

Family Engagement

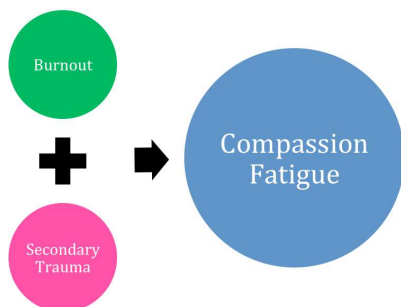
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Objectives

1. Are we unknowingly creating a barrier?
2. Other Potential Barriers
Attachment, Grief, and Trauma
3. How To Start Breaking Barriers
4. Involvement Model and Difficult Conversations

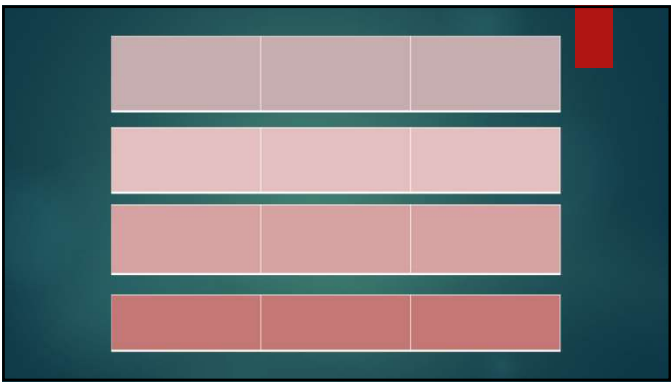
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Core Values		
Acceptance	Fulfillment	Playfulness
Achievement	Fun	Popularity
Adventure	Generosity	Power
Athleticism	Gratitude	Religion
Authenticity	Grit	Resilience
Beauty	Growth	Respect
Balance	Health	Romance
Bravery	Humor	Safety
Challenge	Independence	Security
Clarity	Integrity	Self-Expression
Community	Intelligence	Sensuality/Sexuality
Creativity	Intimacy	Service
Curiosity	Kindness	Simplicity
Discovery	Joy	Solitude
Diversity	Leadership	Spirituality
Empathy	Learning	Teamwork
Enthusiasm	Loyalty	Trustworthiness/Truth
Ethics	Mindfulness	Usefulness
Expertise	Nature	Warmth
Family	Openness/Open-Mindedness	Wisdom
Fitness	Passion	Vitality
Freedom	Personal Growth	
Friendliness/Friendships	Partnership	

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WHAT TRIGGERED ME

1. I felt excluded.	13. I felt like the bad guy.
2. I felt powerless.	14. I felt forgotten.
3. I felt unheard.	15. I felt unsafe.
4. I felt scolded.	16. I felt unloved.
5. I felt judged.	17. I felt like it was unfair.
6. I felt blamed.	18. I felt frustrated.
7. I felt disrespected.	19. I felt disconnected.
8. I felt a lack of affection.	20. I felt trapped.
9. I felt I couldn't speak up.	21. I felt a lack of passion.
10. I felt lonely.	22. I felt uncared for.
11. I felt ignored.	23. I felt manipulated.

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Controlling my Triggers

Knowing our happiness triggers can be just as important as knowing our anger triggers...

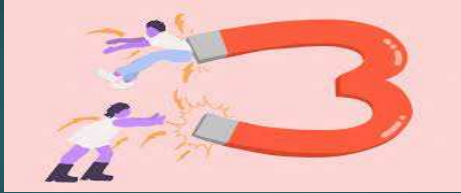
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Let's put this all together

Value	Value	Value
Behavior	Behavior	Behavior
Trigger	Trigger	Trigger
Self-Regulation	Self-Regulation	Self-Regulation

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Other Potential Barriers Attachment, Grief and Trauma



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DELAYED GRIEF

When your grief may be postponed for a matter of weeks, months and sometimes years

Ambiguous grief differs from typical grief, because our loved one has not died, but rather he/she is now absent from our life in the way we had grown accustomed to.

DISENFRANCHISED GRIEF

Deep grief you feel over the loss of a relationship that is outside the typical family structure or other recognized relationships.

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The 4 Major Types Of Attachment Styles

Anxious



I want to be extremely emotionally close with other but they abandon me.

Fearful Avoidant



I have trust issues and maintain distance from others.

