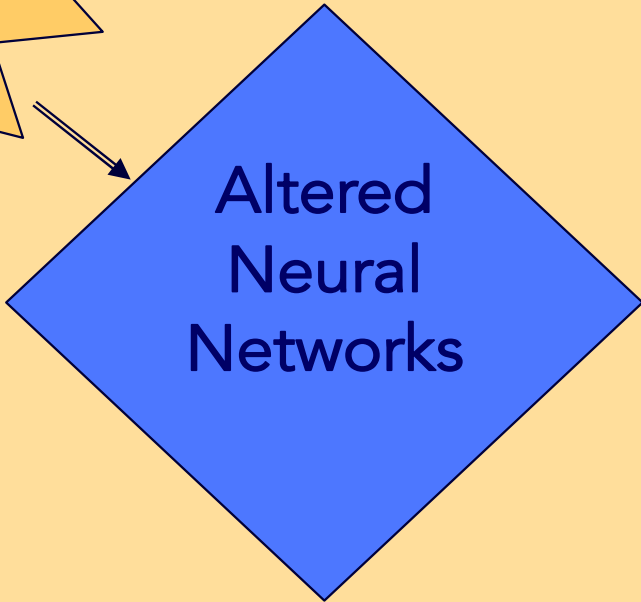
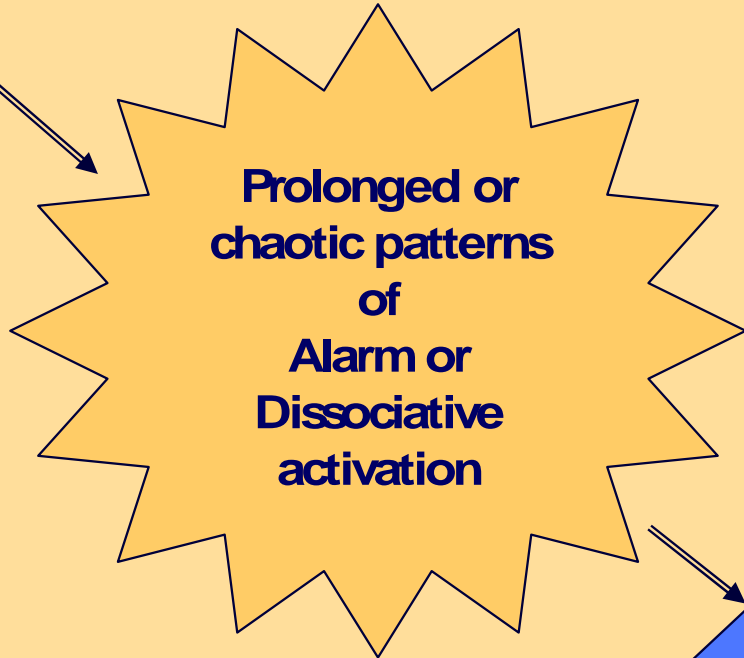




