

[00:00:00.570] - Lisa C. Qualls

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[00:00:32.510] - Lisa C. Qualls

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[00:00:53.400] - Melissa Corkum

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[00:01:04.790] - Lisa C. Qualls

Welcome to the Adoption Connection Podcast, where we share resources by and for adoptive and foster moms.

[00:01:11.250] - Melissa Corkum

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

[00:01:18.410] - Lisa C. Qualls

Hey, friends. Welcome to episode 99 of The Adoption Connection podcast. Normally we would be doing a back to school episode right about now, but if you're anything like us, things are still in flux where you live and really all over the country. It's just so different. What is happening with your family in terms of education, Melissa ?

[00:01:40.310] - Melissa Corkum

So our kids who are enrolled in public school will go back 100% virtual the day after Labor Day. And then Ty is home schooled kind of all year round. We're a little bit more flexible through the summer. My mom had done some, like, summer camp stuff for the grand and the great grandkids. But yeah, we'll just keep rolling through. He just needs the structure and it keeps him busy and out of trouble. So not much has changed where he is. But we know that a lot of you all are stuck at home with your kids, more than you were expecting to be. So today we are talking about challenging behaviors in particular, which there are plenty of right now, I'm sure. We've heard from a lot of you, and we're going to talk a little bit about what we can look for in those challenging behaviors that are kind of like the silver lining.

[00:02:37.810] - Lisa C. Qualls

We were chatting just a little bit ago and I was saying that I have a child who's an adult now, who was the most incredible arguer you have ever heard. I mean, this child could first of all, had incredible endurance, but could also outsmart me, it felt like a lot of the time. And he's now an adult and those skills have turned into gifts, in terms of his life and his career. He's a very determined person and hardworking and can still argue his point extremely well.

[00:03:11.150] - Melissa Corkum

So this week we have Chad Hayenga and Anna Braasch, who are from an organization called Connected Families. And Connected Families was founded by Jim and Lynn Jackson to kind of fill this growing need for fresh, biblically-sound and practical parenting resources. Connected Families, they say, is your guide to peace and connection at home. And they have a concept called the Gift

Gone Awry, which we're going to kind of explore with Chad and Anna. And it just really struck me, it's perspective that I wish I had had back when all the challenging behaviors really got under my skin. I've gotten thicker skin over the years. And now that we're helping to raise our granddaughter, I'm able to have a much better sense of humor about all of it. But I remember living through some of these behaviors that she's experiencing or that she's showing us and just being so overwhelmed by them. When I was a young mom, perspective is everything, right?

[00:04:17.330] - Lisa C. Qualls

It really is. And I think that this conversation will give all of us some great new ideas and perspective on our kids and when things are tough, good things we can be looking for.

[00:04:35.430] - Melissa Corkum

Well, Chad and Anna, thank you so much for coming on the Adoption Connection podcast. We're so glad to have you.

[00:04:42.730] - Chad Hayenga

Thank you for having us.

[00:04:44.810] - Melissa Corkum

All right, so we're going to start by just having each of you tell us kind of how you were feeling about parenting or how you even came to Connected Families, whatever that looks like, whether it was a parenting conundrum, maybe it was from a professional standpoint. So, Chad, will you just tell us kind of how you came to Connected Families?

[00:05:04.850] - Chad Hayenga

Yeah, I first heard of Connected Families right from its origins in 2002. I had actually been working with Jim Jackson, who's one of the co founders of Connected Families at a youth outreach organization. And we were both there and he had left to start a parenting ministry. And I was curious about that. Felt like I knew him, I knew his family. And in 2002, they started Connected Families and I joined staff Connected Families in 2005, and so had that connection with them there. I wasn't always sure what they were, what they were teaching. I mean, I knew some of it, but not until before I came on staff, a year or two before that did I really start to understand kind of the framing of Connected Families for parents.

[00:05:56.970] - Melissa Corkum

Yeah. And was that a completely different paradigm shift for you or you kind of already naturally parenting using this principle?

