

TOGETHER on purpose

Need some go-to phrases when everyone is upset? These are sure to help. **15 Phrases to Use Instead of “You Make Me So Mad!”**

by Andrea Nair, MA CCC

When we are at the end of our ropes, it can be incredibly hard to stay calm when our children do or say something that is upsetting. Self-talk can so quickly shout negative messages in our minds like, “I can’t take this anymore,” or “I don’t have time for this!”

It is important for us to not let these kinds of negative messages move from our thoughts to our voice. Doing so is likely to get everyone worked up, and create a sense of **counterwill** in our children. Dr. Gordon Neufeld coined this term, which represents the phenomenon that happens when a person feels an instinctual drive to do the opposite of what they are being asked to do. This

drive is inherent in us to keep us safe by not following instructions from someone who might have harmful intentions, but we don’t want to trigger this drive when, for example, we are trying to get out of the door in the morning.

There are two important factors, which reduce counterwill and increase cooperation in children:

1) That they feel a positive, loving connection with the person who is giving the instructions, and 2) That these instructions are delivered in a clear, supportive, and encouraging way.

One of the best ways to accomplishing these goals when emotions flare is to

have phrases ready ahead of time that you can rely on to get you through rough patches. Saying something like, “You make me SO MAD!” might be what we are thinking, but these words are sure to stir upset feelings in your child.

Instead, phrases that acknowledge the child’s emotions (validate), demonstrate you are paying attention (attune), help the child manage his or her feelings (affect management), and problem solve will have a much more positive effect.

When a child feels heard and supported, (s)he can let go of the anger and move into the more deep emotion that triggered the melt-down, which (unless it is due to a compromised state) is often sadness. That shift from anger to sadness will allow the strong emotion to process and everyone to feel better.

15 phrases to say instead of “You make me so mad!”:

These phrases will encourage calming down and rational thinking from everyone. I am grateful that several of my parenting educator colleagues have offered their expertise for this list.

1 “Is that ____ (puzzle, book, tower, banana peel) hard to do? Do you

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It's STILL not too late to get your Starbucks Card!



We only ask one small favor ...

Visit www.togetheronpurpose.org and fill out the survey to let us know what services YOUR FAMILY would find valuable. Then, fill out the contact form, and we'll send your gift card out!

Eligibility: Must be over 18. Must be a foster or adoptive parent in the Tehama County area (we're interpreting that pretty loosely, but keep in mind, supplies are limited). While supplies last. Rules are subject to change at any time.

ONLY ONE submission (and Starbucks card) PER ADULT.

WHAT'S GOIN' ON? Coming Events & Activities

MAY 2017

9 Fetal Alcohol Spectrum Disorder Group (FASD) (Chico)

Tuesday, May 9, 9:30-11:30AM, Lilliput Children's Services, 289 Rio Lindo Ave. Chico. Marji Thomas, MA, CCC is facilitating this new support group, focusing on Fetal Alcohol Spectrum Disorder. The FASD Support Group will provide general information, resources, referral information and provide a supportive circle for you and your family. Please join us every month for this new and informative support group. For more information, contact Alice McKee, MSW- 530.828.8731 AMcKee@Lilliput.org

16 Together on Purpose Network & Resource Group

Tuesday, May 16, 3:30 - 4:30PM Alternatives to Violence Counseling Center, 20 Antelope Blvd., Red Bluff (on the corner of Antelope Blvd. & Rio St., in the same complex as the Copy Center). Come meet with professional therapist Scott Howell, MFTI and other Tehama County adoptive families for support, networking and resource sharing. **Free childcare provided on-site.** All adoptive families welcome. For more information, call 530-727-9423 or email acurry@atvrb.org. **We look forward to seeing you there!**

19 Understanding the Lifetime Core Issues in Adoption

Friday, May 19, 9AM-4PM Recovery from loss means discovering and completing what was unfinished for your unique relationship. Adoption is created from loss. Without loss, there is no adoption. Understanding the 7 core issues in adoption: loss, rejection, guilt/shame, grief, identity, intimacy and mastery/control has been identified as crucial in strengthening permanence for the adopted person and their family. This is a lifelong journey. Families who can recognize these issues as they arise are better able to meet the needs of their children. Course objectives: Define family, Define the 7 core issues in adoption, Define 4 parenting tools to help children integrate each issue, Understand the developmental stages of grief for children, Understand identity and

its challenges for adopted teens. The Presenter: Debra Wiegel, LMFT, in private practice in Woodland, California. She has worked with foster, adopted and kinship children and their families for the last 25 years.

