

Roots to Wings,
LLC



.....
HEALING TRAUMA AND REPAIRING RELATIONSHIPS

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Presenting

"STRONG GIRLS & RAISING BOYS"

For: Mothers of Preschoolers



AGENDA



- Assessing Our Own Stereotypes
- Challenges of Raising Children in Today's Culture
- Factors in Secure Attachments
- Resilience Regardless of Gender
- Raising Strong Girls
- Raising Respectful and Secure Boys
- Questions

*Parenthood is about raising
and celebrating the child you have,
not the child you thought you'd have.*

*It's about understanding your child is exactly
the person they are supposed to be.*

*And if you're lucky,
they might be the teacher who turns you
into the person you're supposed to be.*

- THE WATER GIVER



Sorta Crunchy Mama



SHAME TRIGGERS:

Men: Weakness (not wealthy, strong, smart enough)

Women: Appearance (not young, pretty, skinny enough)

STEREOTYPES

Traditional roles with woman as homemaker, men as breadwinner

Men as athletes and leaders, women as nurturers

Our Culture

MEDIA

Gender stereotypes in media are persistent and research shows they are effective at teaching kids what culture expects of boys and girls by targeting them during a period in development when they are most receptive to their influence.

As children develop and through play exploration, they begin to define themselves in many ways. Children learn social meaning through culture and adults. Children are most resilient when they know they are valued and feel they belong. Gender is one way to understand group belonging, which is important for secure development.

THE GOOD NEWS IS...

**THE SINGLE MOST COMMON FACTOR
FOR CHILDREN WHO DEVELOP
RESILIENCE IS AT LEAST ONE STABLE
AND COMMITTED RELATIONSHIP
WITH A SUPPORTIVE PARENT,
CAREGIVER, OR OTHER ADULT.**

A secure relationship is the most important
foundation of effective parenting.



WHAT IS A SECURE ATTACHMENT?

PARENTING FOR A SECURE ATTACHMENT HAS TWO THEMES: 1) PROVIDING COMFORT WHEN NEEDED AND 2) OFFERING THE FREEDOM TO EXPLORE WHEN DESIRED.

[HTTPS://VIMEO.COM/122770192](https://vimeo.com/122770192)

SOME QUALITIES OF SECURE ATTACHMENT

Attunement

Cues vs. Miscues

"Bigger, Stronger, Wiser, Kind"

Empathy

Reflective capacity and functioning

Warmth and Affection

Emotional Regulation

Repairing Ruptures

Connection Before Correction



Girl Scouts' Developmental Psychologist Andrea
Bastiani Archibald, Ph.D. :

“Kids have this amazing, natural ability to see the world as limitless, but when adults signal that certain things or behaviors are off limits for kids based on their gender, their worlds get smaller and smaller—and that’s not just sad, it can be damaging as well.”

Building Resilience in Our Children, Regardless of Gender

- Understand and describe behaviors in terms of brain chemistry/science rather than stereotypes; destereotype
- Talk about and MODEL manners, values, and boundaries
- Teach them skills to handle their problems and think for themselves
- Teach them that emotions give them information about themselves and their world and that they are ok and allowed
- Teach them to embrace vulnerability and take healthy risks
- Don't pretend stereotypes don't exist
- Validate and normalize their feelings and help them put them into perspective
- Praise unique skills, effort, and qualities rather than appearance and accomplishments
- Acknowledge your own experiences and how it affects parental perceptions of your child
- Use media to have thought provoking discussions that challenge gender myths

What Traits and Strengths Do You Want Your Daughter to Develop? Are These Reflected in Your Parenting?



ENCOURAGE
CURIOSITY
HEALTHY RISKS
TEAM BUILDING WITH
OTHER GIRLS
DEVELOP A PASSION
PHYSICAL ACTIVITY



ALLOW
ASSERTIVENESS
HER TO TALK (AND YOU
LISTEN)
ALLOW HER TO SAY NO
EXPLORATION OF **ALL**
ACTIVITIES (LIKE STEM)



TEACH
HER BODY IS HERS
HER TO THINK FOR
HERSELF
PROBLEM SOLVING
SEX/LOVE/RELATIONSHIP
S IN MEDIA VS. REAL LIFE

RESPECTFUL & SECURE

BOYS

BOYS NEED MALE AND FEMALE ROLE MODELS, A MOM WHO MODELS ASSERTIVENESS, AND A DAD THAT SHOWS UP FOR THINGS BESIDES SPORTS



TEACH

MANY WAYS TO BE A MAN
FEELINGS ARE OK TO
SHOW AND TALK ABOUT
HEALTHY RELATIONSHIPS
EVERYONE HAS A PLACE



SUPPORT

ALL INTERESTS
BOYS WHO DON'T "FIT IN"
HANDS ON LEARNING
AND READING



CHALLENGE

EXPECTATIONS OF BOYS
AT SCHOOL
TOUGH GUY MYTH
AGGRESSION AS NORMAL
AND ACCEPTABLE

THE WAY WE TALK
TO OUR CHILDREN
BECOMES THEIR
INNER VOICE.

~ PEGGY O' MARA

"What a child
doesn't receive
he can seldom
later give."

P.D. James



"WE WORRY
ABOUT WHAT A
CHILD WILL
BECOME
TOMORROW,
YET WE FORGET
THAT HE IS
SOMEONE
TODAY."

STAC



Let's try
teaching
children
how
to think
instead of
what
to think.

Resources for Parents

Girls, Inc

PBS.org/PBS Parents

Mighty Girls

Girl Up

Girl Talk

American Girl Series

Mother/Daughter Journal

The Whole-Brain Child-Siegel & Bryson

I Love You Rituals-Becky Bailey

Sesame Street

Zero to Three

Circle of Security

Childmind.org

Raising a Secure Child-Hoffman, Cooper, Powell

Children's Books by Peter Reynolds (Ish, The Dot...)

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