THE PARADIGM SHIFT

DR. YVETTE ERASMUS

WHAT IS YOUR INTERNAL PARENTING COMPASS?

- NOT "ONE THING" THAT WORKS
- EVERY CHILD HAS THEIR OWN "STUFF"

UNDERSTAND WHAT IS HAPPENING IN A DIFFERENT WAY

CORE ASSUMPTION

WHEN WE CHANGE OURSELVES, OUR CHILDREN'S BEHAVIOR CHANGES.

POWER OVER UNDER ⇒ POWER WITH

PERMISSIVE AGGRESSIVE ⇒ LEAD WITH LOVE ♥ FIRM + KIND

PUNITIVE FORCE ⇒ PROTECTIVE TO MAINTAIN SAFETY

CONTROL CHAOS ⇒ CONNECTED + CONTAINED

TOO!

CHECK-IN QS

WHAT IS BIGGEST PARENTING CHALLENGE OR JOY?

WHAT IS YOUR CENTRAL PURPOSE OF PARENTING?

WHAT IS HARDEST ABOUT THIS DEVELOPMENTAL AGE?

A PARENT'S PROMISE
↳ DAILY MANTRA

7 PRINCIPLES

1 BEHAVIOR

ALL BEHAVIOR IS COMMUNICATION

2 RELATIONSHIP

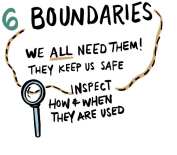
QUALITY OF RELATIONSHIP IS MORE IMPORTANT & POWERFUL THAN ANY BEHAVIORAL INTERVENTION

3 INTERPRETATION OF BEHAVIORS

4 EMERGENCE OF NEEDS

5 FEELINGS ARE CUES / INFORMATION

6 BOUNDARIES



7 COMMUNITY + SELF CARE