

Communication with Children

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Family of Origin



Impact of the pandemic on child development

Inevitability

Any social factor, acting on the growing environment of the child, will have an impact on the development and growth of the child.

Uncertainty

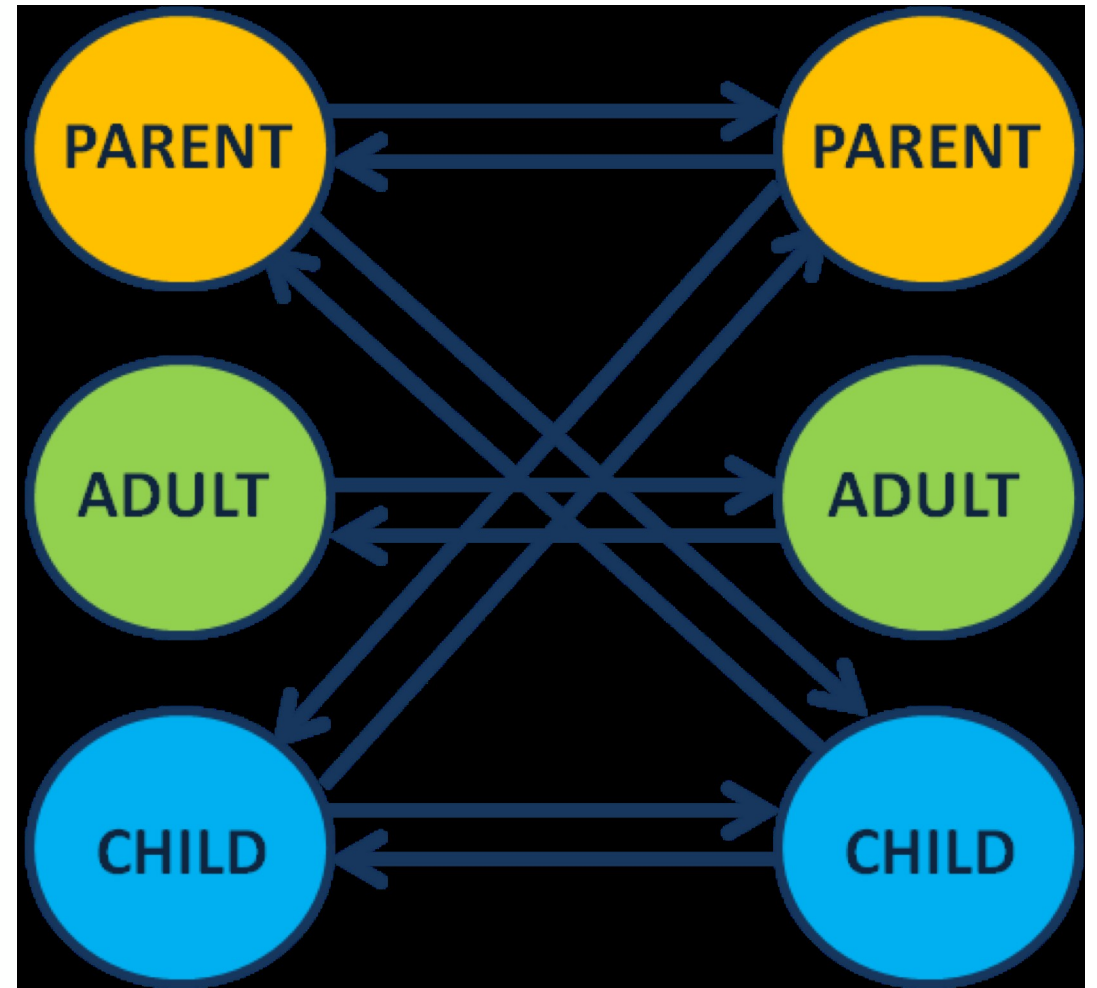
The outcome of such impact will vary from individual/family to individual/family.

Regulating Factor

- Family's ability cope with stressful events
- Parents' ability to educate & manage their child
- **Family Relationship**

Family Functioning

The systemic theory, we see the meaning of events and issues are created 'in between' individuals, rather than being 'within' individuals.

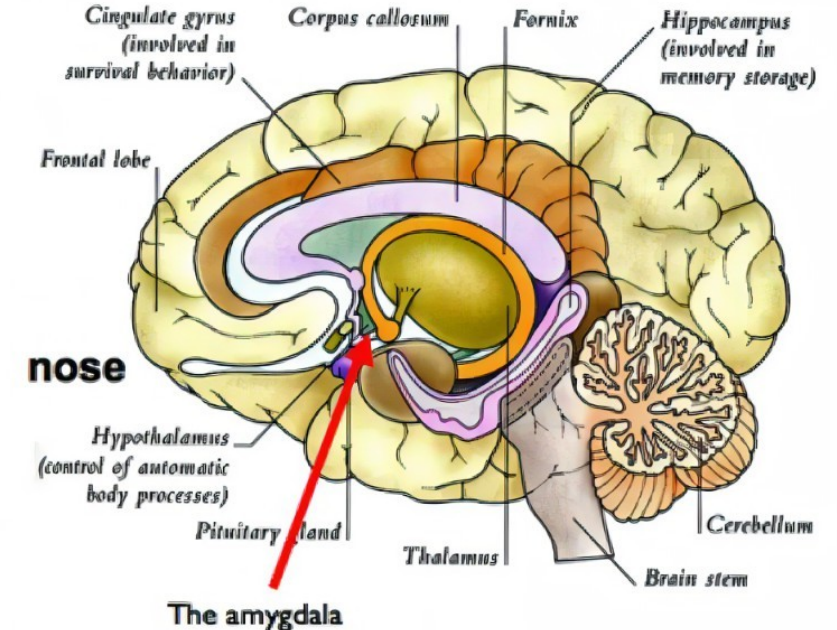




The Missing Piece

- Emotion comes first
- Emotion reinforce importance
- Emotion reduce functioning
- Emotion is everything
- A child's brain is an emotional Brain

The limbic system – the emotional brain





Start with your own emotion

- How am I feeling right now?
- Am I going to do something productive?
- How do I create space?
- How do I regulate?



Tip 1: Grounding Techniques



Home work:

The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that
you can see around you.



Acknowledge **4** things that
you can touch around you.



Acknowledge **3** things
that you can hear
around you.

Acknowledge **1** thing
that you can taste
around you.



Acknowledge **2** things
that you can smell
around you.



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● Only reinforce what you want to keep

- Emotion is the greatest reinforcement.
- The behavior does not receive reinforcement will extinct.
- Reinforce the desirable, ignore the undesirable!
- Extinction may take time.
- Younger children do not distinguish emotion.





Tip 2: Appeal to the emotion

6 Steps of Validation

- Listen, keep attentive, pay interest
- Respond, without judgement, checking whether understood
- ‘Mind reading’. Guessing their thought and feelings. Keep open minded.
- Understanding. **I understand your** (feeling and action).

Normalizing...

- **No wonder** you (feel/act), **because** ...
- **Me too**. If it is me in your situation, I will feel the same way.

Homework : Mindful Dialogue

Discuss with an adult family member on a topic as below: (A - speaker; B - listener)

A talks to B for 3 minutes while B remains silent and only listens without giving any verbal feedback. After this 3-minute, B uses 2-minutes to summary what he/she has heard (including context, thoughts, feelings, behaviors) while A remains silent and only listens without any verbal feedback. At last, A uses 1 minute to give B feedback on the summary. Both members should spend the full time given, but you don't have to talk all the time.



**Being Parents is not
easy!**

