



STRATEGY AREA #7: STAYING IN IT

Creating new brain wiring takes time. It takes a child experiencing the same consistent loving response thousands of times AND in each one of those thousands of times that child has to feel emotionally safe. As you can imagine when we say a long time we mean a really long time. So Strategy Area #7 is focused on creating and using the action steps you need to be able to stay in it for as long as it takes for your child to get there.

Staying in it. To be able to continue to have the clarity and energy needed to continuously meet your child right where they are at, be compassionate and sympathetic to their struggle, step in as the bridge to their success over and over again, and live with the reality of their story and struggle without internalizing it as your own you need to be surrounded by others that get it. Others have lived it, are right in the middle of living it, and who are just starting on the journey.

Being surrounded by people who get it because they've lived it is truly life-giving for a parent. It's a place that supports you in continuing to work your plan – others are doing the same thing and meeting the same challenges. This is where you can compare notes and get advice from others that actually works. No more feeling alone. No more questioning yourself. Being a part of a community that gets it helps you to see and measure your progress realistically and helps protect you against the daily traumatizing journey of helping your child heal. Human beings (even Mom's and Dad's) were built to be a part of community and when we don't feel like we fit anywhere it is detrimental to our over-all well-being...this matters.

In Strategy Area #7 your action plan now has to include:

1. Communicating bravely to others that can help because they get it
2. An addition to your support system of others on the journey
3. Clear understanding that living with someone who has been impacted by trauma can be traumatizing

ACTION STEP:

1. Nurture your closest relationships. Make time for relationship. Send a card or note via snail mail to someone that is important to you. Just a "hi" or a "have a great day" it's power will be felt by both of you. Many of you can't get away for time with others for now so make it work at home. Play a game or do a puzzle with your significant other – plan it, look forward to it, it IS enough to matter.
2. Measure progress. Create a 5 star rating scale to stay clear on progress. Write down what each star means (ie. 1 star = more than 12 tantrums in a day, 2 stars=9-12, 3 stars=5-8, 4 stars=3-5/day and 5 stars=0-3 tantrums in a day...Use your 5 star rating scale and rate each day on your calendar for one month. Now you have a tangible measurement for progress and bonus for when your child is triggered most.
3. Find your tribe. Surround yourself with a group of people that "get it" Prioritize your time to spend time with them. Once you've found them take steps to get involved then immerse yourself in it. Can be in person or online but needs to be a positive forward moving group.

This is now the lens you must look through when being the best Parent you can be to YOUR CHILD. Achieving the ultimate testament of your promise to your child by staying in it for as long as it takes means you need to have support that gets it all around you.