



BELONG partners

*Building Equitable Learning Opportunities
and Nurturing Growth*



Rooted Relationships for Families

INTRODUCTION

HOPES & DREAMS

What hopes/dreams do you have for your child/children?

What hopes/dreams do you have for yourself as a caregiver?

What hopes/dreams do you have for your family?

BASIC BRAIN SCIENCE

The Brain



Brain in the Hand

Watch Dr. Daniel J Siegel's ["The Brain in the Palm of your Hand"](#) video.



WRIST
brain stem
lizard brain



THUMB
limbic system
emotions



FINGERTIPS
pre-frontal cortex
executive function



"FLIP"



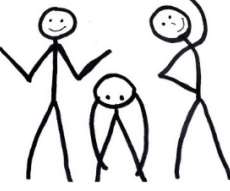
What are 4 things that flip your lid?

What are 4 things that help you to calm down?

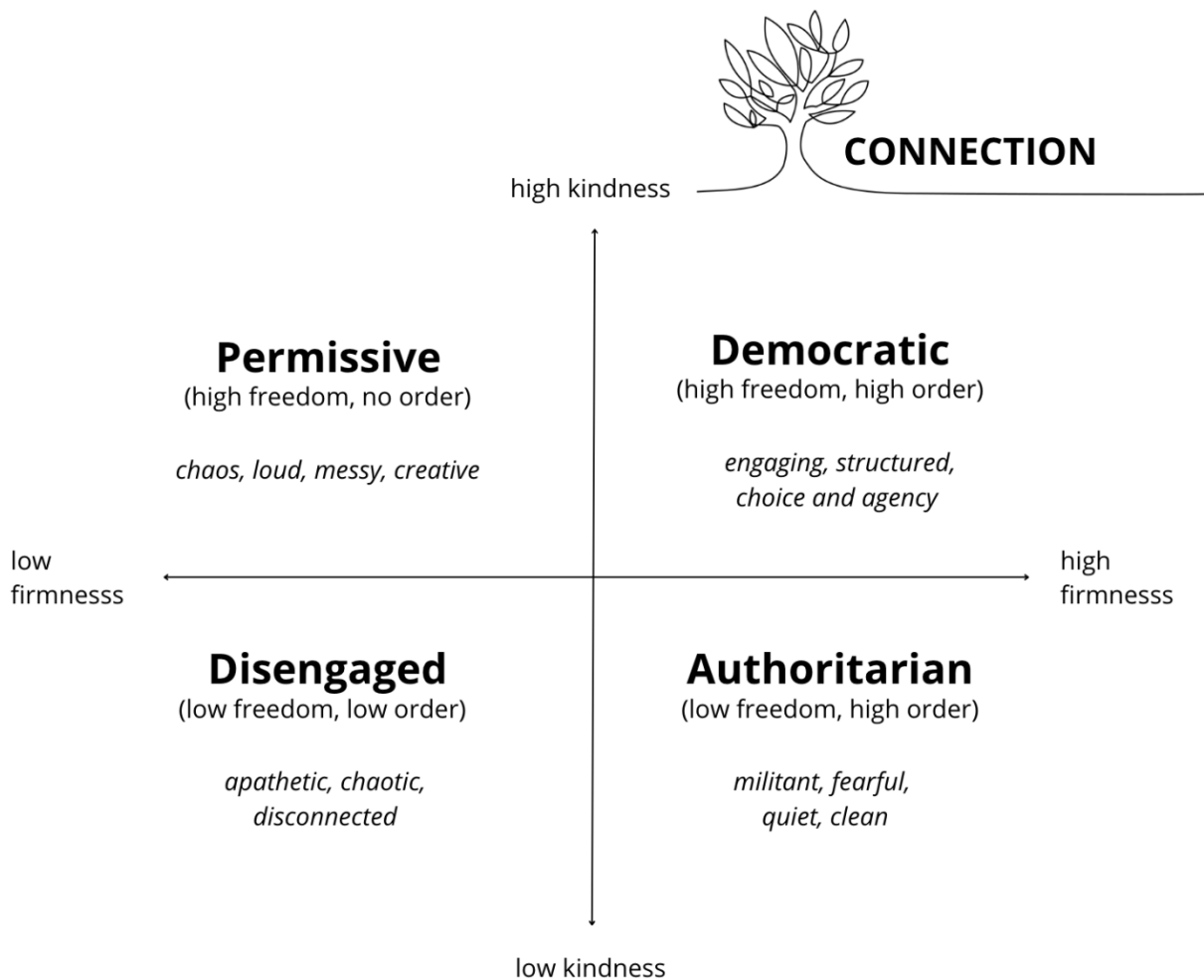
What are 4 things that flip your child's lid?

