

\* JOY \* MISERABLE \* NERVOUS \* HOPEFUL \* SCARED \*

\* DISGUSTED \* CURIOUS

## Neuroscience & the Art of Parenting

Spectrum Parenting for Resilience, Confidence & Independence

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## Emotional Literacy

~ language used to express our feelings

EMOTIONS BRING COLOUR TO OUR LIVES

we feel so much more than SAD MAD BAD AND GLAD!

what they feel

ANGER  
sadness fear shame  
regret loneliness frustration  
embarrassment humiliation hurt  
anxiety

what we see

Harriet Lerner's good apologising offers to fix things  
no buts / demands nothing of the other person  
owns up to your behaviour

Time WoAoRoPo

Time ~ Pause + tune in  
Warmth - Be open + kind  
Acceptance - Listen without judgement  
Responsive - Meet the need  
Parenting - Guide + coach with love

TOOLS + STRATEGIES

- o talk lots
- o learn about emotions
- o name feelings
  - your own
  - theirs
  - characters in books, stories, movies etc
- o share + discuss "what if..." scenarios
- o practice/rehearse coping with big feelings
- o normalise emotions.

\* there is a difference between fair + equal.

\* FRUSTRATION \* OFFENDED \* CALM \*

## Glenn Capelli's Magic Brain

big blue thinking room

emotions

react  
caveman

flight fight  
freeze faint

Remember who is watching!

when a big feeling hits



Breathe  
find your calm

think  
think through options

DO  
choose the next best thing to do

Empathy and compassion

for your child

for yourself.

\* EXCITED \* ASTONISHED \* TIRED \* ANXIOUS \* BORED \*