Avoidant



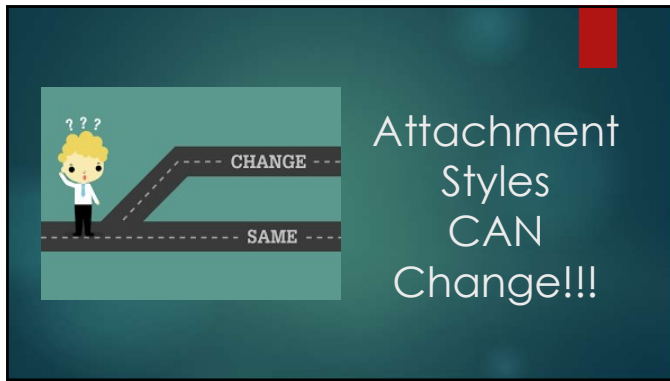
It is very important that I feel independent and self-sufficient.

Secure

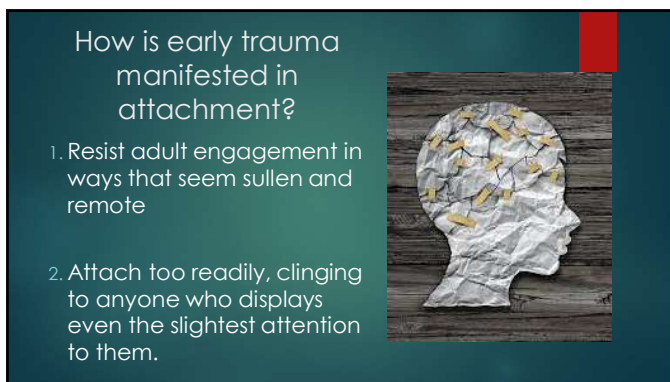


I don't worry about being abandoned or about someone getting too close to me.

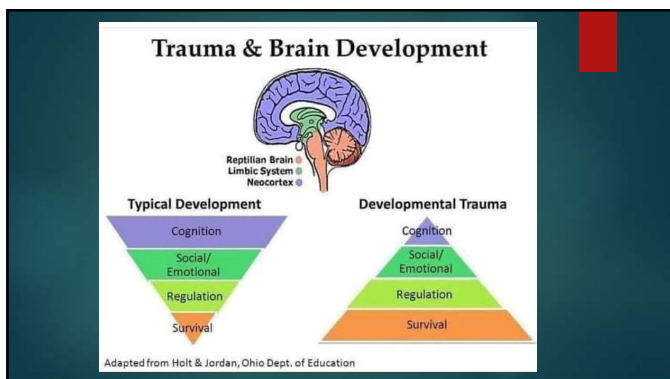
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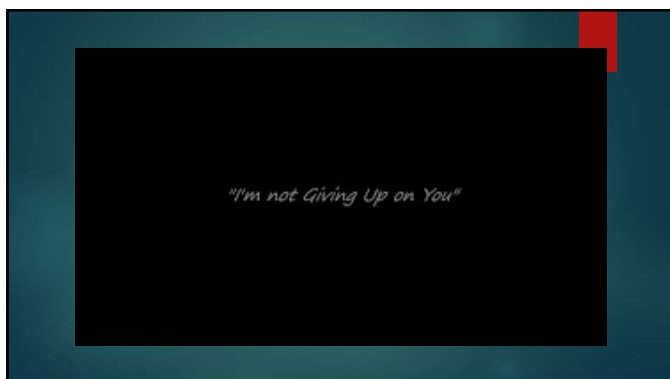
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Connecting Strengths for the Caregiver

Validate where they are on their journey

Build relationships

Develop a collaborative goal-oriented mindset

Encourage them to see strengths to build on

Focus on the positive narratives for them to build on

Identify support systems for them to build on

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Offering Praise, the Right Way

- Praise effort and not intelligence
- Make praise specific
- Praise in private
- Offer praise only when there is a good reason for it



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Celebrate the Small Wins.

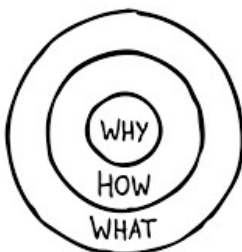
@SELENAASHLEY_DESIGNS

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Questions?

