

[00:00:01.390] - Lisa Qualls

Welcome to the Adoption Connection podcast, where we offer resources to equip you and stories to inspire you on your adoption journey. I'm Lisa Qualls.

[00:00:10.310] - Melissa Corkum

And this is Melissa Corkum. Don't worry, we get it, and we're here for you. Hello, friends, and welcome to episode 172 of the Adoption Connection podcast. This week we're sharing the audio from a training that was originally posted in our Facebook group. It's on the problem with staying calm.

[00:00:39.250] - Melissa Corkum

So today I wanted to talk a little bit about the problem with staying calm. Go ahead, rate yourself on how well you stay calm in the midst of your child losing their ever loving mind. Guys, I probably would rate myself like a three. Not great at it. Even though I teach the stuff and know the things, I am a quick tempered, quick fire, like quick response, overreactor kind of Mama. I remember when I first saw videos of Doctor Purvis working her magic and I just kept thinking, how do we channel that? How do we do that? Way back a bunch of podcasts ago, we interviewed Robin Goble and we talked to her about what to do when your child is losing their mind. She said some things that were really helpful to me and so I just wanted to reiterate them here and give you a couple examples. But she talked about, you know, when our kids nervous system, their activation energy is way up here. If we think about zones of regulation is a something that a lot of OTs use a lot, schools are using, it's that red energy or that yellow energy. If they're way up here and we're calm and we're in the blue and we're way down here and we think about mirror neurons and co regulation, that's a big jump from here to here for that nervous system to meet your nervous system. And so I want to give you permission, robin has given us permission, dr. Perry, like all the brain science, gives us permission to not have to stay calm. We need to stay regulated, we need to stay in control, but we don't have to stay calm. And so for me and my high energy self, this is really good news. A way that I describe this to a lot of families is if you've ever watched any Westerns or Western romance, anything that puts you in touch with horses and the Wild West, think about what happens when a horse is running away, right? You don't stand on the ground like being calm in that situation would be the equivalent of standing on the ground and trying to lasso that horse. What is going to happen? They're going to take off with you. You're going to have no fighting chance to try to calm that horse down by just staying on the ground. What happens is when you have a runaway horse is you get on a horse that you have control over and you gallop up you meet that runaway horse at their energy. So now you're galloping in step, right? And then you last as a horse, and then everyone slows down together. So you might be thinking, Melissa, what in the world does that look like for our kids? How do we do that in real life? What does that look like? So if your child is having really big energy, then I want you to put on your best actor or actress hat and match their energy while validating their experience and their emotions. So that might sound like, oh my gosh, you are so angry, man. I can understand why you would be that angry. I can understand. This just stinks. I get it. It could be jumping up there, running around the house, you can run around the house with them. And a lot of times the tipping point between anger and kind of silliness, especially if you have younger kids can tip right. We can meet our kids where they are. I can jump up and down and be like, oh, this stinks too. I can do something kind of surprising. The key is I have to be in control. I have to be able to also keep my thinking brain on and look for a way to flip my kids lid back to being from out of control. Using humor, using playfulness, using ridiculousness, using your imagination. And guys, we don't have our imagination open to us unless we're staying in our own regulated upstairs brain. But we can still hold our kids energy and give our kids energy a container to be in. Depending on your personality, this is going to be easier for some of you and harder for some other folks. It takes practice. It's going to feel weird. You need to also be attuned to your child. How is your child reacting to that? How is it coming across to them? Some of our kids might think we're mocking them and it might not be helpful. It looks a little bit different for teenagers, but a lot of our teenagers inside are still at a lower social emotional level. So sometimes we still can use some of that humor, some of that high energy, some of that silliness to get things out. Look for ways in that intense higher energy to also give them a channel for that aggression, that higher energy. Give them something they can hit. Give them something to push against is even better than hitting because of that proprioceptive thing. A lot of times our kids are really oppositional in those moments. Challenge them that they can't do something. I bet you can't chew. I can choose three pieces of double bubble. I bet you you can't do that many. Give me five, right? And then all of a sudden they're chewing and

they're calming down. I want to give you permission to match the energy in control. It is amazing how crazy it works to help our kids feel seen. Give them voice feel heard and help them calm down.

[00:06:28.310] - Melissa Corkum

We hope this is helpful. If you'd like more examples of how to match your children's energy when they're having trouble staying regulated, we invite you to join the village where you can access regular behavior management Q&As. As a valued podcast guest, we'd like to offer you 50% off your first month. You can go to theadoptionconnection.com/village and use the code PODCAST. We look forward to getting to know you.

[00:06:59.150] - Melissa Corkum

Before you go, we'd love to connect with you on social media. Our new Instagram handle is @postadoptionresources .Or better yet, join our free Facebook community at theadoptionconnection.com/facebook.

[00:07:14.150] - Lisa Qualls

Thanks so much for listening. We love having you and remember you're a good parent doing good work.

[00:07:22.430] - Melissa Corkum

The music for the podcast is called New Day and we'll created by Lee Roosevere.