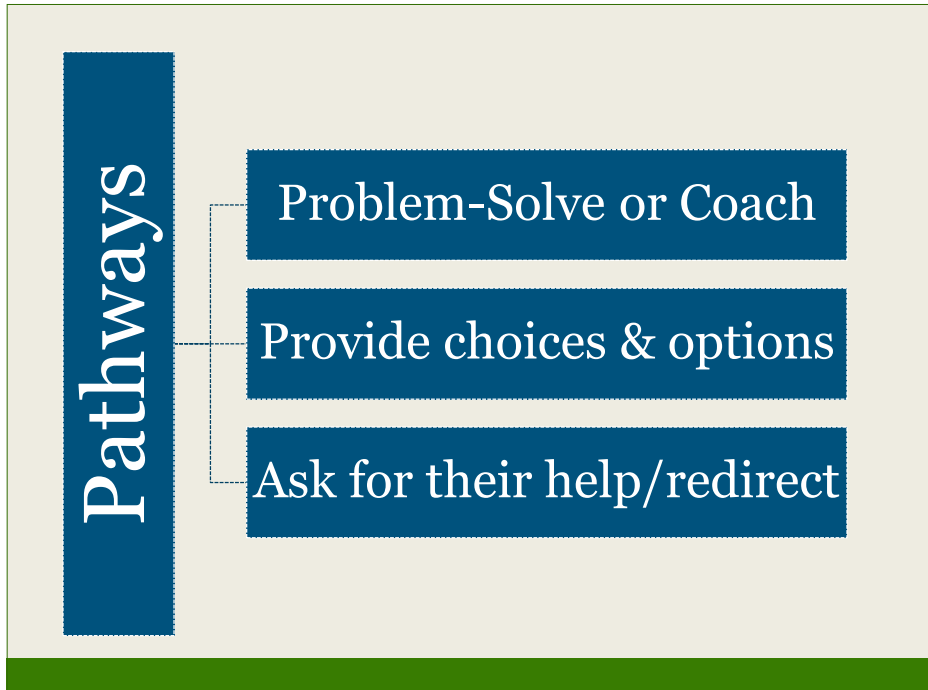


POSITIONS: Stances, demands or opinions

ISSUES : Tangible & identifiable
"The What"

INTERESTS : The
driving motivations
beneath the positions.
"The Why"

Hopes
Fears
Desires
Expectations
Assumptions
Perceptions
Needs



Provide choices & options

- I'm trying to think of a safe place you could be right now...I'm thinking you can either go to your room or go to the kitchen & get some water
- Do you want to talk with me first or grab your journal & jot some things down?

Ask for their help/redirect

- Can you help me fold these up?
- I want to be able to trust you & not hover, in order to do that I need to know...
- Hey bud, you know the rules...

OUR SERVICES

Conflict Intervention

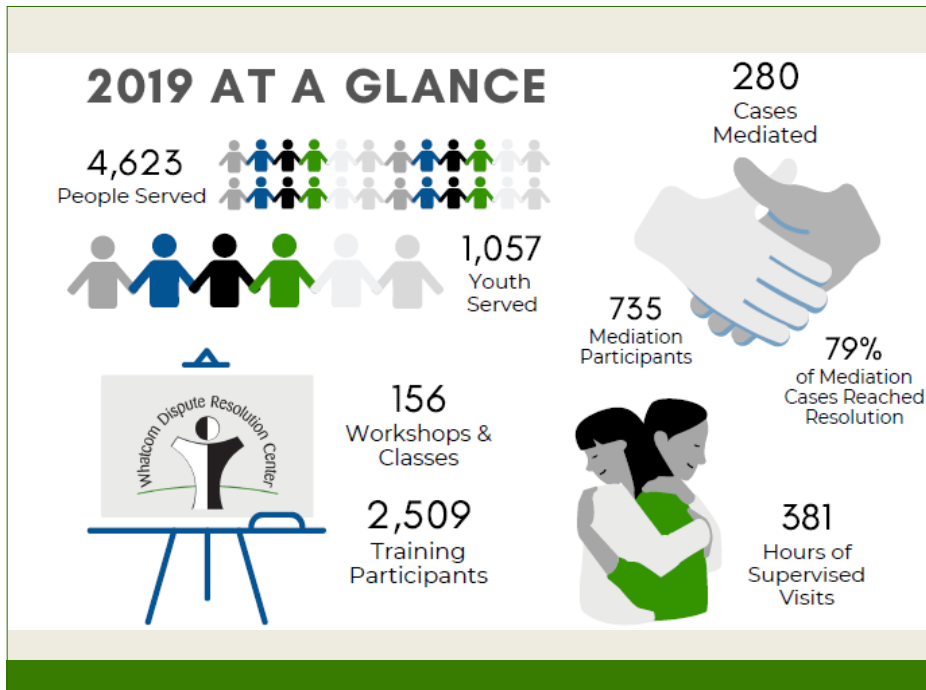
We provide **mediation, facilitation, restorative justice practices & conflict coaching.**



Conflict Prevention

We offer a variety of **adult & youth workshops.**





Upcoming Trainings:

- **Managing Conflict with a Co-Parent**

- Wed Nov 18, 1-3 PM, FREE

Understanding Conflict 6 hour


- Dec 9th & 16th 2-5pm, \$75

Free Youth Workshops too! (designed for ages 8-12)

- Nov 19th 5:30-6:15 – Conflict Styles
- Dec 17th 5:30-6:15 – Strategies for Stress & Frustration

**Learn more: whatcomdrc.org
education and events tabs and on Facebook.**

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Our Mission, Vision, and Values

The mission of the WDRC is to provide and promote constructive and collaborative approaches to conflict.


The vision of the WDRC is for Whatcom County to be a community in which people approach conflict in creative and healthy ways.

The WDRC values impartiality, accessibility, empowerment, collaboration, communication, and integrity.


What We Do

The WDRC offers conflict prevention and intervention services for businesses, organizations, individuals, and families. On a prevention level, the WDRC seeks to build the capacity of community members to better manage conflict as it arises, and to learn ways to minimize the possibility of it occurring. To this end, the WDRC offers training for adults and youth, all in an effort to build skills and reduce unproductive conflict.

Recognizing that conflict is a normal and natural part of life, and sometimes people and organizations need impartial assistance, the WDRC also provides mediation, facilitation, and coaching services.



WATCH OUR VIDEO, CREATED BY CURRENT MEDIA PRODUCTIONS FOR MORE INFORMATION ABOUT THE WDRC'S HISTORY, SERVICES, & VISION



WATCH THE WDRC'S EXECUTIVE DIRECTOR, MOONWATER, PROVIDE AN UPDATE TO BELLINGHAM CITY COUNCIL IN OCTOBER 2019

Upcoming

Share out & closing

FAVORITE QUESTIONS?

OTHER STRATEGIES TO CONSIDER?

QUESTIONS FOR US?

WDRC@WHATCOMDRC.ORG

YOUTH@WHATCOMDRC.ORG