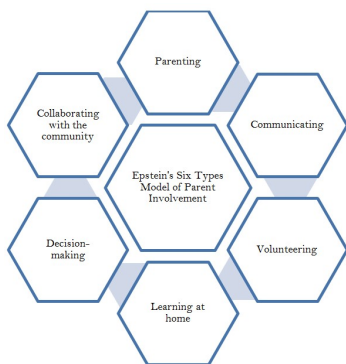


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Simon Sinek

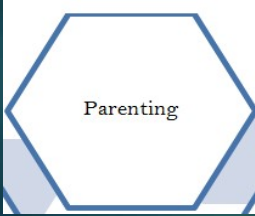
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Joyce
Epstein
Parent
Involvement
Model


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Helping families establish home environments to support students.



Parenting

Provide information and ideas to families about how to help at home with generalizing work being done with you



Learning at home

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CURIOUS NEURON

3 factors that have a HUGE influence on a child's emotional development

1. How a parent models their own emotional coping skills
2. If a parent balances warmth/sensitivity with limits/boundaries
3. How parents manage their emotions with each other (i.e. arguing)

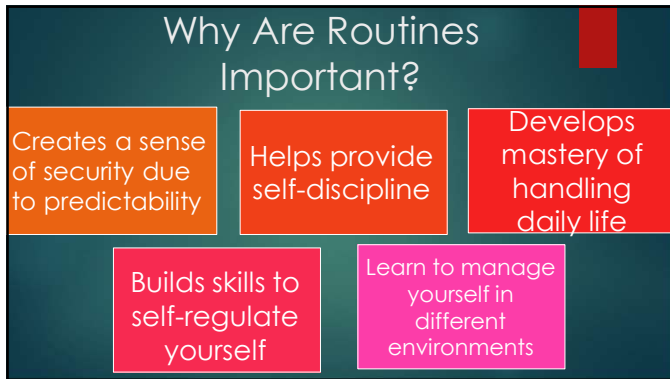
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Routine

Time of Day	Activity	Actions
7:00a m	Wake-Up	Go to Bathroom Get Dressed Brush Hair
7:15a m	Breakfast	Eat Breakfast Wipe Up Counter Dishes in Dishwasher
7:45	Prepare for School	Brush Teeth Pack Backpack Leave for Bus

Time of Day	Activity	Actions
3:30pm	Home From School	Put BackPack Up Healthy Snack Play
5:30p	Dinner	Help Prepare Eat Together Clean-Up Together
6:00p m	Homework Family Time	Complete Homework Play a game together, watch a show together
7:00o	Preparing for Bed	Shower Brush Teeth Pajamas
7:30	Bed	read lights out at 8

