

Raising *Joy-Filled* Kids

PARENTING TRAINING

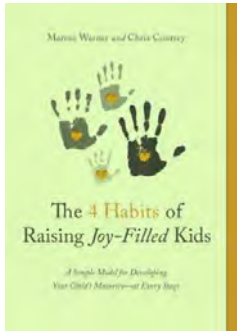
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Marcus Warner *and* Chris Coursey



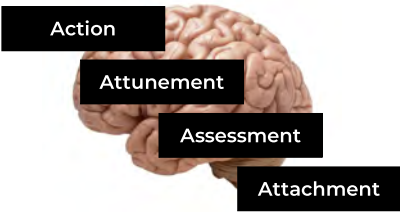
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The **4 Habits** of Raising Joy- Filled Kids



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Brain Basics



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Brain Basics

- A well-trained joy elevator will remain functional even when we have big emotions.
- A poorly-trained joy elevator will shut down when we experience big emotions.
- When the joy switch is on, the elevator functions and we have access to the action center of the brain.
- When the joy switch is off, we lose access to the top levels of our brain function.

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Attachment Basics

- **Joy Bonds**
Seeing (or thinking about seeing) someone makes you happy.
Think about each of your kids in a way that makes you smile.

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Attachment Basics

- **Fear Bonds**
Seeing (or thinking about seeing) someone makes you anxious.
- Dismissive
- Distracted
- Disorganized

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ABCDs of Parenting

Attunement

Read body language and meet the child in their emotions.



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ABCDs of Parenting

Attunement

- Joy
- Shame
- Anger
- Disgust
- Sadness
- Fear
- Despair
- Attachment Pain



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ABCDs of Parenting

• Validate the emotion

- Name the emotion accurately
- Accurately identify how big the emotion is.
- The goal is to get the child nodding in agreement.
- This step must come first before anything else we do, if we want to keep the relationship bigger than the problem.



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ABCDs of Parenting

• Reverse Attunement


Reverse attunement occurs when we expect our kids to attune to us and validate our emotions instead of the other way around.

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ABCDs of Parenting

Building Bounce

Many parents are tempted to bubble-wrap their kids so they never face hardship. It is better to help them build bounce.



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ABCDs of Parenting

• Correcting with Care

Connect before you correct.
Cast vision for success.
Explain why after obedience.



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ABCDs of Parenting

Developing Discipline Relationally



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Building JOY in Infants

Fun Facts

- Babies are born craving joyful attachment. It is the one thing they will actively seek.
- The infant years span birth to weaning (age 4)
- Infants cannot bounce back from any emotions without help.
- The infant brain has no pathways developed from upsetting emotions to the identity/joy center. Therefore, they must learn how to act like themselves and return to joy from upsetting emotions by seeing it modeled and receiving our help.



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Attunement

Most attunement at the infant stage is about eye-contact.

The Attunement Schedule



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Building Bounce

Toddlers are included in the infant years.

- Prioritize building bounce over correcting behavior.
- Practice non-verbal validation.



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Correcting with Care

- Saying no to an infant is like talking gibberish to them. We need to use positive instructions.



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Developing Discipline Relationally

- Infants do not need to develop discipline. This is a child-level skill.



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Building JOY in Children

Fun Facts

- Childhood begins with weaning (age 4) and goes through puberty (age 13).
- **Take care of one.** During this stage, the child is supposed to learn how to take care of themselves so that by the time they become adults, they are well practiced in the skills that allow them to feel independent and confident in who they are.



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Building JOY in Children

Fun Facts

- **Discernment.** Children need to learn to distinguish what is good for them (satisfying) from what is bad for them (merely pleasurable).
- **Discipline.** Children need to learn to say no to what is bad for them and build habits around what is good for them.



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Attunement

Parents attune to their children by giving their full attention to them when they are in need.

A joy foundation for life is built on consistent attunement. It makes children feel seen and understood which creates stability.

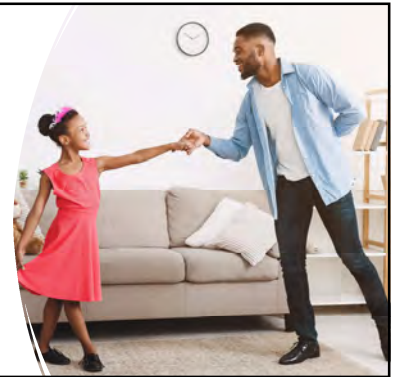


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Building Bounce

We help our children build bounce by practicing VCR regularly.

- We teach our children how to use their words as we validate.



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Correcting with Care

- Make sure your relational circuits are on before you correct your child.
- Bounce back from your own emotions.
- Correct with the child's good in mind.
- Cast a vision for success in life.



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Develop Discipline Relationally

- Start simple
- Show how
- Celebrate wins
- Turn them loose



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Building JOY in Adults

Fun Facts

- Brain wash.
- Group identity.
- Justice
- Rite of passage.



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Attunement

Recognize and celebrate heart values

- Justice
- Mercy
- Compassion
- Leadership
- Service
- Friendship
- Organization



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Building Bounce

- Rite of Passage
- Challenges
- Connections
- Celebration



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Building Bounce

- Peers
- Mentors
- Power for good



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Correcting with Care

- Don't minimize their problems.
- Don't rescue them from failure.
- Do practice mutual problem solving.
- Do follow through on consequences.
- Do build a relational bridge.



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Developing Discipline Relationally

- Do Group Projects
- Be a Cheerleader
- Help Problem Solve



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Oxygen Mask

- Play together
- Listen for emotions
- Appreciate daily
- Nurture a rhythm

