

# Parents Workshop Overview

## Consistent changes to look out for:

Signs (Things you can see)	Symptoms (Things they feel)
<ul style="list-style-type: none"> <li>- Sleep patterns</li> <li>- Eating changes</li> <li>- Quick changes to extreme emotions</li> <li>- Negative Self-talk</li> <li>- Isolating themselves</li> <li>- School work change</li> <li>- Substance use</li> <li>- Constant worry or fear</li> <li>- Lack of self-care (Hygiene)</li> </ul>	<ul style="list-style-type: none"> <li>- Specific thoughts (Negative, suicidal, urges to harm self or others)</li> <li>- Feeling tightness in chest</li> <li>- Stomach problems</li> <li>- Constant headaches</li> <li>- Constant aches and pains</li> </ul>

## Communication Strategies

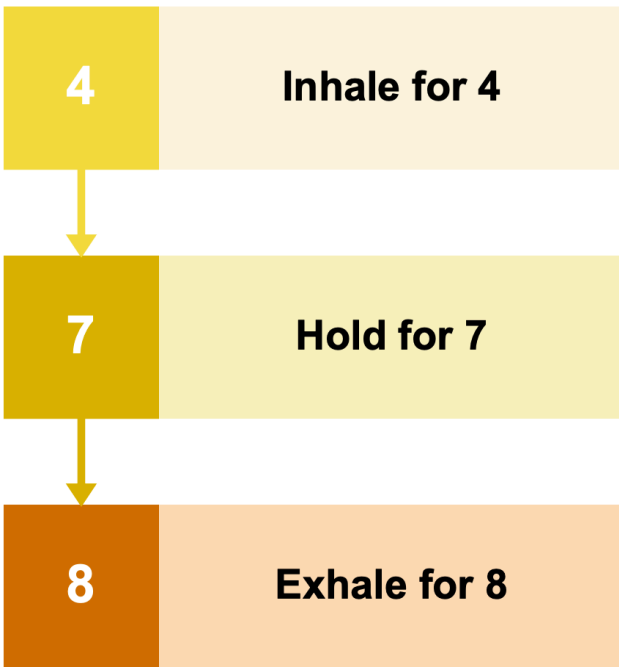
<b>Don't Force a Conversation</b>	<ul style="list-style-type: none"> <li>- Our intention can be good, but we can't force them to talk to us</li> <li>- "Open the door" - Let them know you are always there to talk when they are ready</li> <li>- Do not take it personally</li> <li>- Create comfortable environment</li> <li>- Share your emotions/experiences with them, it can make them feel ok with having feelings and more likely to share theirs</li> </ul>
<b>No Judgement</b>	<ul style="list-style-type: none"> <li>- Natural condition</li> <li>- Come in to the conversation with an open mind.</li> <li>- Body language is 55%, Tone (33%), Words (7%)</li> <li>- Don't bring your day into the conversation.</li> <li>- Tone - are you already 'annoyed/frustrated' before they have started talking?</li> <li>- They will match or react to your emotions, stay calm and open throughout the conversation</li> <li>- How do your judgments impact your ability to handle the problem?</li> </ul>
<b>Validation</b>	<ul style="list-style-type: none"> <li>- Sometimes, all they need is validation – not answers</li> <li>- "That sounds really tough"</li> <li>- "I hear you"</li> <li>- "Thank you for telling me"</li> <li>- Leading with empathy encourages them to share more</li> </ul>

<b>Advising not Telling</b>	<ul style="list-style-type: none"> <li>- Avoid 'lectures'</li> <li>- Fixer mode (They don't always need the problems "fixed" sometimes they just need to talk about them)</li> <li>- Ask questions and empower them to make changes/choices</li> <li>- They might resist if we "tell them what to do" constantly</li> <li>- Ask: "What do you think will help?"</li> <li>- "What can I do to help and support you right now?"</li> <li>- "What do you need?"</li> </ul>
<b>Power of choice</b>	<ul style="list-style-type: none"> <li>- Provide choices and options as resolutions that they can decide from</li> <li>- Layout the possible outcomes/ consequences to their choices, but they make the final choice.</li> <li>- Let them know that you are there to talk, to ADVISE.</li> <li>- ENCOURAGE them to help themselves or choose their systems of support</li> <li>- They are more likely to do it if it is <b>their</b> idea</li> </ul>

## Personal Self- Care

*It starts with you, you must take care of yourself first before you can support or care for others*

- Remember to be physically active
- Hobbies / passions you enjoy!
- Breathing techniques
- Take 15-30 minutes a day of YOU TIME (set boundaries)
- Reading / unwinding without technology
- Talk to a supportive person in your life
- Check in on your thoughts/ feelings daily
- Learn a new skill
- Family time



## 4-7-8 Breathing

## 5-4-3-2-1 Grounding Technique

- 5 things you can see
- 4 things you touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