[00:06:04.750] - Chad Hayenga

No, I really came to parenting much like many of us do parenting, like my parents parented me. And I was a pretty compliant kid, so I just expected my kids to be pretty compliant as well. And it started off that way with our oldest, and then my middle daughter came along, and she took really my guidance as what maybe would be called just as suggestions. More like, well, I'll take that into consideration. And I could feel after several years, like there was a chasm growing, because I was demanding right behavior from her. I was sacrificing some relationship to get it. And in the end, I was having no relationship, as well as not the right behavior that I was looking for. And so I was feeling a little bit desperate. And honestly, I was blaming her for the problems because clearly I was a pretty compliant kid. My oldest daughter is pretty compliant. So it couldn't be us, right? We had this parenting thing figured out, so it kind of had to be her. But I also saw this chasm growing, and that really brought me to connected families to really start to ask and inquire, what's going on here? How do I stay connected to this kiddo who is so different than me?

[00:07:29.790] - Melissa Corkum

Yeah, I think that's the story for a lot of our listeners. What would you say in a nutshell, is kind of that framework that you now coach in connected families?

[00:07:42.530] - Chad Hayenga

Yeah, the framework really has shaped like a pyramid. Kind of like a pyramid It's got a strong foundation. So foundation, connection, coach, and correct. And I think for me, as a parent, I would spend a lot of time on the top of that pyramid of correction, just really honing in on trying to get my kids to behave well. And the framework starts to play itself out when we start talking about misbehaving kids. We talk about four messages that we want our kids to receive from us, even in behavior challenges. And they come out of that pyramid of foundation, connect, coach, correct. And the first message is: child, you are safe with me. Out of a strong foundation comes a message of safety to our kids that you're safe with me emotionally, physically, spiritually safe. And I would say that the question that I really had to wrestle around with a lot for me around safety was this: can I be okay even if my child's behavior is not? Or do I need my child to behave well in order for me to be okay? Really, in essence, where does my value come from? Where does my sense of okayness come from?

[00:09:03.140] - Chad Hayenga

And I discovered I was getting that from my kids. That it was their job to kind of make me look good. And so you're safe with me as a primary message. Parents have good intentions, right? I've not met parents, I've not coached with parents or worked with parents who I felt like, wow, your intentions or your goals aren't very helpful. But the messaging that comes out of us sometimes, especially in behavior challenges, aren't the best kinds of messages. And so these are messages that we really want to enforce. And so you're safe with me is huge. The next one is: child, you are loved no matter what. Your value and your behavior don't earn you or lose you love. It's the same kind of love that we read in scripture with Romans 5:8, that God demonstrates his love toward us. And while we were still sinners, Christ died for us. We were all a mess. And we needed that love no matter what that God provides to us through Jesus. And so you're loved no matter what. We talk about empathy is a powerful communicator of you're loved no matter what. Empathy really just says, I understand you. It doesn't mean I agree with you. But helping give those messages to our kids that they're loved, no matter what we call those first two messages, the messages of grace, we all need a nest of grace to fall back into when we blow it. People who will love us, people who will forgive us, encourage us.

[00:10:28.650] - Chad Hayenga

And we move to the next level, which is coach. And out of a strong, when there's behavior challenges there's a strong sense of this message that comes from the idea of coach. And it's this: child, you are called and capable. You're called to be a blessing, and you're capable of using your gifts and talents to bless other people and honor and bring glory to God. And we're going to talk a little bit more about that. So I won't give that away right now. But that, I think, is something we're going to talk a little bit more about coming up, how we would do that.

[00:11:15.970] - Chad Hayenga

And then the last one is around correction. And that message that we want to send our kids out of a strong sense of correction: child, you are responsible for your actions. You're responsible for your life. And so we talk a lot about how do we give consequences or build wisdom in discipline of our kids, not just give them consequences that we hope they hurt so badly that they never want to do that again kind of thing, but actually consequences that build wisdom in our kids.

[00:11:39.710] - Melissa Corkum

Yeah, thanks for that. When I work with families, we talk a lot about moving from this transactional relationship to a more relationship for the sake of relationship. And even some of the things that we tend to do that aren't the threatening and punishing, even the kind of rewarding good behavior sometimes can still reinforce transactional relationship, right? You do something good, we do something good together, right? And so I work with families a lot on this, what we call the foundation of fun, right? Because sometimes just family fun is fun because we're a family, not because someone did something good. Or not have it happen because someone struggled that day or treated you like a jerk.

