

Video replay: <https://vimeo.com/653043774/14d38bff7d>

10:57:48 From Melanie to Everyone:

Now I realize why you were surprised that I'm here. I was thinking it started at 9 instead of 9:30.

10:58:03 From Melanie to Everyone:

:)

11:22:13 From Bailey to Everyone:

I just got it

11:24:25 From Lynn Marie to Everyone:

Good morning Lynn Marie from Nc

11:25:02 From Susan Sharp to Everyone:

Susan Sharp from Montana checking in...

11:25:36 From Brooke Eggen to Everyone:

Brooke Eggen Puyallup WA

11:25:57 From DeniseS to Everyone:

Good morning! Denise Sharp is present

11:27:04 From Kathy to Everyone:

Hi everyone!

11:27:09 From Kathy to Everyone:

Kathy M. from NJ

11:27:09 From Ariella to Everyone:

Ariella from Israel

11:27:21 From Lisa Jongsma to Everyone:

Lisa Jongsma GR Michigan

11:27:23 From Bailey to Everyone:

Bailey Smith South Florida

11:27:28 From Kathy to Everyone:

Ariella, you may win the prize for distance...we shall see. :)

11:27:32 From Debbie Doyle to Everyone:

Debbie Doyle from Ottawa

11:27:33 From Barbie to Everyone:

Barbie from Ohio

11:27:50 From Ariella to Everyone:

Maybe!!!

11:28:12 From Steph to Everyone:

Stephanie Tyler in Gainesville, FL

11:28:12 From Elizabeth Peters to Everyone:

Elizabeth Peters from Wichita, KS

11:28:19 From Loes Tam to Everyone:

Hi everyone Loes Tam here from London England...

11:28:34 From Sam Timbrook to Everyone:

Sam Timbrook. Columbia, MO.

11:28:40 From Naomi Jubilee to Everyone:

Naomi Jubilee Garner NC

11:29:36 From Steph to Everyone:

I won't be able to chat in a breakout group because I'm at work.

11:30:40 From Dana De Vane-Webster to Everyone:

Dana De Vane-Webster (NC)

11:31:06 From jenny to Everyone:

Jenny Bryk, Boone NC

11:31:21 From Tami Heiss to Everyone:

Tami Heiss Ohio

11:31:49 From Lorraine Rucker to Everyone:

Lorraine Rucker Ayden NC

11:32:05 From Pam Hull to Everyone:

Pam Hull from NJ

11:32:08 From Jodi Fuller to Everyone:

Nashville, TN

11:32:15 From Lorelei Sutherland to Everyone:

Lori Sutherland Dallas, TX

11:32:20 From Stephanie to Everyone:

I'm new.

11:32:30 From Stephanie to Everyone:

Stephanie Douglas from Canada

11:32:42 From Carol Michaels to Everyone:

Carol from Colorado

11:32:43 From Porscha Green to Everyone:

Hello Everyone! Porscha in NC

11:32:51 From Summer to Everyone:

Summer from Pennsylvania

11:32:51 From Jennie Smith to Everyone:

jennie smith, texas

11:32:54 From Trisha Von Lanken to Everyone:

Trisha Von Lanken Tulsa, OK

11:33:00 From Nicole S to Everyone:

Nicole from PA

11:33:02 From Amy to Everyone:

Hi Everyone, Amy from Pennsylvania

11:33:08 From Rebekah Joyce to Everyone:

Rebekah Joyce Chicago area

11:33:39 From Tasha Hakeem to Everyone:

Good morning!!! Tasha from Kona, Hawaii 🌻

11:33:41 From Rochelle Juola to Everyone:

Rochelle from Castle Rock, WA

11:33:47 From iPhone (2) to Everyone:

From Liberty Hill, Texas

11:34:32 From Kathy to Everyone:

Welcome to everyone who is new! :)

11:35:04 From Amanda Husta to Everyone:

hi, this is Amanda from South Carolina

11:37:39 From Jane Lee to Everyone:

J from Calgary, Alberta

11:38:37 From Kathy to Everyone:

Thank you to everyone who has signed in. This helps Dr. Debra take attendance.

