

[00:00:00.945] - Melissa Corkum

This episode of The Adoption Connection Podcast is sponsored by our upcoming Enneagram and Adoption Panel series.

[00:00:08.085] - Lisa Qualls

In this three part series, we'll feature adoptive moms representing each of the nine types. Our hope is to bring greater insight and compassion to one another and ourselves. These will be valuable conversations even if you don't have prior Enneagram experience.

[00:00:23.865] - Melissa Corkum

The upcoming panel dates are on Tuesdays, March 16th, 23rd, and 30th at 7:00 p.m. Eastern, 4:00 p.m. Pacific. Recordings will be available if you can't join us live and registration is donation based.

[00:00:38.985] - Lisa Qualls

Grab your spot at theadoptionconnection.com/enneagram. Welcome to The Adoption Connection Podcast where we share resources by and for adoptive and foster moms. I'm Lisa Qualls

[00:00:52.925] - Melissa Corkum

and this is Melissa Corkum. Don't worry, we get it and we're here for you.

[00:00:58.595] - Lisa Qualls

Today is Mentor Moments episode where we answer a listener question. These episodes give you a chance to join the conversation and guarantee we're providing the most helpful tools and resources for exactly where you are. This week's question is, "how do I find the confidence to know what is best for my child?"

[00:01:15.965] - Melissa Corkum

I love this question. It really made me think because honestly, confidence has come really naturally to me my entire life and I haven't always been confident in what's been best for our kids but I've never, I feel like I've never spinning my wheels for too long. And, you know, Lisa, as we were talking about this before we hit record, we were talking about how as we've gotten more knowledge from the Enneagram and understood really the different ways that people tick, that that really informs this question, too, because now we kind of understand that different people are wired different ways. And so they may draw confidence from different things. So there's not like an easy one off answer to this question, which is why we thought it would be a great episode to kind of chat a little bit about because you may be thinking, "that's a great question. I need to know the answer." And then the answer might be different for every one of you.

[00:02:10.595] - Lisa Qualls

Well right, even when you're saying that, you know, like, "I've never really lacked confidence." I thought, "oh, my word, I lack confidence all the time." And so when my particular personality, I just cannot it's really hard for me to accept making mistakes. And so I often want to get information from other people to kind of help me make a choice I'm more confident about where you have that just internally within you and I just find that so, so interesting.

[00:02:41.795] - Melissa Corkum

You know, as we were thinking about this, we were thinking some of you listening may find confidence and just getting more and more and more information and kind of the more you know, then the more you have in your toolbox and that in itself boosts your confidence. And so that's one way you can kind of think, you know, what else do I need to know that would help me feel more confident?

[00:03:06.005] - Lisa Qualls

Right. And you might even have to make a list and say, "what are the questions I need answered in order to make this decision for my child?" And then really seek out those specific answers and then make the decision. Whereas and like I just mentioned, you know, I really like to consult with other people who have gone before me. That works really, really well for me. So some parents might need

to find a trusted authority. It could be that they have a wonderful doctor that helps. It could be that you have a parent coach or need a parent coach that can direct you, you know, that's something that Melissa does. Really walking through parents dealing with all kinds of behaviors. You might need someone to, who's just sort of an older, wiser person who's walked ahead of you, which is a little bit more what I do with mentoring. Or it could even be somebody that you follow their books like Dan Siegel or there's so many great people out there. And so you might be looking for a trusted authority who can help you be confident in your decision.

[00:04:12.095] - Melissa Corkum

You know, you may have a really, you think like you have a gut feeling of what you think your child needs, but you may have a lot of doubt that creeps in and you're not quite sure and so part of you thinks you know, but you know, what you really need is confidence from affirmation of some people to say you are absolutely on the right track like you trust your gut, you know what you're doing, keep doing what you're doing, just some encouragement. And that can come from lots of different ways. A small group from a local support group, from an online support group and Lisa has a help circle on Facebook, which provides so much encouragement for moms. So we just say, like, you know, it's it's OK to feel like this is hard and keep doing what you're doing.