[00:12:24.340] - Chad Hayenga

Yeah, right on. Absolutely.

[00:12:27.310] - Melissa Corkum

Yeah. So, Anna, can you tell us a little bit about how you came to Connected Families?

[00:12:31.800] - Anna Braasch

Sure thing. My kids joined our family through adoption. My oldest, he's 15 now, he was four months old. And my daughter, who's 13, she was nine months old. So I had this idea in my head early on that if I just found the right book or the right formula, the right formula, that if I followed these rules, then my kids would clearly have read the same book and they would follow the same rules and we would have a successful ending. We would get the desired results. Really up until parenting, I had found a lot of success in my life by following rules, and I just thought it would apply the same to parenting.

[00:13:16.090] - Melissa Corkum

It's logical, right? Like input in the right thing and output out the right thing on the other end.

[00:13:21.650] - Anna Braasch

So during the adoption process, I actually found a parenting philosophy that really resonated with how I see the world and how I do life. And I was like, all right, this is what we're going to do. And we just dove right in. Even though we did all the attachment reading and all the pre-adoption work, I just still felt like, this formula will work. So it wasn't until... It was actually working okay, because my son is a survivor, so he figured out what he needed to do to survive in our world. When she joined our family, his world just fell apart. And so at that point, that's when he really started fighting, really. I mean, from his little world, he was fighting for his life. So it was around two and a half, three, that things really started to spiral. And I just spent nearly all of my energy trying to find the right solution to fix the problem. And so my son's identity became the problem. And this was for a couple of years that I just continued to do all the things, every single thing you could find on the Internet in the middle of the night, I would sign us up for it. And that was exhausting for all of us, for our whole family.

[00:14:36.390] - Melissa Corkum

Yeah, I've been there. We've been to every type of therapist, every type of doctor. We've tried all the diets, we've tried a lot of the supplements, everything.

[00:14:46.730] - Anna Braasch

And I understand that because you just want so badly to find this hope, this thing that's going to work. So around, my son was around five, my daughter was around three, and a close friend of mine mentioned Connected Families to me. And I was like, oh, that's just for normal families. I just didn't really feel like their resources or material would apply to our family. But it was around that time that my son threw a kitchen stool at me. I don't even remember why, but we had just had our kitchen floors redone, and they were beautiful and just perfectly sanded and just gorgeous. And he threw this kitchen stool at me, and there was a big gouge in the middle of the floor, and I took him by the neck and I pushed him down to see this gouge that he put in my beautiful kitchen floor. And it was this light bulb moment for me where everything just fell away. And at that moment, I felt like some of the stuff that I had started to become introduced to, I felt like, if I don't grab onto this, I don't know what I'm capable of. And I was really, truly afraid. I was afraid for myself. My son was obviously afraid of me. And, yeah, that was really when things started to turn around for me, when they started to shift.

[00:16:10.870] - Melissa Corkum

Thanks for sharing that and for being vulnerable, because I think we've all had this moment with our kids, if we're really honest, where we've kind of hit the very end of the end of the end of the rope. And really, those are a lot of the moments where we try to decide to do something different. I mean, that was my story, right? Like, I was banging my head against the wall doing all the things that worked for our first two kids. And it was moments like that that made me think, there's got to be something else. There has to be a better way. He's only four. We can't live the next 14, 15 years continuing down this road because he'll get bigger and it'll get uglier.

[00:16:48.020] - Anna Braasch

Right. So there's rewritten Serenity Prayer on our website that I saw around that time. That was really my light bulb moment. God, grant me the serenity to accept the people I cannot change, the courage

to change the one I can, and the wisdom to know it's me. We have that designed as a screen saver and a phone backdrop and all sorts of things, because it's just made such an impact in my life. I want everyone else to see it as well.

[00:17:20.360] - Melissa Corkum

Yeah, that's great. We'll definitely include that in the show notes because I think we probably could all I don't know, maybe we could make it, like tattoos for our foreheads. I always think about that. Like, if I had a tattoo like that for my forehead, I'd probably need it in mirror image, right? So when I looked in the mirror, it would, like, scream at me.

