

Talking Points & Resources

Hello Pathways Connect Group Participants,

Preliminary note: There is no wrong way

To run your Pathways Connect Gathering, the steps below are to help guide you. However, we encourage you to embrace the flow of your gathering and allow for your meeting to take on its own momentum in whatever direction it might go.

Step 1: Select topics

Prior to your group gatherings, find and select one or more of the magazine articles that you found interesting and want to share. Pick topics that make you passionate, as these are the easiest to talk about and spark discussion.

Step 2: The Gathering

Welcome everyone present in the group and ask each person to introduce themselves and share a little about themselves. Be sure to share about yourself as well.

Step 3: Introduce the topic

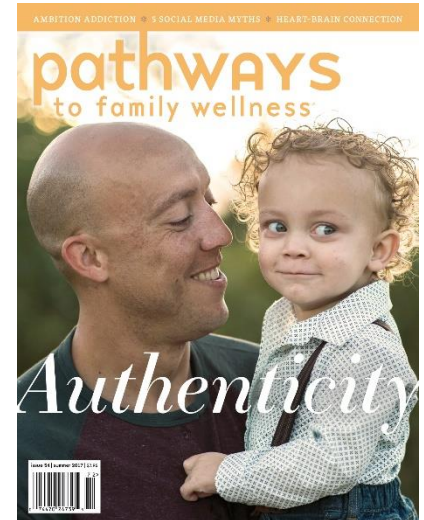
Share with the group your topic and why you chose it, why it interests you, and the importance you see in it. Summarize the article (some article summaries are provided below). You can read the entire article or article summary out loud to your group and share your thoughts at this time.

Step 4: Encourage conversation

We provide questions after each summary section that will help people to engage. Make use of these questions or devise your own.

Step 5: Make the chiropractic connection

At the end of each article summary are notes about how this topic relates to chiropractic. If you utilize these meetings to educate parents on the importance of chiropractic care you will be benefitting your office growth and the health of your community.



PW #54 Talking Points/Group Questions**FEATURE*****Authenticity*** by Roslyn Ross**Article Summary:**

The world around us is an outward reflection of the relationships we have with ourselves and each other. To achieve a better world we must first change the way we exist with ourselves and our loved ones.

How we regard ourselves, as partners in a relationship or as parents of children, has profound effects on our psychology and resulting actions. People often say, “Parenting is the hardest job we’ll ever have.”

“The problem with thinking of parenting (or any other relationship) as a job, Roslyn Ross explains, “is that when we have a job to accomplish—(we have to get our kid to sleep, get him ready for school, get him into college)—the psychology of accomplishing a job is all about the *person doing the accomplishing*. The other person is being accomplished upon. The child is either the thing that is helping me accomplish my job or the thing that is not helping me accomplish my job. He is objectified.”

Illustrating why it’s so unhealthy to turn a relationship into a job, Ross gives examples of how people in relationships suffer when one person’s participation in the relationship becomes a job of doing what a “good husband/wife/mother/father” *should do*. These ‘shoulds’ define the scripts that run our relationships, no matter what that relationship may be, and by following these scripts we compromise our authenticity and our happiness.

“I propose that we reject the job model of parenting. I propose that we reject all scripts that have been written for us. I propose that we reject external control psychology and instead we make our one and only parenting goal to have a healthy relationship with our offspring. Regardless of what people attempt to teach with force and control, according to Nathaniel Branden, ‘all we teach is what we are’.”

Ending her article, Ross gives scenarios of what a ‘relationship mom’ looks like in contrast to the ‘job mom’s’ style of parenting, exemplifying newborns to help show that non-coercive relationships can exist from day one.

“Scenario: When to feed a newborn baby.

The job mom knows she is supposed to feed her baby every two hours. She has a handy little device that goes off every two hours so she knows it's time to feed the baby. If he acts hungry before the two hours is up, she distracts him so that he learns to wait two hours.

The relationship mom knows her baby can't eat unless she helps him so she decides that making him wait is disrespectful and won't help their relationship. She feeds her baby when he acts hungry. Maybe it's been one hour; maybe it's been three.

The relationship mom is getting in tune with her baby. The job mom is getting in tune with her alarm clock. Whether she means to or not, she's showing her baby who is in power. It's not him. It's also not her... She's just doing what she's been told.

Questions for Consideration:

- What are some selling points behind the 'job model' of parenting? How important is happiness by itself in this model?
- If you could replace the word 'Job', in 'job parenting', with another word, what would it be?
- What are some fears that our job model of parenting is based upon?
- Where do power struggles come from and which style of parenting will more likely lead to one in the future?
- Can modeling for our children turn them into the people we want them to be?
- How much responsibility do you want your child to have in the parent/child relationship?

