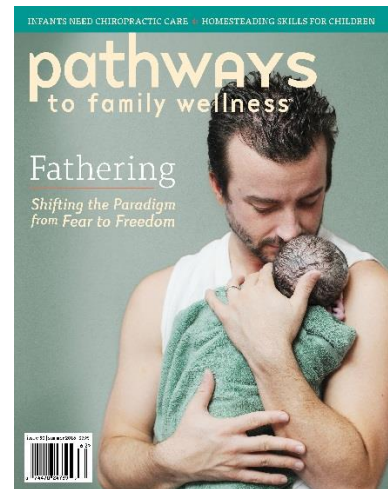


Talking Points & Resources



Hello Pathways Connect Group Participants,

Here is your Gathering Guide for our summer issue. Traditionally, this issue is focused around fathering and we feel this one may be the best one on this topic yet! You will also notice, we have added along with each article's topics a section on the application of chiropractic principles for that article. This will help your group participants understand how chiropractic is not merely a health care choice, it is a way of life applicable to your physical, mental, emotional and social well-being. The integration of this perspective of well-being is what *Pathways* magazine is all about. Enjoy this issue, and even more so, enjoy the opportunity you have sharing these principles with the people in your community.

Live Alive,

Janaiah

PW #50 Talking Points/Group Questions

[Fears and The Fathering Paradigm: The Choices We Make, the Fears We Have](#) by Jeff Sabo

Talking Points:

1. Author Jeff Sabo talks about fears around partnering and parenting and the tipping points that pushed him from old thinking patterns to new parenting paradigms that better served him and his family.

We have far more fears influencing us each day than we realize. Upon having a family and becoming responsible for the lives of children, old fears as well as new ones begin to surface:

What do I really want to do with my life?

Am I worthy of being loved for all of my amazing qualities as well as all of my terrible ones?

Am I a good parent?

Will my children love me?

Can I escape my own upbringing and do better?

Can I parent with my heart more than with my head?

Will my partner still love me if I am not a good parent?

How can I keep my family safe, provide for them, provide for my partner, and stay happy at the same time?

2. If we don't overcome our fears around parenting we cannot be "responsible" in the true sense of the word. We will be using our unconscious mind and the mechanisms that are designed to cope with fear and stress. In other words, we become the parents we (and others) think we "should" be, instead of the parents our family needs.

What are some of the "shoulds" that run within your parenting paradigm? Do they create extra stress in your home?

Parents should do....

Children should be....

Households should have...

Families should want...

3. What are some parenting topics you've faced that put the brakes on your unconscious mechanisms and brought you close to a tipping point? Were you able to make your choice from a place of freedom?

Co-sleeping?

Income?

Nutrition?

Education?

Relationships?

Healthcare?

4. What are some effective ways you've found to get out of your head and into your heart when struggling with a parenting choice? In other words, what has helped you to shift your paradigm away from fear?

Meditation?

Taking a walk?

Prayer?

Talking it out with your partner?

It is difficult to let go of the unconscious parenting paradigm that puts us on auto control. It is also difficult to let go of the fears that stress us out. What are some ways to move forward when you feel most stuck in a paradigm of fear?

Ask partner for help...

Ask your kids for help...

Active listening...

Take advantage of every interaction to be the parent you choose to be...

Go gently, go softly, but go with purpose...

Release yourself from the past...

Embrace and re-engage in the present...

Chiropractic Connection:

When we have vertebral misalignments we decrease our ability to process stress. Stress is all around and within us. We cannot escape it. We can only aim to process stress harmoniously. Without this ability, nervous energy begins to collect in the body causing pain and disturbance or a general anxiety and uneasiness in the mind.

A "misalignment" includes any decrease in our ability to process stress. While structural misalignments are the easiest to perceive misalignments may also exist on a biochemical level as well as on an emotional level.

While our bodies are superbly apt to handle stresses of all kinds from moment to moment, the underlying level of stress will fundamentally increase if misalignments continue to obstruct our ability to process stress. Fear in things we once never thought to fear or apprehensions that hinder us and our family may simply be the overflow of nervous energy from a stressed body.

