

# WellNest Counseling

*Bringing wellness to your nest*



**Week 12:  
Wrapping it all up!**

**Please complete this workbook before your live meeting.**

Congrats! You have reached the final session of your parenting program. I hope you feel proud of yourself and a newfound sense of confidence. You are, and have always been, the best parent for your kiddo. Hopefully you believe that now (if you didn't) too. While our work is never done as a parent, especially since one of our foundations is to always learn, you have come to the end of your parenting journey with WellNest. I hope you take some time to celebrate how far you have come and how much you have learned. Reflect back on where you were, and acknowledge where you are now! Let's start this week by reviewing all the different techniques we have learned so far.

**The Parenting 5 Foundations:**

1. Informed
2. Emotions
3. Boundaries and Values
4. Safety
5. Fun

**Active Listening:**

1. Slow down, be present, listen with intention
2. Refrain from interrupting
3. Try not to label or judge
4. Do not compare

**Reflecting feeling:**

Simply state the child's feelings back to them, "You are feeling word." Do this first before any parenting skills.

**Hand Brain Model:**

When the brain is connected, we are thinking with our upstairs and downstairs brain. However when we get sent into flight or flight we lose access to our upstairs brain, thus flipping your lid.



**Anchor yourself:**

- Awareness of what's going on in your body
- Name the emotions
- Connect to your calming tool
- Honor the process
- Open to connection
- Recommit to your parenting goals

**Harbor:**

- Hold space for your child and ALL their emotions
- Accept ALL the emotions – emotions are okay
- Remember their calming tool, and model it

- Be low and slow
- Open to connection
- Reassurance verbally; tell them they are safe

### Root-to-Bloom Process for Looking Beneath the Surface of Behavior

- FLOWER: Outward expression of the child's behavior.
- ROOTS: Everything beneath the surface that the parent must pause and take into consideration:

- |               |                             |                                |
|---------------|-----------------------------|--------------------------------|
| → Feelings    | → Context of situation      | → Quality of secure attachment |
| → Unmet needs | → Brain development         |                                |
| → Thoughts    | → Nervous system regulation |                                |
| → Beliefs     |                             |                                |

### Parenting tool bag

- |                                 |                                      |                             |
|---------------------------------|--------------------------------------|-----------------------------|
| ● Name it to tame it            | ● Listen vs Lecture                  | ● Calm cave/corner          |
| ● Connect to redirect           | ● Make time for conversation         | ● Energy releasing movement |
| ● Engage, don't enrage          | ● Sportscast                         | ● Soothing music            |
| ● SIFT                          | ● Humility rather than righteousness | ● Touch                     |
| ● Box breathing                 | ● Use self-esteem building responses | ● Distress signal           |
| ● Understand Can't versus won't |                                      |                             |
| ● Chase the why                 |                                      |                             |

### 6 steps to intentional conversations

1. Reflect feeling
2. Ask for consent
3. State what you see
4. State what you feel about what you see
5. State your values
6. Make a request

### Peace Process:

- P - Presence
- E - Empathy
- A - Acknowledge what is true
- C - Conscious Communication
- E - Exploring solutions together

### FLO

- F- Feeling
- L- Limits
- O-Options

### Choice giving as a consequence:

If you choose blank, then you choose blank. If you choose not to blank, then you choose not to blank.

### Intentional Play

Be present, engaged, and interested in the activity you are doing with your child, even if it is boring. Let them lead, reflect feeling, and laugh. Spend a minimum of 30 minutes a week with your child in child-lead play.

Now, let's spend some time reflecting as a parent:

1. What was your original parenting goal? Do you feel that you met it? Is there any areas of this goal that you can continue to grow?
2. How has your relationship with your child changed?

### **Attachment Science**

We spent week four learning about the importance of attachment and how to secure one in your child. We went over the first 3 s's: soothe, safe, and seen. The last s, secure, happened when the first 3 are the foundation of your relationship. Spend some time reflecting on your attachment now.

3. Do you find yourself more comfortable with emotion and behavior, yours or your child's?
4. In what ways has your ability to experience emotions, yours or your child's, changed?
5. Are you able to have more emotional bandwidth for your children?
6. Are you able to sit with you or your child's uncomfortable and bigger emotions instead of shutting down or running away or becoming angry?

**Nervous System:**

Week 5 was spent understanding how the nervous system affects your child's fight or flight response and behavior. Spend some time reflecting on the changes you've made when handling these stages of regulation found in the nervous system.

