

# The Intentional and Calm Parent

*Coaching Group for Adoptive and Foster Moms*

**Experience more calm and peace in your home by learning and practicing proven techniques!**

In a 6 week small online group, you will find help and practical ideas on how to parent your foster or adoptive child in a firm but loving way. You will be guided by a certified coach and adoptive mom and surrounded by parents who will understand and support you. This is a Christian faith based group for those who want to grow and thrive!!

Each week you:

- will review a chapter from the book *The A-Z of Therapeutic Parenting: Strategies and Solutions* by Sarah Naish
- participate in a short mindfulness activity
- learn and review information on parenting
- learn emotional regulation information and skills
- set small goals to apply what you are learning
- receive a weekly email with worksheets and an encouraging Bible verse

**Who:** We are currently offering a group for Adoptive and Foster Moms (A separate group for just dads will be offered in the future)

**Time and Date:** Thursday evenings from 7:00-8:30 pm beginning the 2nd week of September 10th

**Cost:** \$30/session paid in a one-time fee of \$180

**Class Schedule:**

- Goal and Progress Sharing
- Mindfulness Training
- Teaching on Parenting and Emotional Regulation
- Discussion
- Wrap- Up and Goal Setting

## **Six Week Schedule:**

**Week 1.** Fear Based Behavior (Parenting) and What emotions are and what do they do for us (Emotion Coaching)

Book Discussion on fear and the root cause of many misbehaviors, felt safety and ways to help your child feel safe. Learn about the physiology and purpose of emotions.

Homework: chart your child's behavior and your behavior to deepen insight

**Week 2.** Structured Parenting (Parenting) and Emotion Mind, Wise Mind and Logical Mind, Emotion Processing (Emotion Coaching)

Book discussion on how we provide boundaries and structure for our children. Understand the various states of mind and how we process emotions.

Homework: Evaluate the subtle and apparent ways you are using structure in your parenting

**Week 3.** Nurture in Parenting (Parenting) and Fight, Flight, Freeze (Emotion Coaching)

Book discussion on how we provide nurture for all ages. Deepen our understanding of the fight, flight and freeze response

Homework: Evaluate the subtle and apparent ways you are using nurture in your parenting

**Week 4.** Discipline (Parenting) and Window of Tolerance (Emotion Coaching)

Book discussion discipline and review the IDEAL response in Trust Based Relational Intervention. Learn about the window of tolerance.

Homework: Chart your use of presence, touch, humor and the IDEAL response.

**Week 5.** Strategies to Avoid (Parenting) and Polyvagal Ladder (Emotion Coaching)

Book discussion on being a leader, using positive language and having realistic expectations. Understand more about the Polyvagal Ladder, social engagement and ventral vagal activation.

Homework: Chart your use of leading, language and expectations.

**Week 6.** Compassion Fatigue (Parenting) and Amygdala Hijack (Emotion Coaching)

Book discussion on the realities of compassion fatigue. Learn about amygdala hijacking.

Homework: Develop a micro and macro self-care plan.