



THE VILLAGE WELL

How to Stay Calm When Your Kid Is Not

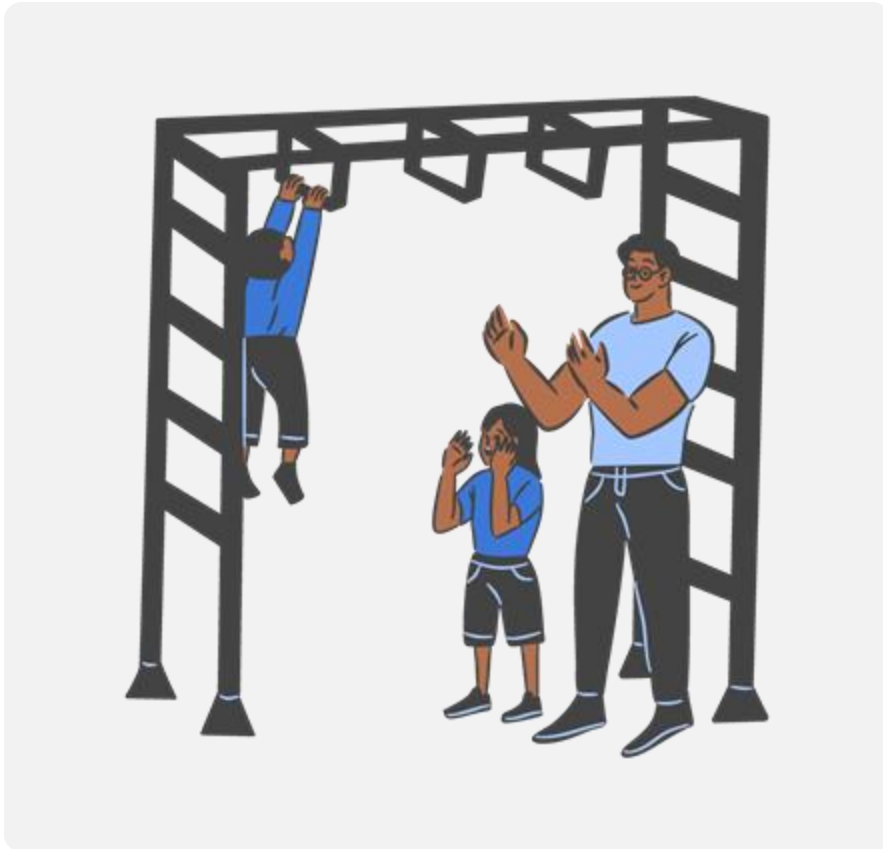
Workshop with Ed Center





How to Stay Calm When Your Kid Is Not





What is a trigger?

Why do they happen?



Understanding Your Triggers



Reducing Reactivity



Better Behavior Tools

Rescue and deescalate conflicts



Parenting is Hard

You want it to be easier. We'll help with that. On the way, you'll find more connection, calm, and meaning. Join our community of Families of Color finding more joy in parenting.





Why staying calm is so hard



A Trigger Is...