[A Father's Perspective: The Journey from Hospital to Home](#) by Samantha and David Bice

Talking Points:

- 1) Samantha Bice interviews her husband, David, about homebirth. During this interview we follow a train of events and discussions that led David away from fear and disapproval, to a whole-hearted support of homebirth for their child. In this article we learn about a father's perspective and what led him to understanding.

When David first found out about his wife's desire to one day have a homebirth he was shocked; "No we're not," he said. "We're going to use a hospital like normal people." David's kneejerk reaction tells us a lot about society's view of birth. What are some ways our culture perpetuates the myth that a natural homebirth is abnormal?

How midwives are depicted as historical birth facilitators in many educational outlets, instead of viable options for homebirths?

How television and entertainment represents the birthing experience? (One defining contraction, a panicked rush to a nearby hospital where doctors and nurses are the only reasonable and able bodies amidst a screaming mother and confused father-to-be.)

- 2) David talks about the different experiences he had visiting the OB and the midwife. He acknowledged that he felt more included, informed, and supported during his visit to the midwife. David expresses feeling both rushed and angry during his visit to the OB. How has David's inclusion in the process helped to change his mind about homebirth?

He was able to make a personal and informed decision on how he felt about each situation, instead of relying only on cultural beliefs or his wife's beliefs.

- 3) David says patience and open communication between partners are key components to open the option of homebirth. He explains how nervousness stems from a lack of understanding, so it is important to ask questions.

If you plan to have a homebirth, but your partner does not support your decision, what are some ways to open the communication?

Would you be willing to meet a midwife with me, to learn more?

Would you be willing to hear why this is so important to me?

Would you be willing to research this topic further?

- 4) David says the homebirth experience allowed him to feel like a partner for the birthing of his son, instead of a spectator. Through both his love for his wife and his willingness to research the topic, he embraced the homebirth experience calling it the coolest moment of his life.

Chiropractic Connection:

Chiropractic care is based on the principal that life expresses intelligence and that innately our bodies know how to heal and be well. We understand through the principals of chiropractic that when there is a disturbance in that flow of intelligence, the chiropractic adjustment can be effective in releasing the body's innate ability to heal and function optimally.

If you are looking to open communication with a spouse or loved one about your homebirth choices you can use the chiropractic principal, life expresses intelligence, to do so. Our bodies are incredible and from the moment of conception until the moment of birth, our bodies know exactly what to do without our commanding it. We don't remind our bodies to nourish our growing babies, to develop lungs, eyes, ears, a nervous system, or cells. This is all done through the innate intelligence of both mom and baby, and that intelligence is as competent in delivering babies as it is in conceiving and developing them.

[Why Infants Need Chiropractic Care](#) by Cole Bradburn

Talking Points:

1. This article discusses the ill effects that an unbalanced spine can have on a baby's nervous system. It explains how crucial early spinal development is, as well as the importance of a properly functioning nervous system. The author discusses studies that demonstrate the importance of spinal balance for proper nerve function to promote optimal growth and development, as well as the role of chiropractic in supporting that balance.

A recent study demonstrated that 90 percent of infants suffered the effects of birth trauma. What can cause birth trauma?

Very short labor

Very long labor

Failure of the cervix to dilate

Use of Pitocin

Use of forceps or vacuum extractin

Cord around Baby's neck

Cesarean delivery

Pulling or twisting on the head to deliver the baby

2. Left uncorrected, these traumas continue to effect the infant's spine, reducing the function of the nervous system. What can nerve dysfunction from birth look like?

Trouble breathing

Reflux/frequent spitting up

Irritability/colic

Difficulty nursing

Balance issues

Sleeping difficulty

Delayed developmental milestones

3. Chiropractic care is focused on removing nerve dysfunction—which improves brain-body communication—so baby can grow, develop and function at its highest potential. Humans are born with an innate ability to heal. Chiropractors minimize the obstruction to that ability. What are some of the ways the body heals without intervention?

Blood clotting

Inflammation -direct elements of the immune system to the point of infection

White blood cells- capable of binding to and destroying infected cells

Producing antibodies

4. In the first year a baby's spine lengthens by 50 percent. At no other time does growth happen so rapidly. This is a crucial time for babies to be checked for proper spinal alignment as misalignment changes the balance of pressure across the spinal bones and can lead to

asymmetric bone development. How does chiropractic care at this time promote a firm foundation for future growth and development?