JUNE 2017

13 Fetal Alcohol Spectrum Disorder Group (FASD) (Chico)

Tuesday, June 13, 9:30-11:30AM, Lilliput Children's Services, 289 Rio Lindo Ave. Chico. Marji Thomas, MA, CCC is facilitating this new support group, focusing on Fetal Alcohol Spectrum Disorder. The FASD Support Group will provide general information, resources, referral information and provide a supportive circle for you and your family. Please join us every month for this new and informative support group. For more information, contact Alice McKee, MSW- 530.828.8731 AMcKee@Lilliput.org

20 Together on Purpose Network & Resource Group

Tuesday, June 20, 3:30 - 4:30PM Alternatives to Violence Counseling Center, 20 Antelope Blvd., Red Bluff (on the corner of Antelope Blvd. & Rio St., in the same complex as the Copy Center). Come meet with professional therapist Scott Howell, MFTI and other Tehama County adoptive families for support, networking and resource sharing. **Free childcare provided on-site.** All adoptive families welcome. For more information, call 530-727-9423 or email acurry@atvrb.org. **We look forward to seeing you there!**

Farmer's Markets

Saturday Mornings, June 3 to September 30 from 7:30AM-Noon at Red Bluff City Park

Wednesday Evenings, June 7 to August 23 from 5-8PM, Downtown Red Bluff at Washington and Pine Streets.

SAVE THE DATE!

16TH ANNUAL CAMP ALWAYS

JUNE 19 - 23, 2017

Held at Mt. Cross in Ben Lomond, CA in the beautiful coastal redwood forest of the Santa Cruz Mountains, Camp ALWAYS is an award-winning Adoptive Family camp that features lodging, meals, workshops and respite for parents, children's activities and FAMILY FUN!

For questions or rate information, contact camp@Lilliput.org or 916-678-7254

Registration forms available April 1st at www.lilliput.org.

More Resources for Adoptive Families:

Support Groups:

Yuba, Sutter, Colusa, Glenn Counties

For Support Groups held in Yreka, Mt. Shasta, Orland or Sacramento contact Leslie Damschoder at 530.879.3861

Butte County Post Adoptive Services

Support Group, Drop in Assistance, WRAP Family Support Group ... For info, call Miko: 530-209-0817, Heather: 916-475-7198 or Deborah: 530-896-1920

Education:

Sierra Forever Families

Seminars on topics like Attachment, Understanding Poverty, Understanding Trauma, and more. Leslie Damschoder 530.879.3861

The Attach Place

Center for Strengthening Relationships
3406 American River Drive, Suite D
Sacramento, CA 95864
ce@attachplace.com (916) 403-0588

Inheriting your Grandma's Trauma

Intergenerational Trauma and how it can affect us ...

By: Alex Stavros

CEO Calo Programs www.caloprograms.com

When many of us consider inherited traits we immediately think of hair color, eye color, skin tone, height, etc. More rarely do we reflect on the possible inheritance of psychological trauma – also known as intergenerational trauma.

What is Intergenerational Trauma?

Also cited as transgenerational trauma, intergenerational trauma is defined as the exposure of one generation to a traumatic experience that continues to affect subsequent generations. Basically, certain parental experiences – neglect, addiction, abuse – that occur years before conception, can cause chemical changes in the body and pass on a sense of underlying fear, shame and anxiety to their own child. These emotional and behavioral responses to a trauma are biologically transferred between generations – at the cellular level via chemical imbalances.

