



“Rejoice with those who rejoice, and weep with those who weep.” Romans 12:15



Welcome Parents! Music & Reading! Everyone participates ~



Empathy - putting yourself in your child's shoes and responding accordingly (role play)

- ◆ It's impossible to be unsettled and have empathy
- ◆ Caring more about what's going on inside my child rather than my agenda, i.e., getting the homework done, the house clean, dinner, etc.
- ◆ Use their eyes, imagination, words to reflect what they're hearing and hearts to feel what their child is feeling
- ◆ ASK: “What is it like for you right now?” “Let's make a plan right now.”
- ◆ Follow through so your child knows she can trust you.
- ◆ Don't meet your child's anger in your anger. Meet that energy level but return with a calm attitude – recognizing what he's feeling, being kind & firm.
- ◆ https://connectedfamilies.org/why-is-empathy-important-ep-218/?ck_subscriber_id=2898443176&utm_source=convertkit&utm_medium=email&utm_campaign=Why%20big%20emotions%20need%20big%20empathy%20-%2016837954



Separation Anxiety

- ◆ Rule out possible medical issues with pediatrician.
- ◆ Behavior may be a bad habit that has escalated.
- ◆ Remind child that all is well & mom will be back then let him cry, checking after 20-30 minutes. It's easy to give in – takes time to break a habit.



Learning Styles – Visual, Auditory, Kinesthetic, Analytic, Global

<https://www.focusonthefamily.com/episodes/broadcast/discovering-your-childs-learning-style-part-1-of-2/>

20 Empathy Statements to Help Your Child Feel Understood

Questions to prepare:

“What is it like to be my child right now? What is overwhelming them?” “When have I experienced something similar, and how did that feel?” “What does the Lord’s empathy for me look like right now?”

“What does my child need now to feel joined and understood?”

Empathy statements:

Any of these statements can be followed up by quiet listening and giving your child space to sort out their thoughts and feelings, or the simple invitation, *“Want a hug?”*

1. *“I can see that you’re hurting. That’s an awful feeling.”*
2. *“Thank you for sharing that with me. I feel your sadness.”*
3. *“I know you’re really angry with me—I’m so glad you’re honest with me.”*
4. *“I’ve felt that way too, especially when _____.”*
5. *“Can I rub your back or just sit with you while you sort out these big feelings?”*
6. *“You’re having a really tough day. I get it. Life is not cooperating!”*
7. *“That was hard! What else do you want me to know about it?”*
8. *“I know you’re upset it didn’t work out. You did your best, and it’s disappointing.”*
9. *“That makes sense. I think I’d feel that way too.”*
10. *“It sounds like you’ve had quite a day! Whew!”*
11. *“I’d be disappointed too. You were so excited for this.”*
12. *“Friendships can be so hard! I remember struggling with these problems at school, too.”*
13. *“You know, I do the same thing sometimes! It can be really hard to make the right choice.”*
14. *“I think I hurt your feelings. Can we talk about it?”*
15. *“It must be tempting to give up...”*
16. *“We’re both struggling right now, aren’t we?”*
17. *“Do you want to hear about my worst day at school, too?”*
18. *“This is hard to talk about, isn’t it? That’s ok.”*
19. *“I don’t know what you should do, but I’m always in your corner.”*
20. *“It’s brave of you to talk honestly with me.”*

Separation Anxiety Article

The first thing you need to do is have your child evaluated by your pediatrician to make sure that there isn't some kind of physical cause for this behavior. Once you've ruled out potential medical issues, you can try some other methods of solving this problem.

You might begin by taking a close look at the schedule you've been keeping. It's possible that what you call "separation anxiety" is nothing more than a bad habit that has escalated into a continuous negative cycle. There are some things you can do to arrest that cycle and regain control of the situation. Here's a simple plan you might try.

Arrange your baby's crib at an angle in the nursery so that you can observe him through the partially closed door without his seeing you. When you put him down, set a timer for 30 minutes. Then go and get involved in something elsewhere in the house - read a book, for instance, or listen to some quiet music. If he's still crying after 30 minutes, go back into his room, lay him back down, and pat him gently while saying, "It's okay. Time to sleep now." After that, leave the room and repeat the pattern over and over again until he falls asleep.

Some parents might disagree with us, but we don't recommend that you make a habit of bringing your child into your bed on a regular basis. He may very quickly decide that he wants to sleep with you *all* the time, and once that pattern has been established it will be very hard to break. You may win the immediate battle, but you will end up losing the war.

Are any of the grandparents available to coach you as you go through this difficult process? How about an aunt or uncle or an older couple in your church or social network? It's sometimes helpful for extended family members to work together as a team. You'd be surprised how comforting it can be just to have grandma or grandpa present in your home during one of these extended crying bouts. Among other things, they can help soothe *your* nerves and reassure you that your baby's behavior is normal. They can also pick up on subtle cues that young parents sometimes fail to notice and help them break negative patterns.

Whatever approach you take, it's important to persevere and be consistent. Don't give up too quickly. Stick with it for several weeks in a row before deciding to try something different. The goal is for mom and dad to overcome their feelings of panic, to achieve a measure of calm and repose within themselves, and then to transfer that soothing influence to their child. This will mean working together persistently over the next couple of months. If you hold the course, eventually your baby's nervous system will mature, your confidence will increase, and your home will be a little more peaceful.

Learning Styles – helpful to understand your child & yourself!

Auditory Learners

- I need to hear myself say it in order to remember it.
- I often need to talk through a problem aloud in order to solve it.
- I memorize best by repeating the information aloud or to myself over and over.
- I remember best when the information fits into a rhythmic or musical pattern.
- I would rather listen to a recording of a book than sit and read it.

Visual Learners

- I often need to see an illustration of a concept before I can fully understand it.
- I am drawn to colorful, visually stimulating objects.
- I almost always prefer books that include pictures or illustrations with the text.
- It may look like I'm daydreaming when I'm simply trying to get a mental picture of what's being said.
- I usually remember better when I can actually see the person who is talking.

Kinesthetic Learners

- I have difficulty sitting still for more than a few minutes at a time.
- I usually learn best by physically participating in a task.
- I almost always have some part of my body in motion.
- I often prefer to read books or hear stories that are full of action — or stories read in dramatic fashion.

Analytic Learners

- I enjoy step-by-step, detailed, predictable processes.
- I thrive in a quiet, uncluttered space where I can be alone and uninterrupted.
- I often like to do my homework on a predictable schedule.
- I may enjoy having input in deciding a method of accountability during my studies.

Global Learners

- I enjoy seeing the big picture and often prefer focusing on that instead of the details.
- I am naturally drawn to working cooperatively with others.
- I may struggle to concentrate on a task if I am asked to work alone.
- I can better concentrate when everyone in my family is working on something similar.