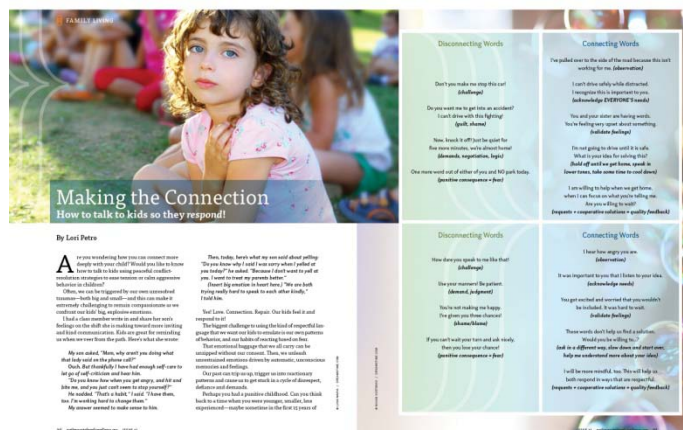


Making the Connection

Family Living – Lori Petro
Pathways #41, page 36



Talking Points

- ❖ Do you want to connect more deeply with your child? The emotional and rational response to this question is almost always a resounding YES! This article offers some useful advice on how to talk to your kids using peaceful, conflict-resolution strategies to ease tensions between you and your children, or even to help calm aggressive behavior in children.
- ❖ Lori Petro reminds us that our own unresolved traumas can make it difficult for us, as parents, to remain compassionate during our children's own explosive emotions. "Our past can trip us up, trigger us into reactionary patterns and cause us to get stuck in a cycle of disrespect, defiance and demands." ()
- ❖ Lori asks a series of thoughtful questions that are intended to help us, as parents, look into our own childhoods and evaluate the ways we may have felt unheard, judged, or maybe punished, shamed or isolated. She walks us through how we can have compassion for ourselves in those situations, and use empathy to walk our children through their own emotional responses.
- ❖ Included in this article is a GREAT chart showing connecting and disconnecting words.
- ❖ Using empathy and, as Lori calls them, "connecting words" can create the space for your child (and yourself) to feel heard and not judged. "When we feel understood, we can hear and process new information... Whenever you go in with the attitude of "your wrong," you're likely to receive defensiveness in return." ()
- ❖ "Conscious parenting is about thinking in new ways, ways that build your relationship. When you consciously parent, your kids will want to cooperate with your requests. When you communicate respectfully, your children will do the same!"

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

You can learn more about Lori Petro at her site *Teach through Love* at <http://www.teach-through-love.com/>

Talking With Kids. PBS.org. <http://www.pbs.org/parents/talkingwithkids/index.html>

A fascinating challenge to end yelling in your house, the Orange Rhino Challenge-
<http://theorangerhino.com/>

“Parent and Children in Conflict” <http://www.psychologytoday.com/blog/peaceful-parenting/201101/parents-children-in-conflict>

Library of Parenting Articles from The Center for Parenting Education.
<http://centerforparentingeducation.org/library-of-articles/>

Lori Petro challenges us to address our own fears and emotional triggers, and reminds me of our article in Pathways Fall 2013 “Parenting as the Practice of Freedom” by Teresa Graham Brett.
<http://pathwaystofamilywellness.org/Inspirational/parenting-as-the-practice-of-freedom.html>