[00:17:37.890] - Anna Braasch

So it was around that time our parenting really was changing. My husband and I were getting on the same page. We actually did coaching with Chad. He was our parent coach around that time. And then during a job transition, I reached out to the founders of Connected Families, Jim and Lynne Jackson, and I just let them know what my skill set was. And it was in 2013 that I came on board. It's the perfect job for me because every day I get to be just surrounded by all this great wisdom, and I need it every day.

[00:18:11.970] - Melissa Corkum

I know, I feel you. Chad, you talked a little bit or alluded to a minute ago when you were kind of explaining some of the foundational principles of Connected Families, and you talked about this idea that our kids are called and capable. And I know for a lot of our listeners, there's probably some doubt around that when we think about what our day-to-day looks like. And so you guys have this messaging called the Gift Gone Awry. And so can you tell us a little bit? When you first said that to me, I kind of just by the words alone could kind of guesstimate kind of what that was. But can you explain a little bit about that to our families? Because I think it's a concept that will help so many of them as we kind of look at and play behavior detective with these really challenging behaviors.

[00:19:05.550] - Chad Hayenga

Yeah, it's a paradigm shift, and it certainly was a paradigm shift for me when I first heard it as well. But the four messages that we talked about, you're safe and you're loved, and then we get to you're called and you're capable, and do we believe that? This is wrestling for me. Do we believe that our kids are called and capable, even when they misbehave? Do we believe that our kids are called and capable, even when they're doing something defying me? Do we believe that they're called and capable, even when we see them being dishonored, dishonouring to us. And really just trying to see through the misbehavior and into the heart. And the Gift Gone Awry is simply, is really this belief that, one way to say it is, that it takes talent to misbehave. There are some underlying gifts and talents being put on display in misbehavior. And one way that I like that, Lynn Jackson, one of our founders, says that really when our kids, the Gift Gone Awry, that our kids are really accessing their own strengths to get what they want. They're not going to access their weaknesses to get what they want. They're going to access their strengths. So a physical child might use aggression to get what they want. A verbal child might argue until you can argue no longer, because that's one of their good gifts, that they have the ability to see through, see holes in arguments or that they can just continue to persist.

[00:20:44.750] - Chad Hayenga

And what I found, this came to light really for me when I was working at this youth outreach organization before I came to Connected Families, where we started to try to affirm gifts that our kids had even when it was coming up through misbehavior. So one defining moment for me here was the two kids came running to this youth outreach organization that I was working on. I was in a courtyard. They should have been in school. They were teenagers should have been in school. And they came running, huffing and puffing, and they sat down and said, hi, Chad. Really conversational like, wow, there's just a lot of something going on here. I'm not quite sure what it was. And then I saw this police squad car drive by very slowly and I was like, oh, OK, there's something else going on here. And they knew they were busted, right?

[00:21:36.590] - Chad Hayenga

and I said, hey, what are you guys doing? What are you really doing? And it turns out they had been skipping school to monitor the movements of the of the worker at the jewelry counter at Kmart for a couple of weeks. And they were studying the movements and the cameras and all of those kinds of. These kids were not studying books. And I know that my natural inclination is to go, are you kidding me? You guys? What are you doing? I mean, do you understand what the ramifications of this are and how disrespectful?

[00:22:12.470] - Melissa Corkum  
Go to jail!

[00:22:12.940] - Chad Hayenga  
Exactly. All the stuff, that's my natural default. But if I'm looking for the Gift Gone Awry, I'm going, it took some giftedness, some strengths that they used inappropriately. I'm not saying that we should celebrate the use of those gifts or how they were used, but to deny that they've got gifts, denies an opportunity for us to affirm and acknowledge that God-given talent. So I look at them and I go, wow, well, tell me a little bit more. And I had a little bit of relationship with them. And they started to tell me about how they did it and what they did and they were caught, they were going to get in trouble. But here I am having a conversation affirming them for what gifts they actually have and how they could use those then in ways that would bless people. What I think for application, for parents, for myself, a kiddo that is argumentative and back talking has some gifts. Passion, maybe. Direct communication might be a gift. A stubborn kiddo might have the gift of determination. How they're using it, not very helpful. I've had kids who really seek justice and fairness for themselves. They're usually not like, wow, that's not fair for everybody else. It starts off with, it's not fair for me. So if all I do is say the platitudes back to them, it's like, well, life's not fair. It doesn't teach them, it doesn't help them grow in their gift. And so here's the thing. I just want to encourage parents to start looking for the gift and the talent that it might take for your kids to misbehave like they do, and then just start thinking about how if that were to be used to benefit other people, to help other people, that we could call that out and affirm that gift.