[00:04:57.245] - Lisa Qualls

Absolutely. And of course, one of the things we talk about a lot here, and Melissa especially talks a lot about redefining success, what does it actually mean to you to have confidence in making decisions for your child? What is that going to look like? What would success be for you in that?

[00:05:15.285] - Melissa Corkum

Yeah, absolutely, so I think, you know, confidence moving forward if if you feel like your child's behavior is a measure of success and you're wondering what do I do to get the best outcome from behavior, then none of us are really confident. Right? Because ultimately, at the end of the day, our kids make their own decisions for themselves. And so that can leave us with our wheels spinning and thinking how do we change their behavior? But if you really define success by putting one foot in front of the other, doing the things that you know are the best things when it comes to relationship and providing for your child and setting them up for success and kind of let the rest of the cards fall where they may, then that gives you a new sense of confidence, right? Because you don't have to worry about the outcome so much. You just have to worry about the faithful steps. And I think that really has bolstered my confidence even more is I just know what I am doing. I know that I need to get up and smile at my kids every day and provide them with healthy food and provide accommodations to the best of my ability. But then after that, I can't control the rest. And so that has helped me not get stuck in that decision matrix of what do I do next? Because I don't have to worry so much about the outcome.

[00:06:45.005] - Lisa Qualls

That's a good point. I think also it's important to remind yourself that you are the best parent for your child. You, your child is in your family for a reason. I don't believe it's random. Your child's in your family for a reason because you are meant to be this child's parent, even if it's only for a season. And so I think you need to draw some confidence from that. You're this child's mom. I remember a therapist who told me to tell my child, you know, just say to her, "I'm the best thing that ever happened to you." Now, that was not easy for me to actually do, but it is such a good reminder that this child is meant to be mine, at least for this season, if you're fostering, and you can have confidence in that. And I think for me, that feeds right into the topic of faith. If you're a person of faith, then I think you can trust in God's sovereignty that he has placed your child in your family and have confidence in that. And I think we can have confidence that when we go to him for wisdom that he will give it to us. When we go for him, go to him when we are confused, uncertain, we can ask him to give us a clear path so that all we have to do is step into it.

[00:08:01.745] - Melissa Corkum

Yeah, absolutely. And I think also at the end of the day, I think fear causes us to lose confidence very quickly. And so, you know, we're fairly confident that if you're listening to us and engaging, there are only so many kind of quote unquote mistakes we can make. We know that you're being intentional

enough to think about these things, ask these questions, learn more, like if you're listening to the podcast, all of those things are true about you. And so just know that we all make mistakes. We all can't do better until we know better. And, you know, there are things I was doing 10 years ago that I cringe at now. But, you know, we as human beings are, you know, a certain type of resilient. And so we're confident that you are not going to do something so extreme that you're going to mess up something irreversible, you know, that we have confidence that when you're asking these questions and being in community and reading the books and all of those things, that you are doing the very best that you can and so have confidence in that.

[00:09:19.955] - Lisa Qualls

Right, and have confidence in a decision for now, it doesn't have to be forever. Especially I think about this a lot with education when someone is saying, "oh, should I home school, should I put my child in private school?" but, you know, you can make a decision for one year or one semester or you can say we're going to try this new therapist four times and we'll see, you know, so you're not, a lot of our decisions are not forever permanent decisions. There are things that we can try see if they're helpful for our child and our family. And if they're not, then say, OK, check that one off. That one was not useful. We'll try something different. So if you have a question you'd like us to chat about here on the podcast, you can email us at email@theadoptionconnection.com or even better, you can call us. We have this phone line that nobody answers. It doesn't ring anywhere and it's available twenty four hours a day. You can call and leave your question there at 208-741-3880. Before you go, we'd love to connect with you on social media. You can find us on Facebook or Instagram as @theadoptionconnection.

[00:10:33.515] - Melissa Corkum

Thanks so much for listening. We love having you. If you enjoyed this episode, please leave a quick review over on iTunes. It will help us reach more moms who may be feeling alone.

[00:10:43.685] - Lisa Qualls

And remember, until next week, you're a good mom, doing good work and we're here for you.

[00:10:50.885] - Melissa Corkum

The music for the podcast is called New Day and was created by Lee Rosevere.