Removing interference

Maintaining proper alignment

Balancing pressure across spinal bones supporting proper development

5. The central nerve system consists of the brain and spinal cord. It processes everything from movement, heartbeat, immune function, breathing, sensory input and development. If your baby's spine stays out of balance, it can put tension on the nerve system. What are some childhood conditions that could occur due to tension on the central nervous system?

Asthama...

ADHD...

Autism...

Allergies...

Sensory Processing Disorder...

6. Supporting proper spinal balance through chiropractic care can ensure proper nervous system function allowing babies optimal growth and development, but some people continue to ask "is it safe?" The answer is, yes! Adverse events linked to pediatric chiropractic care are virtually nonexistent, estimated at 1 in 250 million visits. No single medical procedure is safer. These non-invasive adjustments are done gently, often while baby is being held by a parent. What are some of the benefits of a healthy nervous system for babies?

Improved immune function

Appropriate sleep cycles

Comfortable latch while nursing

Good digestion

Regular bowel movements

Proper neurological function

[School's Out... Forever! How Public Education Cripples Our Kids, and Why](#) by John Taylor Gatto

Talking Points:

- 1) Retired teacher John Taylor Gatto points out that both history and homeschoolers have taught us that the fundamentals of reading, writing and arithmetic can happen outside the construct of 6 classes, 5 days a week, 9 months a year for 12 years. He points out the successes of the unschooled throughout history and raises the question, what exactly is the purpose of our public schools?

In the early 1900's when mass schooling took root in America the goals presented were:

To make good people

To make good citizens

To make each person his or her personal best

Can we really claim that our public schools are meeting these goals at this time?

- 2) Author of the 1918 book, Principles of Secondary Education, Alexander Inglis, suggests the school system is put in place for a different set of goals.

[The Adaptive Function](#)

Established to fix habits of reacting to authority, or exercising critical judgement. If you can make children learn, sit and do foolish and boring things, they will learn to follow the rules without question as adults.

In what ways does the current school system injure critical judgement?

[The Integrative Function](#)

Better described as the conformity function, as its intention is to make children as alike as possible. People who conform are predictable and this ensures a large labor force.

In what ways does the current school system provoke conformity among its students?

[The diagnostic and directive function](#)

To determine each student's proper social role. This is done by logging records throughout your entire school experience.

Is this allowing people to choose their direction, or directing their choices?

[The differentiating function](#)

This ensures that once a role is chosen children are trained only so far as the social machine merits, and not to reach their personal best.

What are some of the ways we have seen the system support a goal oriented philosophy as opposed to a personal best outcome?

The selective function

Ensuring that those favored will be selected to flourish, and those who don't fit the standard will be tagged, poorly graded and effectively humiliated in front of and by their peers with remedial placement and other punishments.

Can anti-bully campaigns ever succeed against a structure that creates a hierarchy mentality?

The propaedeutic function

This ensures an elite group of caretakers who will be taught how to manage and continue the system, how to control a population so that government may proceed unchallenged and corporations have plenty of laborers.

Does it seem that public school separates children into those who will run the system, and those who will work it? Does this allow for individuality?

Do these goals achieve any of the three goals originally described for the public school system?

To make good people?

To make good citizens?

To make each person his or her personal best?

- 3) Does the public school system teach children to think, or merely to learn what they're being taught? If children are only being taught to learn, they will always believe whatever is being taught to them, even as adults. This has left many people as sitting ducks for the era of marketing. Always believing that we need whatever we are being told to desire.

Due to a system that segregates children, strips them of responsibility and independence, we may find that these children are aging, but are they maturing? *Have we become a nation of children?*

- 4) School trains children to become employers and consumers, but knowing this allows us as parents to combat it and to teach our children differently. *What are some values we want to support in our children?*

Leadership

Adventure

Critical thinking

Independence

Inner life

Personal peace

Self-management

Chiropractic Connection:

School is stressful to our bodies in multiple ways and it is important to recognize these stresses to best deal with them. Some of these stresses include:

- 1) The amount of time sitting, without any special attention to learning good posture. After time our bodies can develop a chronic misalignment.
- 2) The daily intake of sub-optimal food provided and encouraged in the school setting. This can change the biochemical state away from its natural function. Over time this stressor will manifest in many ways.
- 3) On an emotional level school can harm our moral function whenever we are prohibited or scolded by an authority from doing a thing we feel we must (even something as simple as stretching!)

