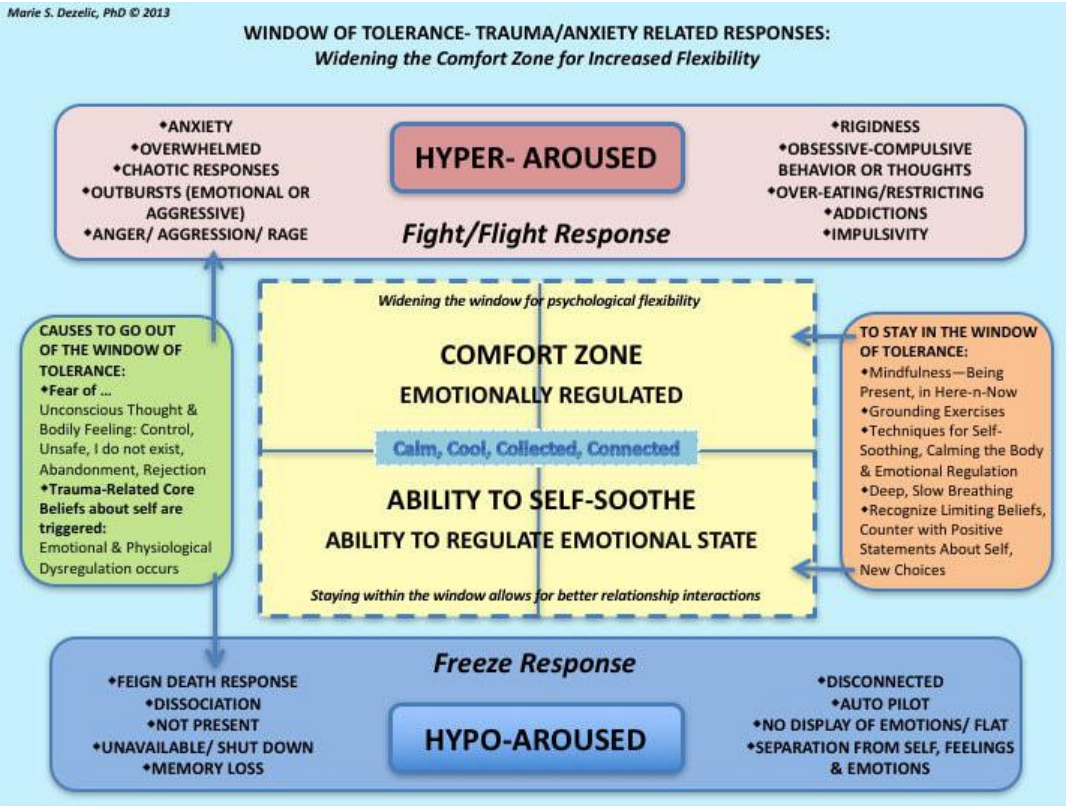




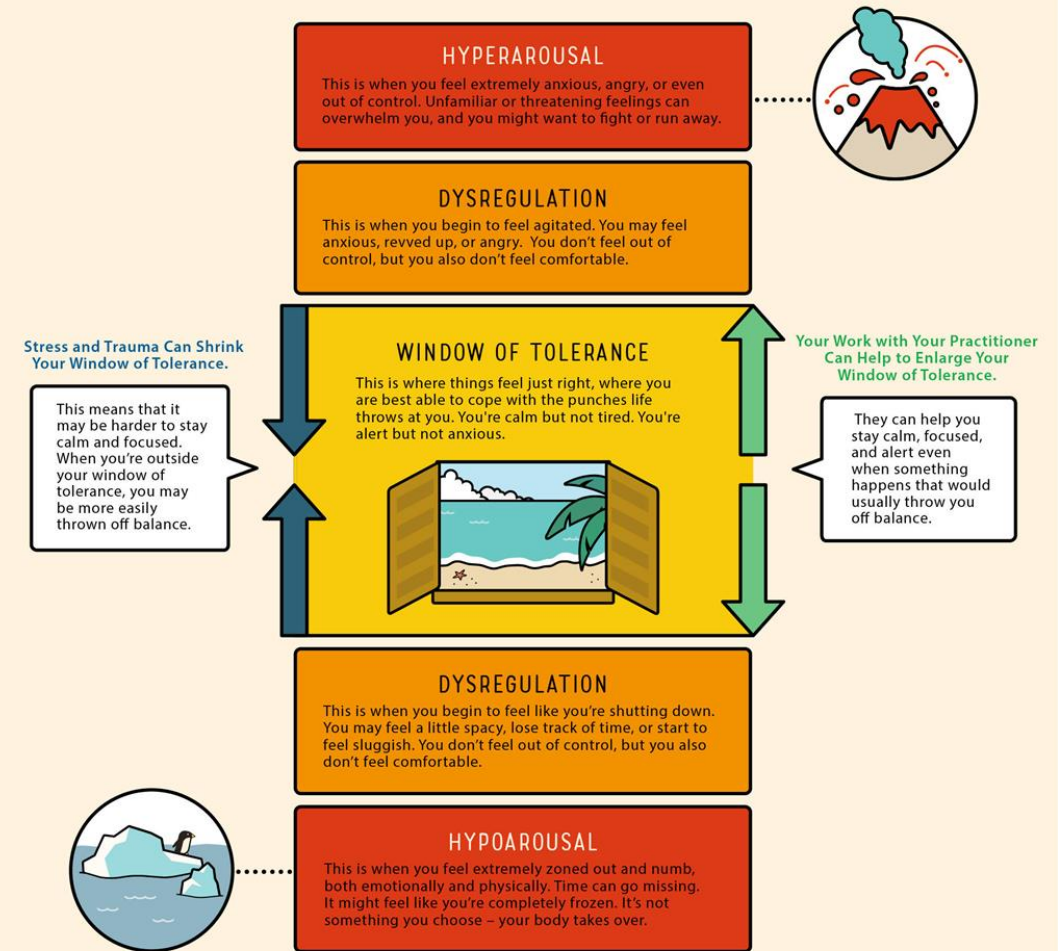
Helping Kiddos From Hard Places Heal Trauma and Building Resilience

Kirsta Scranton - former foster parent and adoptive mom

Window of Tolerance



How Trauma Can Affect Your Window of Tolerance





My Son - Bruce Banner

- ▶ Regulated (within the window of tolerance)
- ▶ Able to accept his big feelings
- ▶ In Logic brain
- ▶ Flexible thinking
- ▶ Great sense of humor
- ▶ Able to use coping skills



My Son - Hulk

- ▶ Dys-regulated (outside the window of tolerance)
- ▶ Does not have control over his big feelings - big feelings controlling him
- ▶ Not in logic brain
- ▶ Rigid thinking
- ▶ Not able to use coping skills
- ▶ Explosive and aggressive behaviors

Depends on how big his window of tolerance is at that moment

Triggered

Negative beliefs

Lagging skills

Unmet need

Reasons why he might become
the Hulk

Symptoms

Dysregulation is their cry

Meet emotional age of behaviors being presented

Unmet need

Behaviors

Connected Family Values

Everybody gets to be safe.

Everybody gets respect.

Everybody gets a voice that is heard.

Everybody sticks together.

Everybody gets their needs met.

Everybody is precious.

... even in the midst of their hard stuff.

Sayings and Mantras

- ▶ Created and explained when regulated
- ▶ Eliminates arguing
- ▶ Not said in a demeaning or antagonist manner
- ▶ Used to keep me regulated

- ▶ Asked and Answered
- ▶ Asking or telling
- ▶ Say it again with respect
- ▶ Do the right thing right away
- ▶ Can you use your words
- ▶ Let me see your eyes
- ▶ Listen and obey
- ▶ What are you supposed to be doing right now?
- ▶ I love you even when
- ▶ It's ok maybe next time
- ▶ It's mom's job to be the boss
- ▶ Its my job to keep you and the pets safe. Everyone gets to be safe.