[00:24:21.530] - Melissa Corkum  
Yeah, bummer. I'm going to have to stop saying life's not fair, Chad. I don't know if I can do that.

[00:24:27.910] - Chad Hayenga  
If it would change the attitude, then I think I would want to say it. But it doesn't help, right? It's usually a frustration because I've said it 100 times as well. But it's out of frustration. And you notice when we're talking about the framework, the foundation, the connect, and we're talking about coaching, this is really about helping our kids get a vision for how they could actually use their gifts to help other people. And just one quick example of life's not fair. It was kind of an a-ha moment for me as I'm sitting on the playground watching my kids play, and I asked one of my kids to come and sit next to me. And I said, hey, and this is the one to really struggle with fairness. And I said, hey, would you just play a quick game with me here? Let's see who can see the most things that are going on in the playground that aren't fair, right? Because there's a lot of unfairness going on when 30 or 40 kids are playing on the playground. And she started to get into it, and she was saying, oh, that's not fair. That's not fair.

[00:25:31.610] - Chad Hayenga  
It was the beginning seeds of planting for her that she can see things that aren't fair for other people, just like she can see things that aren't fair for her. And now I'm encouraging that. And the other thing I want to say about this idea of the Gift Gone Awry, is your kids are likely using their gifts in healthy ways as well. So when you see it, make sure you call it out. So when I see her stand up for a friend, it's an opportunity for me to say, you know what I saw yesterday? I saw you use that gift of fairness to help out your friend. That was really cool. I want to feed that. I want to affirm that and encourage it. Because a lot of times, I think as parents, we can get sucked into this belief that our kids are misbehaving all the time or they never use their gifts for good. And I think it's important for us to put that lens on of, I wonder when I can actually catch them using that gift for good, even if it's just a little portion of it and call it out and affirm.

[00:26:42.670] - Melissa Corkum

Yeah, I like that. I think that's really important, too, because a lot of our kids who came to us through adoption have a lot of self esteem and abandonment and shame issues. And so I think as adoptive parents, we find ourselves tiptoeing around this narrative of calling our kids out on their behaviors, right, because a lot of them are not okay. But then our son, for example, will then turn around that night and cry himself to sleep because he's such a bad boy and he'll never do anything right. And why does his brain have to be this way and all of these things, right? And so I think this balance of, again, not excusing the behavior, but finding the way that shaping the way that our kids see themselves through these Gifts Gone Awry is a really powerful concept. So thanks for that.

[00:27:33.740] - Chad Hayenga

I think the other thing that I would just add to it is that as parents, if we can be thoughtful and prayerful about how we can set our kids up to use their gifts, and how to use those well. As parents we oftentimes act surprised when behavior challenges arise that we know are coming. Somehow we're like, what? Why? Why are you yelling at me? When we would expect them to be yelling at us in this situation, because that's what they always do. So we can even be thoughtful about asking the Lord God, what is the gift I can affirm because I know this is going to happen again? And even being thoughtful about that. And our kids are sensitive, right. You know your kids. So if you say something that's patronizing to them, they're not going to receive that very well. None of us receive patronization very well. But what's true? Can we really ask God and then look for ways that our kids can use that gift in a way that would be honoring to other people?