One of the most high profile examples of intergenerational trauma in action is the Holocaust. While the Holocaust left physical damage on its victims, the emotional damage continues to impact both survivors and their children – even decades later.

Kellerman states, “Instead of numbers tattooed on their forearms, they may have been marked epigenetically with a chemical coating upon their chromosomes, which would represent a kind of biological memory of what the parents experienced.”

Other more recent studies have evaluated and found similar intergenerational trauma in the children of 9-11 survivors, especially those children who were in utero during the events of that day (source).

As Rachel Yehuda, a neuroscientist and the director of the traumatic stress studies division at Mount Sinai School

of Medicine in New York, said, “Children of fathers with PTSD are probably more prone to depression or chronic stress responses.”

Signs of Intergenerational Trauma and the Patient Experience

Intergenerational trauma can present with several behaviors or symptoms, including poor relationship building skills or lacking a sense of personal identity or community. Those suffering from intergenerational trauma feel a continued sense of loss in their own lives.

For many, that don't understand something happened to their ancestors and that it can be passed down, these experiences of loss create more depression and shame given the lack of understanding. This is a common experience for adoptees, for example, who often do not even know who their ancestors are, and much less, what those ancestors have been through.

People may react in various ways while coping with the trauma of their parents or grandparents. For example, some develop a severe negative reaction to stress, further complicating their mental and physical health – while many others become extremely guarded against such affects, in a way to numb to their reality.

This all becomes particularly complex when you overlay fetal trauma and early life trauma on top of this transgenerational trauma. This is especially the case for families with adopted children, where the child's history tends to be unknown, but more likely than not, it was a rocky past.

What Can Parents Do?

Psychological trauma scars not just our brain and body, but also the exact genes that are eventually passed down to our children and grandchildren. The fact scars may have been left on your child's

genes, from their ancestor's adverse experiences, is a pretty good reason why your child “can't just snap out of it” or simply use insight to apply your advice. Your child's brain is handcuffed.

That being said, these findings can be reassuring for parents who are having a hard time identifying interventions that work for their struggling child.

The first and most important method of treatment or interaction with a person suffering from intergenerational trauma is acceptance. A very simple but important notion – acceptance requires understanding that undesirable behavior may be due to the psychological effects of trauma from previous generations. The person suffering may not be aware of the source of their troubles and as a result may not seek appropriate treatment when necessary. Also, given intergenerational trauma often creates incoherent heart rhythm patterns and sub-optimal brain waves, nervous system-informed interventions, such as neurofeedback, tend to work best. =

Regardless, for parents struggling to care for a child who suffers from PTSD or intergenerational trauma it is important to work with professionals that understand the impact of trauma on the brain and body. It is critical to find care professionals that understand the impact of transgenerational, fetal and early trauma on the brain and body. Finding the right treatment is particularly important, because, if not addressed, these traumatic genetic memories may lead to the transfer of their experience to yet another generation, and another, etc. The cycle must be broken somewhere.

Take-away: “You might have inherited not just your grandmother's knobby knees, but also her predisposition toward depression caused by the neglect she suffered as a newborn.”



15 Phrases to Use Instead of "You Make Me So Mad!"

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need 1) a break, 2) to try again, 3) or some help?"

2 "I love you too much to argue/ fight with you about this. I'm going to take a little break until I can calm myself down and then we can talk about solutions whenever we both feel ready." Amy McCready, author of *The Me, Me, Me Epidemic*.

Katie Hurley, author of *The Happy Kid Handbook: How To Raise Joyful Children in a Stressful World* reminds us that it is important for kids to know that adults have feelings and emotions. Her suggestion is to say:

3 "I feel frustrated and impatient right now. Let's sit together and take some deep breaths to calm down for a few minutes," which will help diffuse the anger while normalizing the range of emotions that kids experience.

4 "Let's both count to ten and then hug. Once we settle down we can talk calmly about how we're feeling." -Joanne Foster, co-author of *Beyond Intelligence*.