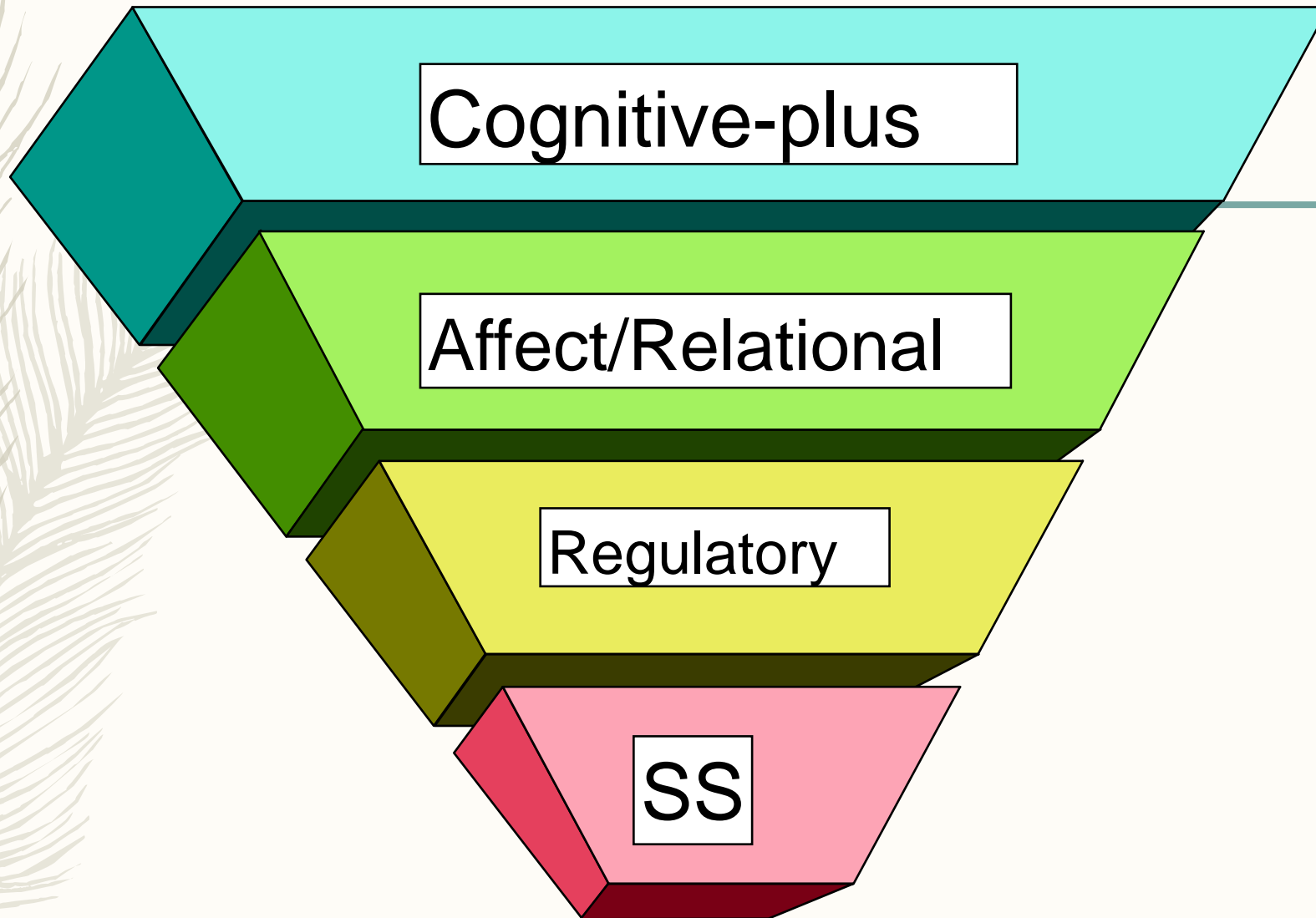
School's Out!! Parenting Tips and Tricks

Presented by Stacy G. York Nation,
LCSW in partnership with Montana
Hospital Association