Chiropractic is an incredible help in maintaining the body's ability to process this added stress. If the body is overcome by stress, our individuality and expression naturally becomes secondary.

[Don't Stand Me Up](#) by Janet Lansbury

Talking Points:

- 1) Infants will always do what they're capable of doing, and are naturally wired to advance their physical abilities independently.

What are some of the things that may contribute to adults pushing children before they're ready?

Tracking development at every doctor visit and receiving percentiles or handouts of what baby should be doing

Baby books that track milestones suggesting when they should be reached.

Emails generated by places like Babycenter that are sent to parents every months saying "By now your child should be..."

Competitive mentalities among parents

- 2) Earlier does not mean better in motor development. Children who achieve their mobility freely are not only more secure in their abilities but usually their poise and agility can be noted above their peers.

Children who are offered too many supports may have an inflated sense of their physical abilities. If children are not allowed to find their own center of balance, and sustain the small falls without assistance, it may set them up for bigger falls at a time where they would have otherwise learned their own limitations.

How is this true of parenting in general?

If we push our children along too quickly, we rob them of the steps it takes to get where we want them to be. Those steps are always necessary in their development.

- 3) The general rule is that if the child can climb up by themselves they should be able to climb down and should be given the opportunity to practice both maneuvers.

Why are many children being denied this opportunity?

No tolerance for risky play

Fearful parenting

Structured environments that don't allow children free play

- 4) Self-initiated learning experiences are infinitely more beneficial to a child's development than a parent's efforts to teach.

What are ways we can support our children's development without interfering?

Appreciate their struggles

Allow them frustrations

Trust in their abilities

Rejoice in their successes

Chiropractic Connection: Life expresses intelligence. Trust it!

A child's balance is directly related to their nervous system which is impacted by proper spinal alignment. Ensure that your child is checked for any vertebral misalignments that might impeded their balance, or ability to develop at the rate that best suits them. Children innately know what they must do to improve their motor function to stand, walk and climb. If there is vertebral misalignment it can negatively affect their growth, and chiropractic care can remove the interference allowing their innate intelligence to lead them to optimal development.

[Let Them Go Barefoot – On Why Our Toddler Doesn't Wear Shoes](#)

by Chantel Quick and Mariano Gru

Talking Points:

- 1) Mariano Gru runs 3-4 miles a day barefoot. He shares the benefits he's found in barefoot running and how it has decreased injuries and increased his awareness of posture. He and his wife Chantel have a 16 month old son who is always barefoot, and this article expresses the advantages of being barefoot.

What do you think are some of the benefits for a child being barefoot?

More in touch with environment

Proper input and feedback to the skin

Interaction with the environment

Proper muscled, tendon and bone development of the foot

- 2) Imagine trying to navigate your world with boxing gloves on. Hands are one of the most complicated parts in a mammal and the foot is even more complex.

What are some of the disadvantages for toddlers wearing shoes?

Improper balance

Disconnected from the environment

Increased body restriction

- 3) But what about safety? Germs and sharp objects are a concern for many parents.

What can be done to ensure safety and health for a barefoot child?

Remove sharp objects when seen

Allow increased time barefoot so the foot is less sensitive

Don't cover up cuts, let them air out

Trust your child's self-persevering system

Children raised barefoot become more aware of their surrounding making their steps safer

- 4) What if you have to send your children places where they have to wear shoes? *What's the middle ground?*

Barefoot as much as possible

Wear shoes with as little sole and rubber as possible

No heels

No arches

The thinner the better

Chiropractic Connection:

A child can be safely barefoot most times, even in colder weather. The immune system was created to facilitate and adapt to these changes, as well as to heal any cuts and bruises that might occur from an active lifestyle. A properly functioning immune system can accommodate a barefoot lifestyle, by allowing the body's innate ability to circulate, adapt, and handle varying conditions. Interference within the nervous system impedes the body's ability to send proper messages from the foot to the brain so the body can adapt to the changing environment. Being sure that your child is under chiropractic care, being checked for vertebral misalignments and adjusted as necessary, can ensure that your child can adapt. A child who can adapt does not need to be over-protected as their body innately knows what to do and what not to do.