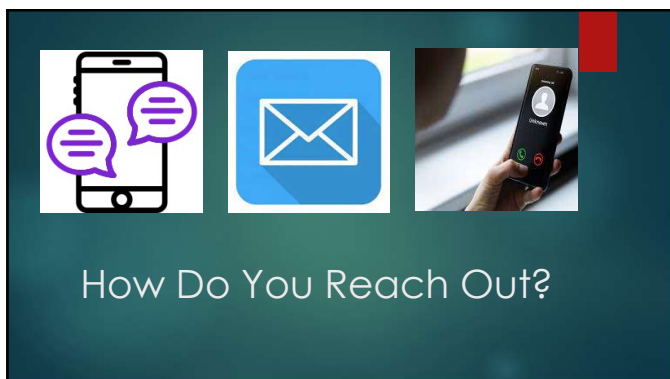
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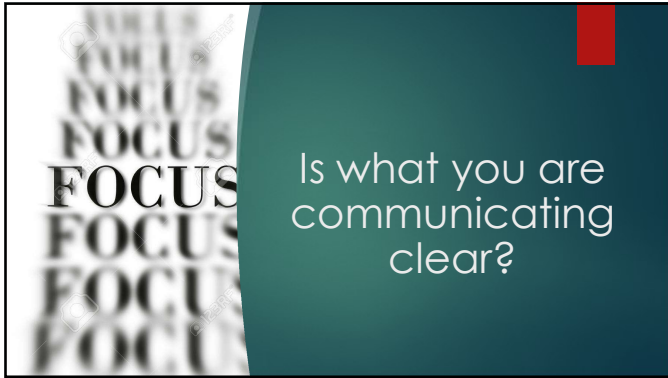
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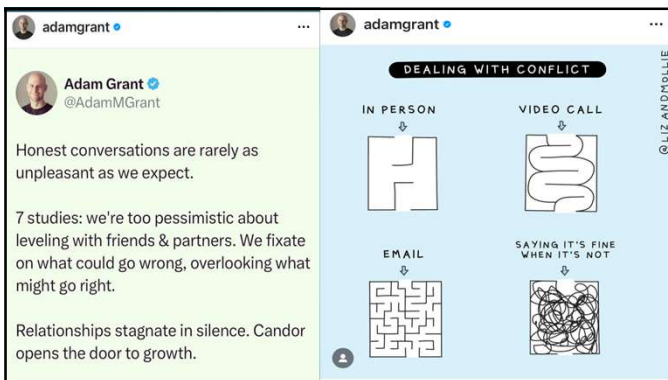
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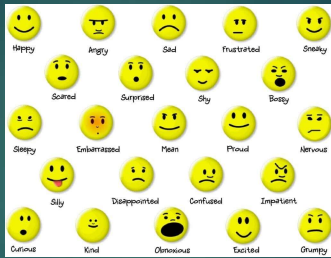
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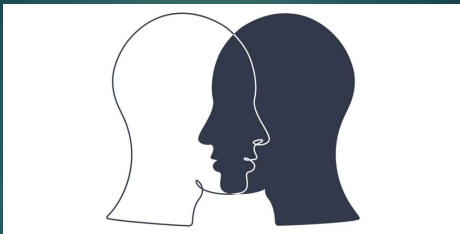
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WHAT HAPPENED

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Preparing For a Difficult Conversation as a Learning Conversation

- ▶ Avoiding so that the interaction does not result in a "bad" reaction leads to trouble
 - ▶ Smoothing or Stifling can make things worse
- ▶ Focus on what you are hearing, not what you are saying.
- ▶ Understand what happened from the other persons point of view
- ▶ Shift your thoughts
 - ▶ Not "how can they think that" to "I wonder what information they have that I don't"

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3 Ways To Make a Learning Conversation

1. Learn their story
2. Express your views and feelings
3. Problem Solve Together



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Careful You Don't Trigger the Identity Conversation

Opening Line	Implicit Message
I was very upset by what you said in the meeting yesterday	At worst, you betrayed me, at best you were stupid
Non-Triggering Opening Line	
I wanted to talk to you about what happened in the meeting this morning. I was upset by something you said. I wanted to explain what was bothering me, and also hear your perspective on the situation.	

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Think Mediation Instead



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Looping for Understanding

Ask the deep question – inquire "tell me more"


Repeat back in your own words

Ask "DO I HAVE THAT RIGHT?"



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Recruiting and organizing parent help and support



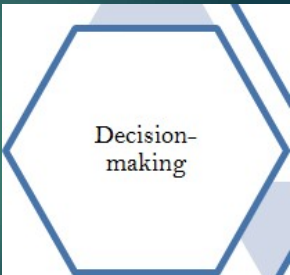
Volunteering

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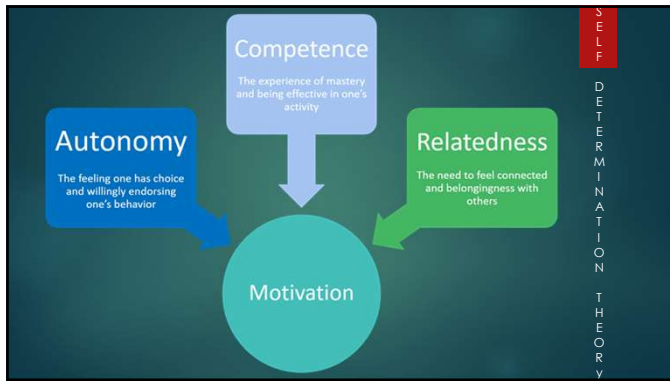
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Including families and students in decisions.




Decision-making

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WHERE TO START



- ▶ Am I offering autonomy over how this is done?
- ▶ Is the purpose understood?

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Coordinating resources and services from the community for families.



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Questions?

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