

Stephanie Slater's Webinar – April 23, 2020, 8:00-9:00pm

Zoom Chat:

From Me to Everyone: 08:19 PM

"Name it to tame it"

"Flip you lid" as a brain metaphor

"response flexibility" - putting space between an event and our reaction

From Richard Strauss to Everyone: 08:26 PM

So mean!

From Me to Everyone: 08:26 PM

Don't try this at home!

From Me to Everyone: 08:41 PM

Downstairs = emotional / upstairs = intellect. "Build the staircase" between the two. Giving you permission to ignore the deliberate, upstairs tantrums. Connect to Re-Direct: connect with the child through a gentle touch or connection (an emotional connection, not a logical one)

As a reminder, and for folks who joined a few minutes after 8:00: please "raise your hand", or enter a question into chat, if you want Stephanie to dig deeper in any of these areas as she goes.

From Me to Everyone: 08:49 PM

Engage, Don't Enrage: connect with the child where they are, accepting their frustration rather than negating it. Use it or lose it: Proactively practice emotional regulation with your child during CALM moments. Catch trivial conflicts before they explode, and put the child to work THEN at solving conflicts.

From Me to Everyone: 08:53 PM

Use it or lose it: Share your own problem from work, or explore a conflict in literature: give your child a quick mental work out around conflict resolution. Move it or lose it: proactively engage your child in physical activity BEFORE emotional regulation breaks down. Dance, walk, jump, crabwalk, bearwalk, jumping jacks, head-shoulder-knees-toes. Create cards for these - AFTER the lid-flip, use emotional connection first, and then these cards next.

From Me to Everyone: 09:02 PM

A reminder to all: Stephanie is hosting office hours every Monday and Thursday (hours are 10am, 11am, 1:30pm & 3pm) - and for a small group opportunity on Wednesdays at 1:30pm. For this group opportunity, we can either focus on a specific topic (like toileting or bedtime) or leave it open ended.

Email me with your thoughts about group topics that would be helpful to you.

stephanie.slater@adasisrael.org. Links for both were in the email reminding you about tonight's webinar. Parenting from the Inside Out and No-Drama Discipline

both by Dr Siegel

From Jessica Flynn to Everyone: 09:15 PM

Thank you so much, Stephanie and Noah— this was so helpful!

thanks - that was really helpful

From Lana to Everyone: 09:04 PM

Any advice for how to encourage a child to play on their own because mom/dad need to work?

From Karabells to Everyone: 09:15 PM

Thank you so much, Stephanie!

From sebastian to Everyone: 09:15 PM

can these notes be archived?

From Amy Likoff's iPad to Everyone: 09:15 PM

Thank you! this

This was very helpful!

From Adam Levine to Everyone: 09:16 PM

Thank you for all the helpful information. Goodnight!