11:40:42 From Erin Yeatman to Everyone:

Sunnyvale, CA

11:40:55 From Amanda M to Everyone:

hello- this is Amanda from Pennsylvania

11:41:38 From Bailey to Everyone:

Sorry I think this was addressed, where will this info. be after

11:41:58 From Naomi Jubilee to Everyone:

[https://www.houseofpeacepubs.com/Advocacy%20Courses/parent traumatized children.htm](https://www.houseofpeacepubs.com/Advocacy%20Courses/parent_traumatized_children.htm)

11:42:08 From Bailey to Everyone:

Thank You

11:42:17 From Naomi Jubilee to Everyone:

Bailey these slides are available at this page and any additional resources will be added there

11:42:56 From Naomi Jubilee to Everyone:

[faith.advocacy8@gmail.com](mailto:faith.advocacy8@gmail.com) for scholarships for the main advocacy class, write in and state why you need a scholarship

11:43:09 From Bailey to Everyone:

do you get any certifications taking it

11:43:29 From Porscha Green to Everyone:

You do get a certificate for the advocacy course

11:43:57 From Naomi Jubilee to Everyone:

If you need an advocate for yourself (or to share with someone you know who needs an advocate: <https://forms.gle/RVF2RTnxTNPsvfLW7>

11:44:13 From Naomi Jubilee to Everyone:

We also have support groups: <https://forms.gle/auUZ1YR9Vp1aNiqY9>

11:45:14 From Naomi Jubilee to Everyone:

For the helper side, if you are interested in learning more about the main advocacy program: <https://www.calledtopeace.org/join-us/become-a-faith-based-advocate/>

If you are interested in learning to lead a support group: <https://forms.gle/tt7z3QxaKXQbZ6cz5>

11:45:49 From Joy Forrest to Everyone:

Bailey you get a certificate for each of the 12 courses after you attend or watch the class and take the quiz. Then at the end of a year you become eligible to become a Called to Peace affiliated advocate. You'll get a certificate from us.

11:53:35 From Stephanie to Everyone:

Can you briefly list the styles again?

11:53:36 From Marcus Schmaling to Everyone:

Authoritative works best, but I can see how it would be easy to fall into the permissive parent.

11:53:52 From Amy to Everyone:

Authoritative. Constant push back with other parenting style

11:54:04 From Debbie Doyle to Everyone:

I am seeing this in my step son with his children - he is permissive - all candy and games and my daughter in law has to deal with the fall out

11:54:11 From Ariella to Everyone:

I'm more authoritative but he was bouncing between permissive and authoritarian- it was crazy confusing...my challenge now is safe healthy boundaries in a loving way

11:54:15 From Naomi Jubilee to Everyone:

My ex is a combination of authoritarian and permissive- they can do whatever they want as long as they obey him at a whim.

11:54:46 From Stephanie to Everyone:

Sorry - I didn't write them down.

11:54:59 From Summer to Everyone:

My husband used to use authoritarian style because he was grabbing for power and control. Now that we are out of the house, he is very permissive with the children when he has them for visitation because he wants them to like him and want to be with him. So, out for dinner, out to the movies, all day access to technology, foods they like, etc.

11:55:08 From Naomi Jubilee to Everyone:

Authoritative,

Permissive

Authoritarian,

Uninvolved

11:55:37 From Laura Lathrop to Everyone:

Laura Lathrop, Indiana; sorry for being late!

11:55:40 From Erin Yeatman to Everyone:

I also am more authoritative. My ex is permissive.

11:55:51 From Dana De Vane-Webster to Everyone:

I'm more authoritative yet ex is authoritarian and uninvolved/neglectful.

11:55:57 From Naomi Jubilee to Everyone:

Transition day- provide a snack when I pick them up, try to have a combination of available physical exercise outlets and space for alone time if they need it

11:56:07 From Kathy to Everyone:

In the email for the class, a link was shared with handouts.

