

HEALING TRAUMA AND REPAIRING RELATIONSHIPS

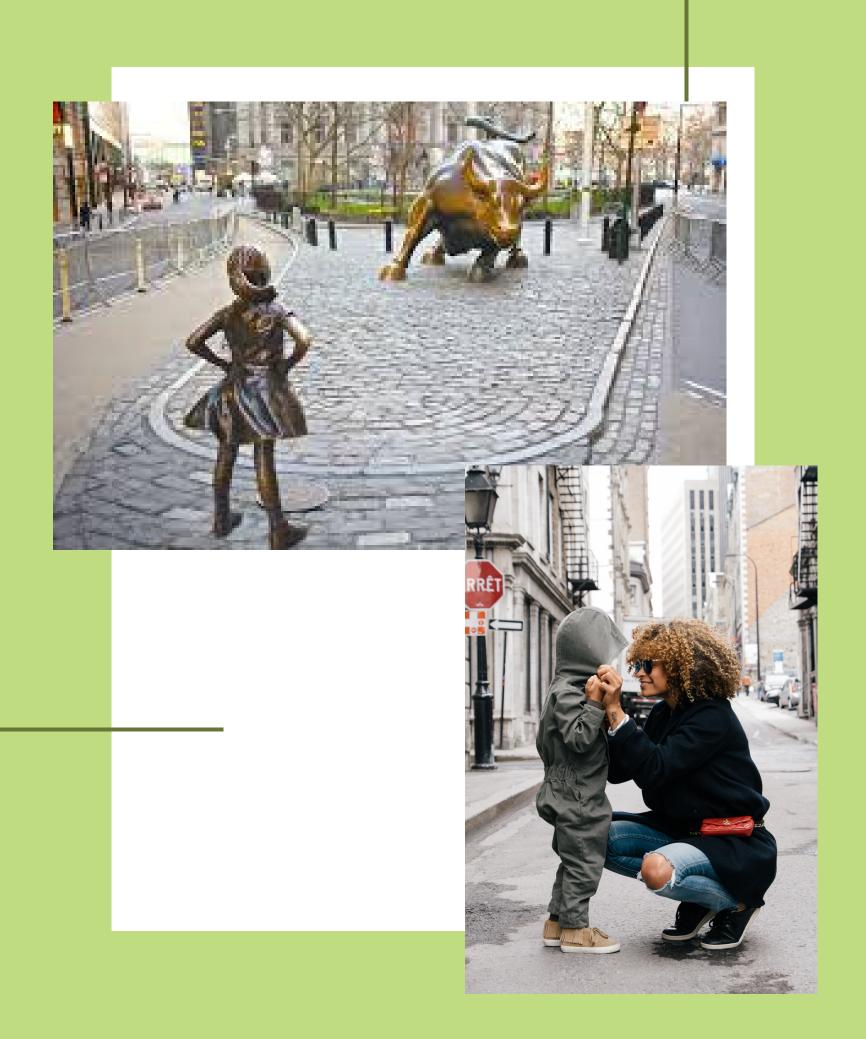
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Presenting