Chiropractic Connection:

Recognizing that a child is his or her own person, and treating him or her as autonomous is a logical deduction from the principle that says that universal intelligence exists in all life. The greatest thing we can do is get in tune with this intelligence and let it guide us in our life. To allow this gift to unfold in others is a profound gift, but it can only occur in its truest sense after we have fully recognized and felt the effect in ourselves. Chiropractic adjustments reduce spinal obstructions to our nervous system helping this innate intelligence to flow through us. And the emotional and mental obstructions that we were apt to procure in our own upbringing are absolved in the midst of our body that has been fully immersed in harmonious intelligence. This can be the greatest gift to hand down to our posterity—both the modeling of vitality and the practicing of those methods that help to increase it.

FAMILY LIVING***5 Myths About Young People and Social Media*** by Peter Gray, Ph.D.**Article Summary:**

“Teenagers have always been attracted to public spaces where they can hang out, find new friends, and talk endlessly with peers about matters that concern them, away from parents and other authority figures.”

In this article, Peter Gray explores a new book written by danah boyd (who spells her name without capitals) entitled *It’s Complicated: The Social Lives of Networked Teens*, and the myths that have popped up surrounding this topic in contemporary culture.

Quite the opposite of an academic approach, boyd approaches this question after spending hundreds of hours with teenagers of all walks of life asking them, sincerely, how they viewed the topic of social media. Gray elaborates,

“In generations past, teenagers (and even preteens and younger children) socialized with one another as they walked to school and back every day. At school they could socialize during lunch hour and other breaks in the day. After school and on weekends, they could walk, bicycle, take public transit, or (in the case of older teens) drive to find one another at parks, fields, street corners, vacant lots, secret clubhouses, diners, malls, or other regular meeting places. Today’s teens don’t have such freedom. Many aren’t allowed to walk to school. “Lunch hour” is no longer even close to an hour, and other breaks in the school day have been largely removed. Many parents restrict their teens from venturing out without an adult, and even when parents do allow it, other forces work against it. Even when an individual teen is free to leave the house and has a place to go, the chance that his or her friends will also have that freedom is small.”

Here are the myths that boyd and Gray discuss in this article:

- Myth 1. Technology creates social isolation.
- Myth 2. Teens are addicted to technology and social media.
- Myth 3. Teens these days have no appreciation of privacy.
- Myth 4. Social media put teens at great risk from sexual predators.
- Myth 5. Bullying through social media is a huge national problem.

In his concluding thoughts, Gray states:

“I like the main title of boyd’s book, *It’s Complicated*. I can well imagine these words prefacing many of the responses that teens gave to the questions she asked in

interviews. An overriding message of the book is that the assumptions about teens and technology expressed by the media, politicians, parents, educators, and even by child psychiatrists and other such “experts” are often overly simplistic, if not dead wrong. Whenever we see behavior among teens that seems strange to us, or hear of case examples of real atrocities, we tend to rush to judgment, and altogether too often the direction in which we rush is to add yet another restriction to the already highly restricted lives of today’s young people.”

Questions:

- Chicken or egg: Which came first? The alluring nature of technology and social media geared at young people, or the restriction upon the freedoms of young adults to enjoy life outside the safety of their home, *away from adults*?
- Which myth listed above is the hardest to acclimate to your present beliefs?
- What will it take to shift the tide back to non-virtual socialization amongst young people or is this shift not desirable to you?
- Do you find yourself judging young people who use social media while letting fellow adults off the hook?

Chiropractic Connection:

In chiropractic, we understand the nervous system to receive a constant influx of energy and information. Called ‘eustress’ this type of stress is transformed into growth for the body. However, blockages and restrictions can and do occur within the nervous system resulting in the need for a discharge of energy that follows a non-preferred avenue or path. This can be painful and disruptive to biology and we call it ‘distress.’

Restriction of young people’s freedoms to socialize in the way they were programmed to do will inevitably lead to new forms of socialization that ‘reconnects’ the energy transfer, so to speak. However, these new avenues are not the harmonious and intelligent pathways designed by nature; they lack an authenticity that will eventually cause pain and disruption to the emotional side of the body.

Reinstituting organic pathways natural to the body can happen on a physical level with chiropractic and with certain lifestyle changes. From here we are better able to reintegrate with the social pathways inherent to our biology.