What are 4 things that help your child calm down?

SELF REGULATION

<p>Finger Breathing</p>  <p>© BELONG Partners</p>	<p>Finger Focus</p>  <p>Press palms flat. Move each pair of fingers apart without moving the others. Start slow. Then, increase speed.</p> <p>© BELONG Partners</p>	<p>Hot Cocoa Breathing</p>  <p>© BELONG Partners</p>
<p>Headphones</p>  <p>© BELONG Partners</p>	<p>Calm Down Zone</p>  <p>© BELONG Partners</p>	<p>Body Shake</p>  <p>© BELONG Partners</p>
<p>Notice...</p> <p>3 things you see 3 things you hear 3 textures you can touch</p>  <p>© BELONG Partners</p>	<p>Imagine a Calm Place</p>  <p>© BELONG Partners</p>	<p>Glitter Bottle</p>  <p>© BELONG Partners</p>
<p>Stress Ball</p>  <p>© BELONG Partners</p>	<p>Stretch</p>  <p>© BELONG Partners</p>	<p>Name Your Feeling</p>  <p>© BELONG Partners</p>

CONNECTED & FIRM



1. Thinking about **kindness/connection** and **firmness**, which way do you lean on an easier day? What about when you're experiencing more stress?
2. What helps support you in making **small steps** toward finding your **connected firmness**?
3. How does your culture or family history influence your parenting with connection or firmness?



ENCOURAGEMENT



PRAISE

- 1. To inspire with courage
(courage < Old French *corage*, < Latin *cor* heart)
- 2. To spur on: to stimulate

- 1. To express a favorable judgment of
- 2. To glorify, especially by attribution of perfection
- 3. An expression of approval

Self-evaluation

"Tell me about it."
"What do you think?"

Addresses Deed (Appreciation, Respectful)

"Thank you for helping."
"Who can show me the proper way to sit?"

Empathy

"What do you think and feel?"
"I can see that you enjoyed that."

Self-disclosing "I" messages

"I appreciate your help."

Asks questions

"What is an appropriate noise level for the library?"

Effect:

Feel worthwhile without the approval of others.
Self-confidence, self-reliance, self-esteem

Add your own:**Evaluation by others**

("I like it.")

Addresses doer (Expectation, Patronizing)

"You are such a good boy."
"Good girl!"
"I like the way Suzie is sitting."

Conformity

"You did it right."
"I am so proud of you."

Judgmental "I" messages

"I like the way you are sitting."

Should statements

"You should be quiet like your sister."

Effect:

Feel worthwhile only when others approve.
Dependence on others.
"Other" esteem.

Add your own:

Encouragement vs. Praise Reflection Questions

Am I inspiring self-evaluation or dependance on the evaluation of others?

Is it about the product or the person?

Am I encouraging self-reflection or conformity?

Who has the power?

Here are three sentence starters to help practice encouragement:

Descriptive encouragement: "I notice..." (without value judgments like good, well, or nice)

Appreciative encouragement: "I appreciate...." or, "Thank you for..."

Empowering encouragement: I noticed..., with [characteristic] like that..."I trust you...",
"I know you can..." (Use your evidence first.)



COURAGE

The movement we make in the direction of becoming our best selves.



ENCOURAGEMENT

The space we make for others to find and develop their best selves.

A group of diverse children are smiling and holding onto the colorful bars of a play structure. A yellow banner with the text "STAY CONNECTED" is overlaid on the image.

STAY CONNECTED



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