[10 Homesteading Skills Every Child Should Learn](#) by Alicia Bayer

Talking Points:

- 1) In this article we learn about the importance of children learning basic homesteading skills and the many advantages they will gain from this knowledge throughout their life.

Here is a list of homesteading skills that every child should be introduced to and encouraged to participate in.

Cooking

Gardening

Carpentry

Sewing and Mending

Preserving Food

Natural Health Remedies and First Aid

Sustainable Living

Foraging

Basic Housekeeping Skills

Cooking

Children can be taught cooking at a young age which not only fosters independence but can be used as an educational tool to learn measurements and step taking.

What are some basic foods children can learn to prepare/cook?

Smoothies

Fried eggs

Granola bars

Bread from scratch

Sandwiches

Cookies

Gardening

Teaching children to garden not only provides them with a skillset to grow the healthiest fruits and vegetables for their family but it also teaches them many life lessons. Children who garden will learn about patience, they will learn about expending their time and energy to reap the fruits of their labor. They will learn about maintaining a garden and the importance of taking care of something.

What are some of the things you can teach a child about gardening?

Planting seeds

Watering the garden

Weeding the garden

Composting

Natural Pest Control

Fertilizing
Seed starting
Irrigation systems

Carpentry

Children can be taught how to properly use tools at an early age. Starting with manual tools such as screwdrivers and hammers, and moving up to power tools as they age. Children learn important life lessons through carpentry, as well as measurements. Carpentry gives children an opportunity to fix things as well as reap from the emotional gains of creating something from scratch.

What are some ways to grow a child's carpentry skills?

Teach them how to safely use tools
Be patient in allowing them to fix household objects
Create household things like shelves and birdhouses as needed
Work together on following design plans

Auto and Machine Repair

Encouraging children to understand machines and have basic repair skills not only ensures that are equipped for sticky situations, but will save them money all their lives not having to call professionals for small jobs.

What are some basic auto and machine repair skills to teach children?
(You and your children can learn many repair skills together at sites like WikiHow)

Check oil
Check tire pressure
Change windshield wiper
Add fluids
Change tires
Change spark plugs
Safely use jumper cables

Sewing and Mending

This is another skill that can save your children money, and also gives them an outlet to be creative. Everyone benefits from someone who knows how to sew on a button in a pinch.

What are some basic sewing skills that every child could learn?

Thread a needle
Sew on a button
Use a sewing machine
Follow a simple pattern

Preserving Food

Learning to can food and save for later years teaches children important concepts. It helps them understand about taking care for the future, and also about different kinds of foods, and how

they are best preserved. It will also teach them to be aware when foods are not preserved properly.

What are some simple projects in food preserving you could do with your children?

Make Fruit leather

Pickle foods

Make and can jelly

Use dehydrator or low oven to dry foods

Natural Health Remedies and First Aid

Children can easily be taught to treat most of their own wounds, as well as the different foods and remedies that promote natural healing. Helping children to understand how their bodies work, and natural ways to aide their bodies, will ensure that they second guess medical and food fads as they age.

What are the best ways to teach children natural health remedies and first aid?

Use every illness and injury as a teaching opportunity. Explain to your children what their body is doing, and what the remedies are doing. Allow your children to actively participate as their curiosity and independence grows.

Sustainable Living

Regardless of your lifestyle, teaching children sustainable living empowers them so they know that they can live their own life, as guided by their innate purpose, without having to rely on circumstances, government or others.

What are some basic practices that will give our children more independence throughout their lives?

Reusing

Recycling

Do-It-Yourself projects

Budgeting

Bartering

Living within their means

Foraging

Foraging for wild food teaches children to respect what nature gives them. It also teaches them an appreciation for the earth, and shows them that they are taken care of. It's not only a great way to save money, but it allows children to respect the world around them.