NUTRITION***Children and Vegetables*** by John Marc**Article Summary:**

Having a love of vegetables is integral to making them a part of the family diet. Most families struggle with this part of nutrition, striving to sneak vegetables into the diet in ways that are unnoticeable. This is not the way to greet vegetables, according to John Marc.

“If only we greeted vegetables appropriately, I think we would have their image framed over our bedroom doors...To remind us, upon passing under them every day, of their power over us; to be the harbinger of a good night’s sleep when eaten regularly, but also to confine us to our bed in sickness and despair should we neglect them!”

A golden rule, according to Marc, is to eat vegetables for breakfast. This is a special time, of birds chirping, coffee brewing, but more importantly, after a night long fast, breakfast offers a time to enjoy any type of food more than normal. With a love of vegetables, our ability to prepare them improves and a desire for vegetables will begin to surface in an authentic way.

At the end of his article, Marc describes three approaches to nutrition: The Paleolithic Diet, the Raw Food Diet, and the Nutritional Balancing Diet. Common to all these approaches is increased vegetable intake which he says, “is probably the hardest part of any diet, is the least controversial, and has some of the greatest rewards for health and well-being.”

Questions:

- Have you ever eaten a plate of vegetables for breakfast?
- Have you had any experience with the three approaches to nutrition listed above?
- What are some experiences you’ve had where a child was eating vegetables jubilantly? What are some conditions that are conducive to this?

Chiropractic Connection:

Chiropractic is a pillar of well-being for children today. Realigning the nervous system to enhance function is becoming a no brainer for families across the country and around the world. Chiropractors are quite keen on the importance of lifestyle changes that will harmoniously aid the development of children and adults alongside chiropractic care. These

lifestyle changes are some of the most powerful changes people can implement within their control. To desire change in any manner in the world around oneself, it is always recommended that you begin to lay a foundation internally for yourself. This can be done by focusing on your health and well-being, eating many more minerals through vegetable intake, and keeping your spine and nervous system functioning to its optimum performance by visiting a chiropractor.

MOMENT OF TRUTH

If Making Love Were Treated Like Birth by Fiona Peacock

Article Summary:

“Imagine yourself lying on your back, legs in stirrups, attached to a heart monitor...aroused? Thought not. Relaxed? Didn’t think so. Could you do the deed with healthcare professionals freely wandering in and out of the room? What if they stopped to comment on your position or technique? Perhaps unsurprisingly, you might find yourself struggling with stage fright in such an environment.”

“In the tongue-in-cheek video, ‘Performance,’ actors simulate what might happen if sex was treated as a performance in the way that birth is.”

“Throughout the video, the male protagonist can be seen growing more and more uncomfortable. He doesn’t look like someone enjoying sex; instead he has the facial expressions of someone taking a test he didn’t study for.”

“After asking for a glass of water, the guy is told that he can’t have a drink. Moments later an IV drip is set up to hydrate the guy though he is never given the opportunity to consent to this procedure.”

“Toward the end of the day, the couple are told that they can try for a few more minutes, but if it doesn’t work, medical staff will have to intervene and inseminate the woman. That pressure doesn’t seem to help much, and by the end of the video the doctor is congratulating the couple on trying their best and telling them it’s time for the medical team to take over now.”

Questions:

- Does this scenario relate to your beliefs about childbirth in obstetrical/hospital settings?
- Given the prominent importance of oxytocin in childbirth as well as in conception, the article and video make the case that both events require specific conditions for optimal outcomes. Do you think these two events should not be compared? Are they apples to oranges? Or does it unveil an idealism for childbirth that western culture has little awareness or appreciation for?

Chiropractic Connection:

“The greatest science based medicine is that of normal physiology.” –Jeanne Ohm

Chiropractors have long stressed the importance of honoring normal physiology in spite of medical science’s desire to conquer nature with new drugs and procedures. Normal physiology allows all biological functions to happen in a state of optimal performance and as a result, no external intervention is necessary. Chiropractors are emerging as a kind of new pediatrician for families who have understood for themselves the supremacy of normal physiology over medical drugs and treatment. Midwives and chiropractors are joining together with the growing number of women interested in this principle as it applies to childbirth. Connections and collaborations abound when people deduce from this premise that the greatest medicine is that of normal physiology, and this principle scales down to the cellular level. That is to say, the whole body can enhance function and create neural connections and cellular-hormonal collaborations when the mind alone decides to open to the idea that we are composed of innate intelligence! In ways not even imagined by the greatest scientific minds of the modern day, the human body has the ability to heal and be well without effort, without chemicals, and without fear.