7. Have you been able to identify when you or your child are in the blue, green, or red zones?
  
  
  
  
  
  
  
  
  
  
8. Can you identify an upstairs vs. downstairs tantrum?
  
  
  
  
  
  
  
  
  
  
9. Are you able to identify your own zones of regulations?
  
  
  
  
  
  
  
  
  
  
10. Are you able to tap into your own calming tools?
  
  
  
  
  
  
  
  
  
  
11. Have you practiced any vagus nerve calming tools? What works well for you all?

**Mindsight**

Week 6, we learned about mindsight and how to really see your child. Spend some time reflecting on your use of mindsight.

12. Are you able to better look beneath the behavior and figure out what is truly going on with your kiddo?

### **Soothing**

We learned about the science behind soothing in week 7. Spend some time reflecting on your ability to soothe your kiddo.

13. Have you noticed a change in the way you soothe your kiddo, even when they are in trouble?

14. Has your understanding of your child's developmental ability changed?

15. Do your expectations match your child's developmental ability?

### **Communication**

In weeks 8-10, we learned different ways of communicating, setting boundaries, and enforcing consequences. Spend some time reflecting on your ability to be intentional with your words.

16. Are you finding yourself more able to say 'no' and stick with it when you mean it?

17. Are you practicing asking for consent before having a serious conversation with your child?

18. Can you name your feelings in a self-accountable way, meaning you can take ownership of your feelings and not blame your child for them?

19. Are you using requests and not demands?

20. Are you open to conversation and negotiation?

21. Have you been able to set clear boundaries with intention?

22. What boundaries need more work or clarity?

23. Are you able to set limits and enforce consequences with your child without anger?

24. Are you open to being flexible as needed with rules, limits, or boundaries?

### **Play**

Week 11 was spent learning about play. I know it's only been a week, but let's reflect.

25. How was this last week with your intention to play?

26. Have you noticed any change in relationship or demeanor due to more intentional play?

27. What parts of play do you still struggle with?

28. What parts of play have you found that you are good at?

**Core Needs:**

Do you have any core needs as a parent that you feel you are not getting? Use the basic human needs chart to identify three needs (if any) that you would like to have as a parent, and answer the chart below.

| Need | What would I need to let go of in order to get this need met? | Who would I need to be in order to get this need met? | What steps can I take right now to get this need met? |
|------|---|---|---|
|      |   |   |   |
|      |   |   |   |
|      |   |   |   |



### Basic Core Needs

|                        |                      |                     |
|------------------------|----------------------|---------------------|
| Acceptance             | Warmth               | Awareness           |
| Attention              | To Understand and Be | Celebration of Life |
| Affection              | Understood           | Challenge           |
| Appreciation           | Physical Well-Being  | Clarity             |
| Autonomy               | Air                  | Competence          |
| Connection             | Food                 | Consciousness       |
| Belonging              | Movement/Exercise    | Contribution        |
| Cooperation            | Rest/Sleep           | Creativity          |
| Communication          | Sexual Expression    | Discovery           |
| Closeness              | Safety               | Efficacy            |
| Community              | Shelter              | Effectiveness       |
| Companionship          | Touch                | Growth              |
| Compassion             | Water                | Hope                |
| Consideration          | Honesty              | Learning            |
| Consistency            | Authenticity         | Mourning            |
| Empathy                | Integrity            | Participation       |
| Inclusion              | Presence             | Purpose             |
| Intimacy               | Play                 | Self-Expression     |
| Love                   | Joy                  | Stimulation         |
| Mutuality              | Humor                | To Matter           |
| Nurturing              | Peace                | Understanding       |
| Respect/Self-Respect   | Beauty               | Autonomy            |
| Safety                 | Communion            | Choice              |
| Security               | Ease                 | Freedom             |
| Stability              | Equality             | Independence        |
| Support to Know and Be | Harmony              | Space               |
| Known                  | Inspiration          | Spontaneity         |
| To See and Be Seen     | Order                |                     |
| Trust                  | Meaning              |                     |

Using the chart above, identify three needs that are getting met for you and your family:

| Need | Mom | Dad | Child 1 | Child 2 | Child 3 |
|------|-----|-----|---------|---------|---------|
|      |     |     |         |         |         |
|      |     |     |         |         |         |
|      |     |     |         |         |         |

**Overall:**

Look at the big picture.

1. What is your biggest take away from this experience?
2. Has your mindset about parenting changed over the last 12 weeks?
3. What is something you would like to continue to work on?
4. Are there any questions that did not get answered?
5. Do you have any new values that you find important that weren't there 12 weeks ago?
6. Do you have any left over limiting beliefs?
7. When you think about yourself as a parent, what comes to mind? How do you feel?

Thank you for working with me! I so enjoyed our time together. I hope you keep learning and growing and remember that parenting isn't about being perfect. Even mistakes can be a wonderful teachable moment. There is no pressure to be perfect! Just try your best!