Parenting the challenging child

Addiction
Depression
OCD
PTSD

“SHPILKES”

Challenging

What challenges do you face??????
The Perfect Parent

I won’t repeat the mistakes of my parent...

I’ll make my own!

Relationship Tripod

• T rust
• R espect
• C ommunication

Dreams
Stages of Grief (Kubler-ross)

- Denial/Retreat
- Anger/aggression
- Bargaining/seeking control/seeking solutions
- Depression/isolation/shame
- Active acceptance/equanimity/integration

Early Intervention

“Find the best Education Lawyer...know your rights!”

Labels

- Defining
- Directing
- Dismissing
- Destructive
Potential

“Success isn’t just about potential!”

Mission Statement
Live YOUR reality, stay ENGAGED and...
—Go with the FLO
Flexible
Loving
Optimistic
Key question to ask!
Is this behavior interfering in your child/student’s functioning?
If so, How?
ALSUP (Ross Greene, PhD)

Assessment of Lagging Skills & Unsolved Problems

Resiliency

Relationships
Manage feelings & impulses
Problem-solving skills
Resources
Coping skills
Finding positive meaning in your life despite challenges

One size DOESN’T fit all
Teamwork
“it takes a village”

Parent/Teacher Collaboration

• Parental involvement is essential to child success.
• Parents and teachers are equal partners in the educational process.
• Teachers who feel confident in their abilities to collaborate will be more likely to reach out to parents.
• Teachers must take responsibility for engaging families.

Anxiety

Who wins?????
CBT (cognitive behavioral therapy)

THINK

FEEL

DO

HELP!!!
Sometimes just staying afloat is sufficient!!!
Perseverance

PAYS OFF!

From the mouths of babes...

To parents

• Non-judgmental
• LISTEN
• Positive Reinforcement
• Ask tough questions…and ez ones!

ARE YOU OKAY?????
From the mouths of babes…

To teachers

• Be Aware
• Constructive Criticism
• Resource Room/Tutors
• Incentives

Look at INDIVIDUAL learning style

From the mouths of babes…

To the docs, therapists, other villagers

• Explain in way kid can understand
• Tell family history
• Never give up
• Continuity of Care

Right meds

Kahlil Gibran (on children)

They come through you but not from you,
And though they are with you, yet they belong not to you,
You may give them your love, but not your thoughts,
For they have their own thoughts.
You may house their bodies, but not their souls,
You are the bows from which your children as living arrows are sent forth!
SERENITY PRAYER

Grant me the serenity to
Accept the things I cannot change,
The courage to change
The things I can, and
The wisdom to know the
difference!

HOPE

Having
Other
Possibilities
Exist