Rachel Macy Stafford, the New York Times best-selling author of *Hands Free Life* has this suggestion:

5 "Remember, we're on the same team Let's work together on this." Rachel says this out loud for both her child and herself when they are in conflict. She says this phrase brings compassion, understanding, and teamwork to the frustrating situation. This helps the situation resolve more quickly and more kindly.

6 "Wow, my body feels really tight and tense right now. I am going to go take some deep breaths to calm myself

down." -Casey O'Roarty, the founder of the *Joyful Courage* parenting podcasts. I like that this phrase focuses on the physical reaction of feeling angry. Putting words to the feelings helps it to process through.

7 "I'm feeling too upset to take care of this right now. I'm going to sit down with some tea and calm down. I'll talk about it later when I'm feeling better." - Sarah Chana Radcliffe, author of *Raise Your Kids Without Raising Your Voice*.

**"I hear you saying NO.
I understand this is NOT
going how you want it.
Let's work together."**

- Ariadne Brill from *Positive Parenting Connection*

8 "My anger is getting too big right now," or "My anger is too big to talk calmly about this right now." Then focus on getting yourself back to calm (and your anger down to size). - Nicole Schwarz, author of *Positive Parenting for Imperfect Families*.

Dona Matthews, co-author of *Beyond Intelligence* offered this phrase:

9 "I love you, ____ (child's name). And right now I'm feeling frustrated. I need you to understand that it's not okay to ____ (problem). Is there anything you need me to understand better?" Tracy Cutchlow, the author of *Zero to Five: 70 Essential Parenting Tips Based On Science* uses coloured zones to help her children manage their emotions. Her suggested phrase is:

10 "I'm in the yellow zone, and I feel myself heading into the red zone.

I'm going to take a break now." She says this is a simple visual that kids can use themselves, too. Cutchlow also shared that she showed her three-year-old how to do "lion's breath" and "horse breath" from yoga, in addition to deep breaths.

11 "I hear you saying NO. I understand this is NOT going how you want it. Let's work together." - Ariadne Brill from *Positive Parenting Connection*

12 "I see that something bothering you. Let's fill up our love tanks and try again."

13 "I see that you are mad because we have to leave. Do you need some more hugs to feel ready to go?"

One of my favourite empathy-evoking phrases is from Dr. Laura Markham's book, *Peaceful Parents, Happy Siblings*:

14 "Oh sweetheart, I understand. I'm sorry this is so hard." When I say this to my boys, pretty much

every time they crumple into crying ball. I scoop them up into a hug and stay with them until they are ready to move into a problem-solving phase.

15 "You are mad because I cut the toast the wrong way (broke the banana/ stirred the yogurt/ ____). I cannot change that." Get down to your child's eye level, calm your tone and lower your voice. "What can we do now?" I'd even add an "I'm sorry this is hard" in there to help the anger shift.

(The last five phrases are from my *Taming Tantrums App*, which you can find in your iPhone or Android App Store.)

Do you have phrases that work well in your family? I'd love to hear those: please post them on my Facebook page!

For other valuable tips and articles, visit the author's website at www.andreanair.com

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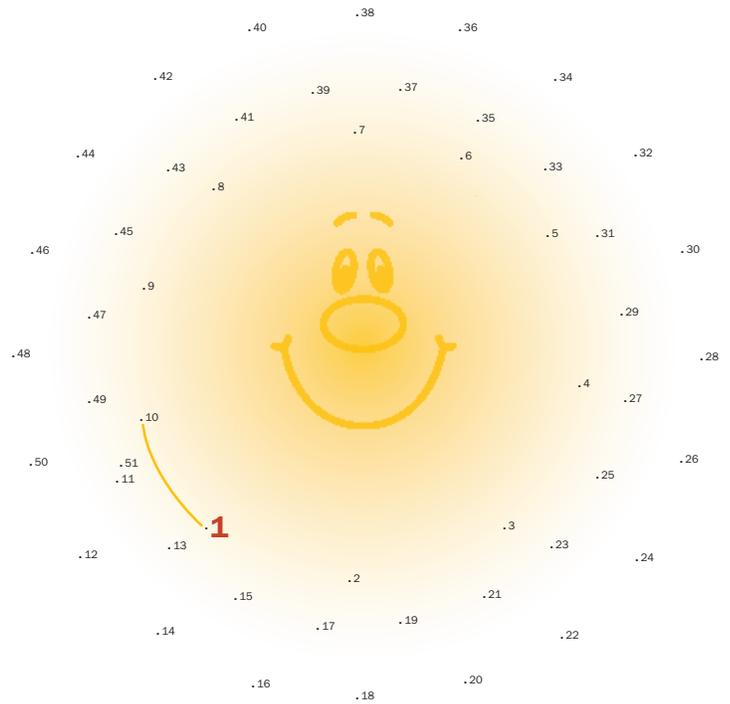
BOREDOM BUSTERS