- ▶ I wonder if...
- ▶ It's mom's job to set limits, and it's ok if you think I am mean.
- ▶ We can talk later about you thinking I am mean
- ▶ You are feeling upset that I am in charge and that I said no.
- ▶ I want to hear your feelings. I also want to hear the love in your voice
- ▶ Are you asking for a compromise?





Down Regulating Techniques

- ▶ Throwing ball
- ▶ Finger Mustache for 10 seconds
- ▶ Smells/ Tastes
- ▶ Balance Board
- ▶ Chewing gum
- ▶ Yoga
- ▶ Breathing with Bubbles
- ▶ Jumping Rope
- ▶ Pushing something
- ▶ Swinging
- ▶ Trampoline
- ▶ Heavy Work

- ▶ You are safe
- ▶ I am going to take some deep breaths
- ▶ I am trying to stay calm
- ▶ It's ok
- ▶ You become the container and help them contain their big feelings



Strategies

Compromises
Choices
Redo's

Sayings and
Mantras

Social Stories

TBRI - Trust-
Based Relational
Intervention

Parent Coaching
No Trouble Talk

Collaborative
Problem Solving
(CPS)

Other Therapy Options

OT

- ILS - Integrated Listening System
- Dry Brushing
- Swinging
- Deep Hand Massage

Therapy

- EMDR
- Theraplay
- Attachment Based

Psych and Neuro Psych Evaluation

Sleep Study

Medications/ Supplements

Vision in Motion

- Pinnacle Program
- Vision Therapy

Woo-Woo

Out of the Box Interventions

Essential Oils

Energy Work

Meditation/
Mindfulness

Yoga

Neurofeedback

Flower
Remedies

For Parents



- ▶ It's easy to lay down a consequence, it's hard to meet a need.
- ▶ I am my kiddo's yoda, and he is my Luke Skywalker. Yoda guides and doesn't do it for him.
- ▶ It's not what's wrong with you. It's what's happened to you.
- ▶ Lower your expectations, and raise your compassion.
- ▶ We project our unmet needs unto our children.
- ▶ I'm responsible for my own emotional outbursts/upsets
- ▶ When we are judging our children, that's projection and we are really judging ourselves

For Parents



If (name) is getting worse, then his stress has continued to rise.

The more stress, the worse the behaviors.

The worse the behavior, the more fear that you will reject him/her.

The more fear that you will reject or abandon him, the worse the behavior.

The worse the behavior the more you feel like a failure.

The more you feel like a failure, the more stressed it is for you, and the more prone you are to reject and emotionally abandon him, thereby causing more stress for both you and (name)...

And the cycle continues.

Read 20 times today, and 20 times tomorrow, and 10 times a day for the next week.

For Parents



Ignore the lie, not the child.

Once the child has told the lie, you move to the child (with your state of mind clear) and say...

“Honey, everything’s going to be ok.”

For foster children and adopted children say...

“You’re alright, and you’re not going anywhere. Do you understand?”

And then you walk away. 1 -2 hours later you come back and say...

“Honey, when you tell mom a lie, it really scares me and hurts me. I need you to know that you can trust me, and everything is going to be alright. Do you understand?”

A video by the Post Institute

For Parents



- ▶ My own therapy
- ▶ Owning my triggers
- ▶ Playlist of music
- ▶ Mantras
 - ▶ Drop the rope
 - ▶ Let it go and surrender to what is
- ▶ Self-Care
- ▶ Ask yourself what do I need to do for me today?

“

Trauma doesn't
go away,
children do not
grow out of it,
they grow into
it.

”

Questions



Contact Info and Additional Resources

Drop Box

https://www.dropbox.com/sh/getrur3k7cw6281/AACN9MI4luQEh_MQrcAvgfJWa?dl=0

Pinterest

<https://pin.it/yxvmueneuemoq2y>

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<https://qrco.de/bb95B8>