An Experience That We
Misperceive As A Threat



Connected To A
Childhood Wound



A Behavior We Had To
Shut Down In Ourselves

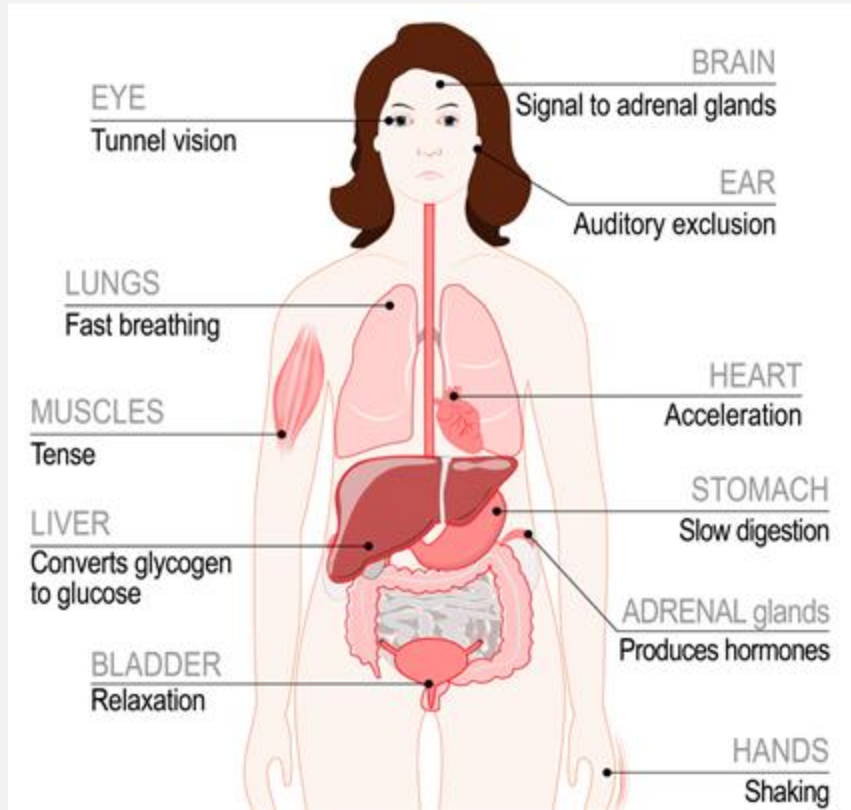
How your brain and body perceive threat





Anatomy of a Trigger

(Sympathetic Nervous System)



Trauma Responses

01



Flight

- Workaholic
- Overthinker
- Anxiety, panic
- Difficulty sitting still
- Perfectionist

02



Fight

- Controlling
- "The bully"
- Narcissistic
- Anger outburst
- Explosive behavior

03



Freeze

- Difficulty making decisions
- Feeling Stuck
- Dissociation
- isolating
- Numb

04



Fawn

- People pleaser
- Lack of identity
- No boundaries
- Overwhelmed
- Codependent
- Attachment



The Five Second Rule

Hang Out With Us!



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newsletter



Morning Cup of Calm



Group Work



What is your go to
reaction?



How does this trait show up
when you are triggered?



What do you need to
re-regulate?

Not Done, But...



Survey Time



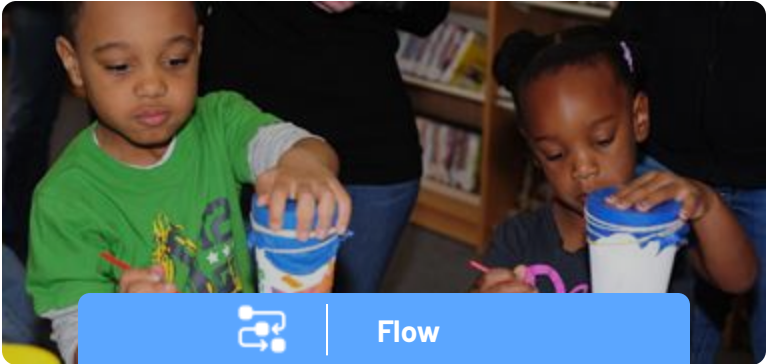
Closing The Stress Cycle



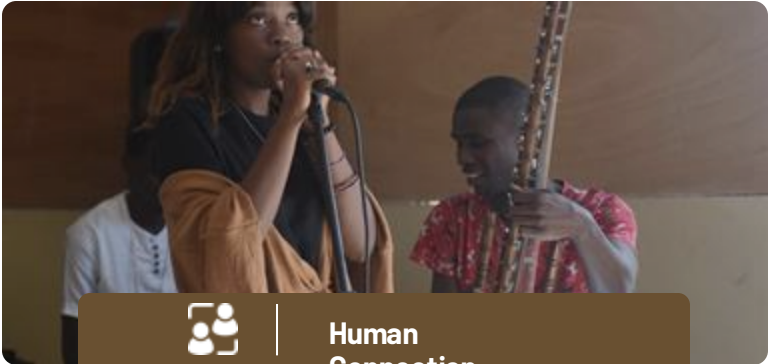
Movement



Mindfulness



Flow



Human
Connection

Affirmation



A short phrase that reminds you to keep calm



Practice, practice, practice



Ex: This is not an emergency



Your Teacher Hat

Change your perspective from “problem” to “skill”

Examples



“How do I stop CJ from hitting?” turns into...



“How do teach CJ to be safe when he is angry?”



Think of an issue you are facing with your kids now - write down the skill you could teach

Build skills through scripts and role play



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Thank YOU