What are some wild foods that children can be taught to forage?

Nuts

Berries

Fruits

Lettuce/watercress/dandelion

Fungi

*Medicinal plants***Basic Housekeeping Skills**

Children should know the basics of keeping their home clean. It not only teaches them to respect their surroundings but allows them to live in a clean and orderly environment which promotes peace.

What are some key housekeeping skills you can begin teaching your children to do independently?

Laundry

Dishes

Bed making

Using household items to clean (vinegar/baking soda)

Vacuuming

Chiropractic Connection:

Teaching children homesteading skills so they can be independent and resourceful includes teaching them how to properly care for their health. If children are not taught at an early age about how their nervous system works, and the importance of removing interference to the nervous system self-care and chiropractic, they may not be able to properly care for their own health as adults. Children should be taught the importance of maintaining whole body wellness by being aware of their spine and posture and regularly checking with a chiropractor to ensure that any misalignments are handled immediately so the body can return to its natural state of health. The best way to teach any child the importance of chiropractic care is by helping them understand how their nervous system, the master control system of the body, functions. Children who are raised to properly understand their own bodies will make wiser healthcare choices as adults.

[Our Fear of Freedom](#) by Theresa Graham Brett

Talking Points:

- 1) This article delves into the negative effects of using force and control to manage our lives. From childhood we learn the “should” mentality (I should do this, I shouldn’t do that) that many of us struggle with to this day. By letting go, and allowing ourselves to feel and process our emotions without judgement or control we learn to let go of our fears.

Most of us had childhoods where force and control were used to moderate our behaviors. Whether it was our parents or school, we were told how we should react or behave and then forced to do so. As adults we are no longer under the thumb of other adults but our internal voice still berates us if we don’t do as we “should.”

What are some of the “shoulds” and “should not’s” that make up your internal dialogue?

*I shouldn’t be mad about this
I shouldn’t have snapped like that
I should be more upbeat
I should think like a ‘scientist’
I shouldn’t Facebook so much
I should feel happier
I shouldn’t drink alcohol*

- 2) Most of us think that if we didn’t use this inner dialogue to force ourselves to behave a certain way we would lose control, and we are afraid of the person we might let ourselves become.

What are some things you fear would happen if you let go?

*I would get trampled on
I wouldn’t know what to do
I would be ridiculed
I would be unkind to others
I would feel sad*

- 3) Creating peace and freedom comes from tearing down these fears. Freedom comes from self-acceptance, and we cannot improve things that we don’t first accept. When we lovingly, and without judgement, acknowledge all parts of ourselves, freedom becomes less scary. When we accept the parts we were taught to suppress, we then can adopt healthier ways to manage those parts.

Instead of “shoulding” all over ourselves, what are some new ways we can approach scary feelings, and challenging behaviors within ourselves?

*Self-acceptance
Desiring to learn about ourselves
Instead of saying “I should” ask “what would happen if I...”
Allow our emotions to exist as they present themselves*

- 4) Most of us have spent our entire lives at war with ourselves because we have not allowed ourselves to be free. From fear of spiraling out of control as children, we were never allowed to explore certain thoughts or emotions. Now, as adults, we fear them. Let's begin to discover these unexplored feelings, and as we come to know them better we will cease to fear them.

What are some things you can do to allow yourself more freedom in this respect?

Stop giving reason more power than feelings

Accept your feelings as part of your uniqueness

Explore your feelings from the belief that they are not yours to defend

See yourself as a whole, one with your environment

Don't just tolerate yourself, love yourself

Realize you are loved more than you know

Chiropractic Connection:

The chiropractic principal, life expresses intelligence, is relevant when discussing emotional freedom. Chiropractors understand that symptoms are the body's way of handling stress within the nervous system and that masking the symptoms with antibiotics, antidepressants, anti-inflammatories etc does not fix the internal problem. We understand that without interference the body knows exactly what it needs to do to heal and be well. When we only aim to rid ourselves of the symptoms it is like putting duct tape on the "check engine light" and leads to bigger problems later. The same is true of our emotions. Accepting ourselves and our varying emotions allows our innate intelligence the freedom to clear them.