# "STRONG GIRLS & RAISING BOYS"

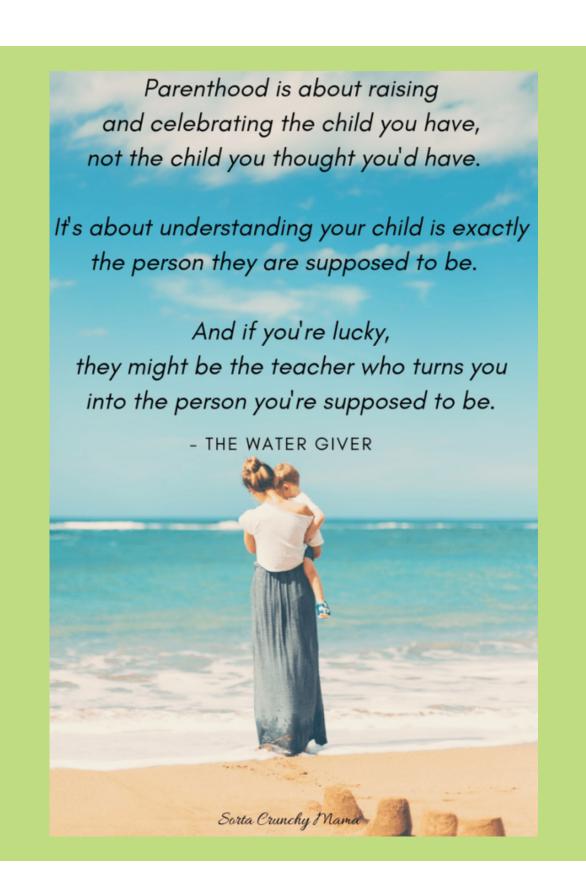
For: Mothers of Preschoolers





## **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





### **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 as athletes and leaders, women as nurturers

## **Our Culture**

#### **MEDIA**

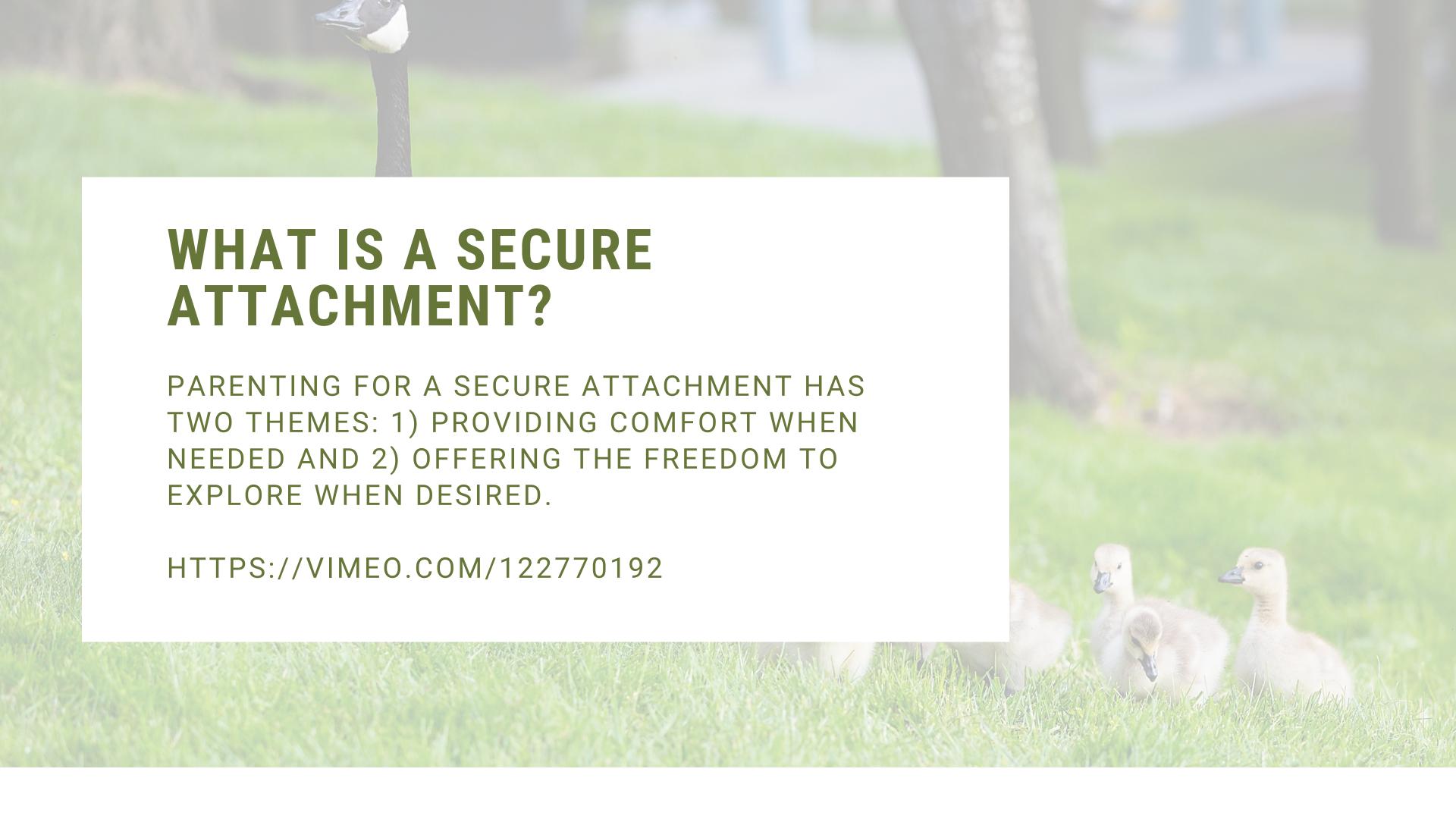
Gender stereotypes in media are persistent and research shows they are effective at teaching kids what culture expects of boys and girls by targeting them during a period in development when they are most receptive to their influence.

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.



## 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

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 overwhelmed doesn't receive by complete emotions it's our job to share our calm, not join



it's our job to share our calm, not join their chaos." LRKnost

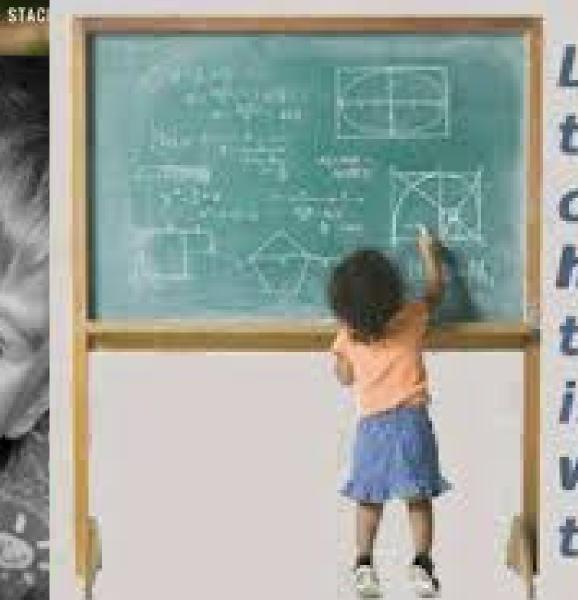


"Every day in a hundred small ways our children ask, 'Do you see me? Do I matter?'
Their behaviour often reflects

our response

LR Knost

\*Tids Matter



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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