[00:28:36.730] - Chad Hayenga

So when we can get proactive about that, it's like my oldest daughter, she really likes to have all the details and structure, but nobody really wanted to play with her because it was her way of the high way. It was just this kind of bossy kid who would make playing with her not so much fun. And so we started to look through the lens of the Gift Gone Awry as somebody who could be a leader, and started to set her up to kind of... The big crescendo of it all was doing a neighborhood carnival that she arranged. And nobody wanted to do it at first because they had to do it just the way she wanted them to do it. And if they didn't do it, then they couldn't do it or she yelled at them, right? And so now we're talking about leadership. Now we're talking about getting people's buy in, setting people up to have a little bit more autonomy. But my default in that would be, nobody's going to want to play with you if you keep acting like that. And that doesn't change her behavior. Actually discourage, discourages her. And it actually is a discouragement to me when I say things like that. I'm just discouraged. I don't know what else to do. And so the idea of the Gift Gone Awry really helped set me up with vision. It's like, what could be if this were used well?

[00:30:02.050] - Melissa Corkum

Well, yeah, I love that. We talk a lot here about the enneagram and I think about each of the gifts that the nine different ways that people see the world, and 8s, for example, are usually really big energy, strong personalities who seek justice at all costs and also hate to be controlled, right? That can be really difficult to parent. But also some 8s are some of the best leaders in the world, right? Because they'll protect the underdog at all costs, and they can also have really big hearts, and they have great leadership skills because they're not afraid to back down from a no, or they're super persistent. So I love that. Chad, do you have just any simple practices, practically for parents to help them shift their mindset to this Gift Gone Awry?

[00:30:58.930] - Chad Hayenga

Yeah, I think first for me was to acknowledge that there's giftedness in my child and that it might be coming out, whether it's personality, whether it's just sensory processing kinds of things that cause crazy behaviors, or trauma, whatever it might be, but that there is giftedness and talent there. And for me, it was the beginning of just asking, God help me see that. Could you change my perspective on how I view this child? And that gets us back really into foundation and you're safe with me. What's going on with me and what is going on with my child? How do I view that child? So first thing for me is just really acknowledging that sometimes my kids giftedness shows up in misbehavior. And I can acknowledge that again without excusing the behavior or going, oh, that's okay, now we're not going to deal with that. And then I think the next piece for me is just about looking for little ways to affirm

the things we want to see more of. We talk about a connected families that focus is fertilizer. So the things that you put big intense focus on is likely what you're going to grow more of. And so if I can focus in on even the little thing that went a little bit better, and give some intensity to that - not over the top something that our kids could receive - but focus on the thing that we'd like to see more of, I think those are good starts.

[00:32:39.030] - Melissa Corkum

Yeah, thanks for that. That confirmation bias is really strong when we start leading our brain a certain way. Once we push the ball down the hill and confirmation bias takes over, it can get us a long way.

[00:32:54.330] - Chad Hayenga

I think, being able to ask even a friend or another family member who's outside of your view, or who's outside of just the day in day out behavior challenges, what do they think? One of my favorite stories is a church that was learning to do this connected families framework together, and they came across the Gift Gone Awry, and one of the dad said, yeah, one of our kids had this huge meltdown at a picnic with a bunch of families, and the parents looked at each other and went, well, what do you think the Gift Gone Awry is with that? You kind of have this even community of going, help me understand what could be the gift behind that behavior? So getting outside of yourself and inviting other people in might be able to provide some insight as well.

[00:33:43.940] - Melissa Corkum

Yeah, we're huge fans of that community here since it can be so isolating to have kids with really extreme behaviors. Anna, because you're walking in shoes similar to those in our audience, what words of encouragement do you have for parents who are dealing with challenging behaviors? Like, it feels like all the time.

[00:34:05.230] - Anna Braasch

So, as I mentioned, my kids are 13 and 15, and I do fight against this desire to just find all the things to fix my kids. Like, if I find the right formula, then they'll turn out the exact way that I had expected that they would. But the truth is, we don't know what journey each of our children is going to be on, and that's the stage where we are, especially with my 15 year old right now. But I feel so strongly about connected parenting. I feel so strongly that this is the right philosophy for healing for our family. And even though in the moment it's hard, and in the moment I fight against just wanting to control the situation, I just know in my heart of hearts when I lay my head on the pillow at night that again today, there's been a little bit more healing that's taken place, and a little more connection, and that I am not parenting for the next 24 hours. I'm parenting for the next five years, ten years, 20 years. I always have the long view in mind, and that has made just a world of difference.