Overwhelming Experiences



Brain Development

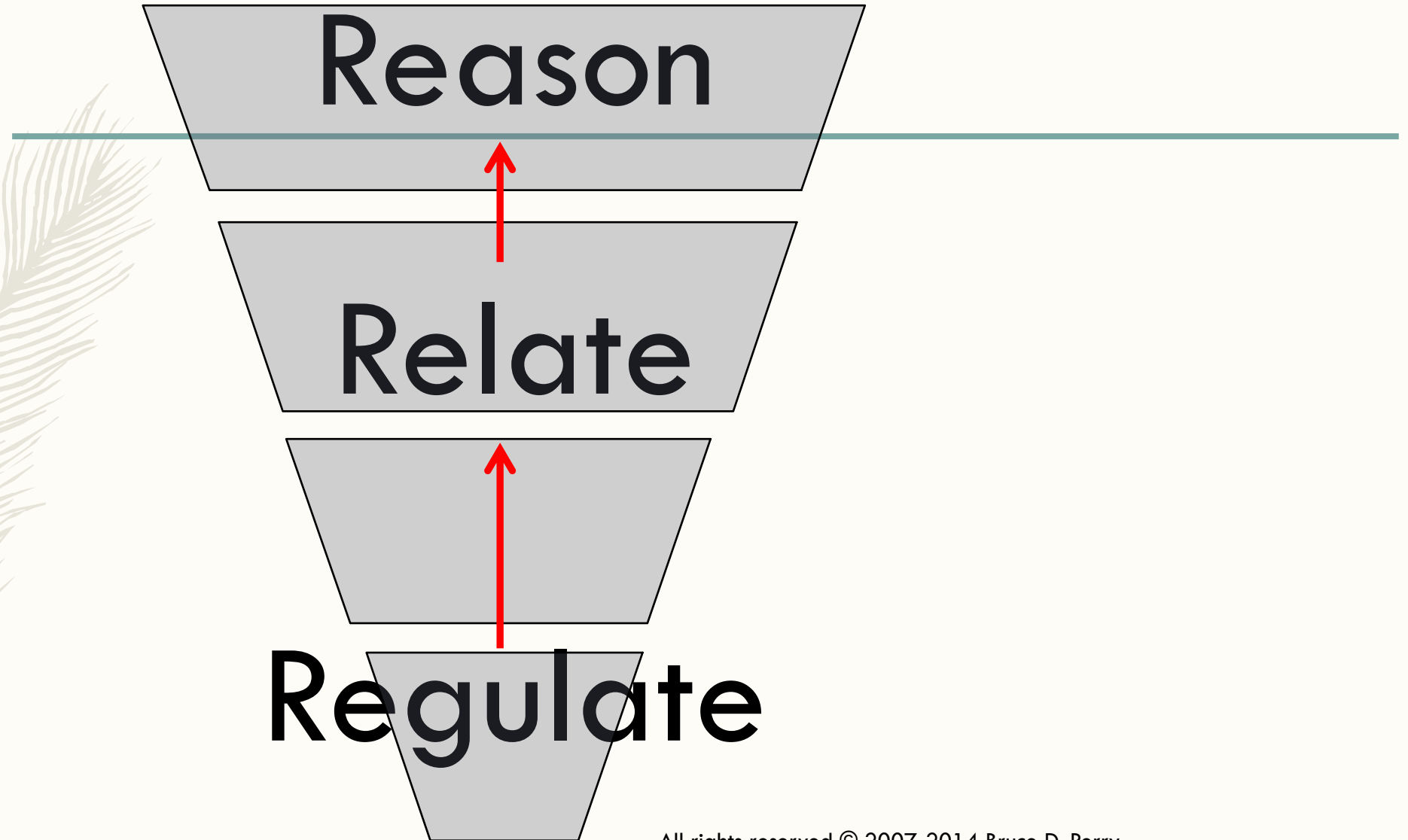




COVID Specific Summer Topics

- Mask Mandate
- Vaccination
- Residual effects of COVID-understanding individual journeys
- Stressors of returning to work in person vs. remote
- What is my tolerance for what my kids can do? Social events? Trampoline Park? Sleepovers? Etc.
- Helping kids have empathy and understanding for other families and their decisions

Sequence of Engagement



Regulation

- What is it?
- Why is it important?
- Co-regulation
- Top Down regulation vs. Bottom Up Regulation



1. Movement and Play

- People who play together, regulate together.
- Movement is regulating





2. Empathy

- What is it?
- How do we do it?
- Why is it important?

3. “I” Statements

– When you _____, I feel _____, so could you please
_____?





4. H.O.P.E.

- Hold On Past The Emotion
- Regulated adults regulate kids. Dysregulated adults escalate kids

5. Stop Asking WHY

- WHY is for adults. STOP asking it.
- Kids do not have fully developed cortex.
- Instead... “Tell me more about that.” or “Tell me what happened. Then, what happened.”





Contact Info

- Stacy G. York Nation, LCSW
 - stacy@gobeyou.org
 - <https://www.gobeyou.org>
 - <https://www.facebook.com/gobeyouniversity>
 - 6 hour, on-demand, online continuing education course for Educators: **Trauma-Informed Skills in the Classroom:** <https://www.gobeyou.org/offers/UomPQEZ7>
 - 2.5 hour on-demand, online parenting course for Parents:
28 Skills in 28 Days: <https://www.gobeyou.org/offers/UWV2LorQ>
 - Instagram: gobeyoullc
 - Twitter: @stacyyork