Summertime Treats!

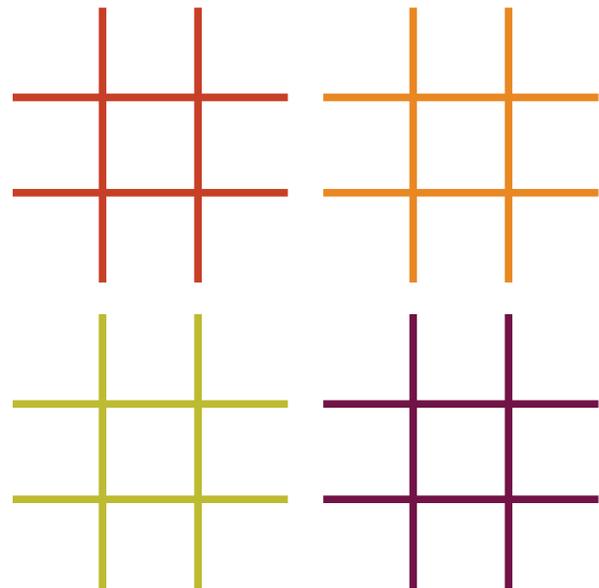
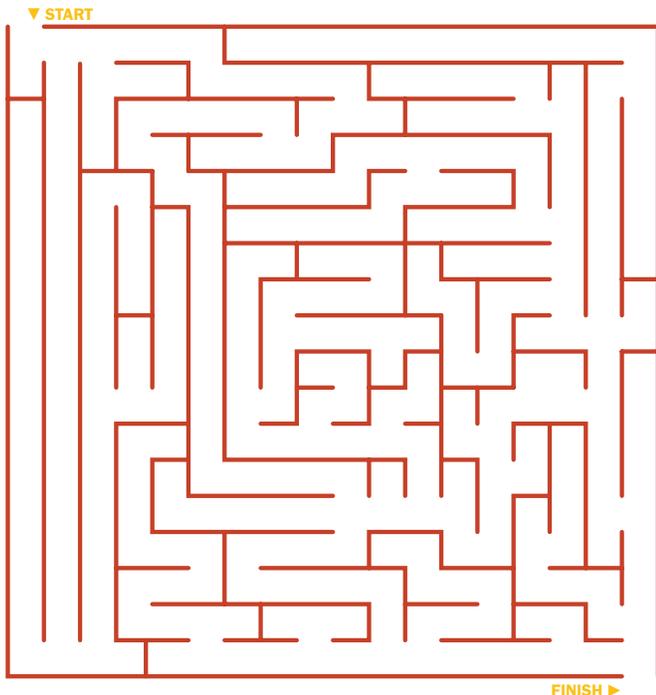
Unscramble the words below to get some great ideas for delicious treats to eat this summer ...

- rGsaep _____
- leWnareotm _____
- wtSesriberar _____
- ppleAs _____
- tsaenuP _____
- Surewnolf eSeds _____

Can you think of some more?



Can you find your way?



TIC-TAC-TOE

MAY
2017

RESOURCES, NEWS & INFORMATION FOR ADOPTIVE FAMILIES IN TEHAMA COUNTY

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