[00:35:22.550] - Melissa Corkum

Yeah, it's a marathon, not a sprint. And ultra marathon, not a sprint. Right?

[00:35:26.520] - Anna Braasch

Ultra marathon.

[00:35:29.210] - Melissa Corkum

Guys, I super appreciate you being here. I know you're busy and there's a lot going on over at Connected Families. Thank you so much for sharing your wisdom, your stories, your authenticity with our folks.

[00:35:42.510] - Anna Braasch

You're welcome. Thank you for having us on.

[00:35:49.470] - Lisa C. Qualls

So in listening to this, if you are familiar with Connected Parenting, Empowered to Connect, Trust Based Relational Intervention, any of those things, you may have seen some strong similarities between Connected Families framework and our framework. So their framework starts with the foundation, then goes to connect, then connect with your child, then coach coaching your child, and



then correcting. Where for us, we start with Empowering, which is really meeting all the physical needs, sensory needs, then connecting through all the different skills we talk about and then finally correcting. So we have a lot in common with the Connected Families framework.

[00:36:34.190] - Melissa Corkum

I want to just kind of give a general disclaimer that we love TBRI here. I also love the neural behavioral model. I love looking at the brain. And I think we have to understand that at the core of all of this, right, is that we're trying to understand our kids and their behaviors to the best of our ability. And that the type of parenting that we promote here at the Adoption Connection is one that comes from a place of compassion. Again understanding, we also know that there are a lot of parenting tools, frameworks, resources that are out there that fully support and align with all of the values that we hold near and dear here at the Adoption Connection. And so we like to bring you other ways to frame it and verbalize it. Because everybody's personality is different. We're also in different places at different times. And so there may be a way that someone explains something that isn't necessarily against or outside of what TBRI was meant to build within our families, but maybe just is something that was never said quite the way our brain needed to hear it at that time. And so if you had questions about like, well, I thought we were all about TBRI here, how does this compare? Lisa just gave kind of a parallel. But I think in general, there are so many fantastic resources that help us better understand our kids, their behaviors, both from a brain perspective, an attachment perspective, a felt safety perspective, chemically, all of those things. Hopefully, if you were confused coming into this, that helps you.

[00:38:20.940] - Lisa C. Qualls

And for me, one of the most important questions about any parenting tool or method is just to remember that in connected parenting, we always keep the relationship at the center of every interaction. The relationship comes before dealing with particular behaviors or anything else. So yes, there are so many great tools and we enjoy having guests here that present new things. Well, we're really excited because next week we are releasing the 100th episode of the Adoption Connection podcast, and honestly, we can hardly believe it ourselves. We're pretty excited and just really thankful that we've been able to do so many episodes.

[00:39:00.740] - Melissa Corkum

We do have some special things planned. It involves guest hosts and prizes, so you don't want to miss next week. So if you haven't already subscribed in your favorite podcast app, you want to go ahead and do that so you don't miss when our 100th episode drops next week.

[00:39:17.700] - Lisa C. Qualls

And for all of you who have been listening to the podcast, we really do want to thank you for listening, for being part of our community, for helping us even choose topics and guests. And for those of you who have left reviews, thank you, thank you from the bottom of our hearts. If you would like to leave a review, we are always thankful for reviews that help people find the Adoption Connection podcast.

[00:39:42.340] - Melissa Corkum

So if you want to find out more about the Connected Families framework, their website is [connectedfamilies.org](http://connectedfamilies.org). You can also find them on Facebook or Instagram as Connected Families. And we will have all of that in the Show Notes, as well as the Serenity Prayer that Anna mentioned that's been slightly tweaked for those of us who are parenting kids with challenging behaviors, we'll have all that at the Show Notes, which you can find at the [Adoptionconnection.com/99](http://Adoptionconnection.com/99).

[00:40:15.400] - Lisa C. Qualls

Before you go we'd love to connect with you on social media. You can find us on Facebook or Instagram as The Adoption Connection.

[00:40:22.170] - 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.

[00:40:32.250] - Lisa C. Qualls

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

[00:40:39.370] - Melissa Corkum

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