

## Parenting and the Brain - Our Chance to Re-Parent Ourselves

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**Coach Myrna--May 5, 2022**

[www.coachmyrna.org](http://www.coachmyrna.org)

### 7 Week Series Starts on May 16 & 18

Based on 7 Gifts to Give Your Child--Parenting That Will Touch Their Future

Discover how to change the patterns of your relationships!

More Info Here: [www.coachmyrna.org/7gifts.html](http://www.coachmyrna.org/7gifts.html)

## Parenting & the Brain

Being a parent gives us the chance to re-parent ourselves--we have the opportunity to continue to learn about ourselves in relationship with our child. This relationship can encourage us to deepen our connection with ourselves and with others.

One way this shows up is dealing with them when they are sad, upset or

frustration. Suppose your child comes home from school or playing with friends and says that they did not let them play or excluded them from a game. For you as the parent to respond with the understanding and empathy, you will need to connect to them with your right brain. That means stopping what you are doing, being present, getting down to their level and touching or holding them, if they are open.

You will also need to connect to the pain within of being rejected or excluded yourself. This gives you the opportunity to remember something from the past, to really understand the pain your child is experiencing. Of course, the focus still needs to be on our child—we need to be careful to not make it about us. We can start with something like, “Being a kid is hard, isn’t it?”

If we respond first with our left brain, we want to fix the problem and get them to stop crying. We all know that this is not a wise move and usually will not solve the issue. Think for a minute how that worked out when someone (your spouse, a friend, or a co-worker) tried to give you advice about how to solve a problem that you were having! Once the child has calmed down, then we can move to talking about what to do.

In the last ten years, there has been an incredible amount of research and discovery about how the brain works. Dr. Daniel J. Siegel is a neuropsychiatrist and has done years of research on the brain and authored numerous books including ***The Whole-Brain Child*** and ***Parenting from the Inside Out***. He says that we can help our kids learn to use both the logical left brain and emotional right brain together. It starts with our modeling it for ourselves and for them.

Two tools that he recommends are:

- **Connect and redirect:** When your child is upset, connect first emotionally, right brain to right brain. Then, once your child is more in control and receptive, bring in the left-brain lessons and discipline.

- **Name it to tame it:** When big, right-brain emotions are raging out of control, help your kids tell the story about what is upsetting them, so their left brains can help make sense of their experience and they can move towards feeling more in control.

Stay tuned for more about the brain functions in relationship. Discover how we can grow and expand our prefrontal cortex (the upper brain) through relationship. The prefrontal cortex is where our thinking brain lives which helps us to make good choices, calm down and tune into others.

If you would like support on your parenting journey, consider joining the 7 week series described below.

Parenting is one of the most rewarding and yet challenging roles that one can have. And it is a responsibility that we take on with very little preparation. Using my recently published book, ***7 Gifts to Give Your Child--Parenting That Will Touch Their Future***, as the foundation for discussion, I will be holding a 7 week series where you can find tools and support for you on your parenting journey. The target audience for this 7-week series is for parents of all age children although the discussion groups will be assigned by stages in life (new parents, parents of elementary age, parents of teens, parents of adult children.)

Each weekly session will focus on one chapter: The Gifts of **Belonging, Connection, Resilience, Wisdom, Accountability, Experience** and **Being the Best Parent You Can Be**. The weekly session will include **Education, Small Group Discussion, and Application**. For more information and to register: [www.coachmyrna.org/7gifts.html](http://www.coachmyrna.org/7gifts.html)

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*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](http://www.coachmyrna.org/) Find out more about Safe Conversations [www.coachmyrna.org/safe-conversations.html](http://www.coachmyrna.org/safe-conversations.html).*