<https://www.houseofpeacepubs.com/Advocacy%20Courses/documents/ParentingTraumatizedChildren-HS5-handouts.pdf> If it's helpful, you can print the slides and follow along with handouts for future classes.

11:56:14 From Jodi Fuller to Everyone:

Authoritative is my goal, but he is a mix of the other 3. It's constant conflict coming my way. He pits the kids against me. Technology is a big problem.

11:56:31 From Carol Michaels to Everyone:

one woman I work with calls the transition day "Zombie day" and lets the children just chill while they adapt.

11:56:40 From Amanda M to Everyone:

TY, Nicole. :)

11:56:50 From Elizabeth Peters to Everyone:

I was raised in an abusive Authoritarian home, so in early parenthood I bounced around between that Authoritarian and the Permissive styles, trying to find my way toward a stable Authoritative style as I worked through that trauma in myself.

11:56:53 From Naomi Jubilee to Everyone:

Something else that helps is telling the children about our upcoming schedule and asking them what they would like to do, so we're having a hopefully positive conversation about our upcoming time together

11:57:21 From Nicole S to Everyone:

Feel free to write in the text what transitional helps have assisted your family

11:57:28 From Nicole S to Everyone:

chat

11:57:35 From Bailey to Everyone:

I'm single mom, Ex. left the State my 17.5yr old is dealing with ACE and so is my 22yr old so I try to set boundaries but its very hard

11:57:41 From Hannah to Everyone:

When I taught parenting education. The program we used emphasized the definition of "Discipline" as "Training". When we look at the purpose of our discipline as "training" rather than punitive we become more authoritative rather than authoritarian.

11:57:43 From Stephanie to Everyone:

Yes, Naomi's description resonates.

11:58:31 From Amy to Everyone:

Transition day involves giving them space, reminders of expectations of my house, and I ask if they want to go for a walk

11:59:13 From Brooke Eggen to Everyone:

I just read the [Explosive Child by Dr. Ross Greene](#) and it is helpful in thinking about how to help a child navigate their big emotions that they don't have words for

11:59:47 From Naomi Jubilee to Everyone:

another complicating factor is when your ex partner says things that make the children think his parenting style is correct and should override mine, so it creates an interesting dynamic to balance as children resist the change in parenting because they don't see it as valid because of what they father says...

11:59:57 From Tasha Hakeem to Everyone:

transition day, yes! I have just finished putting up a family central station on the fridge with our family verse, a latest photo of us, and an evening- morning schedule, and a two weeks schedule so my kids can see what's happening. I'm hoping this shows them the stability. We created it together so the evening- morning schedule is something we expect together.

12:00:21 From Laura Lathrop to Everyone:

Love that, Tasha

12:00:26 From Dana De Vane-Webster to Everyone:

Yes, Carol. When my kids come back home, sometimes I just let them take a nap or chill out. And they aren't little....one is 15 and the other will be 11 next week. I learned that they needed that decompression time to be relaxed and reacclimated before our regular routines.

12:00:46 From Jennie Smith to Everyone:

ideas for teens especially appreciated

12:00:47 From Bailey to Everyone:

What do you do when your Young adults are stuck at trauma age, in a lot of ways?

12:00:56 From Kathy to Everyone:

Yes, Dana.

12:00:59 From Tasha Hakeem to Everyone:

I had a calendar up but my little one still was confused every week as to who she's with overnight. so this is more specific... and she can move a magnet along the calendar.

12:02:19 From Brooke Eggen to Everyone:

Great ideas Tasha!

12:02:31 From Naomi Jubilee to Everyone:

I find transitioning for teens for me seems to be they need more downtime and then later being able to make one-on-one time so if anything has been brooding they can verbalize it well.

12:03:05 From Dana De Vane-Webster to Everyone:

...and sometimes I'd just let my daughter cry it out when she got back home. There'd so much she has to emotionally dump to me so I sit with her in silence and let her tears flow. My teen son, I'd just check in, hug him and walk away and give him some space until he was ready to talk or engage.

12:03:48 From Dana De Vane-Webster to Everyone:

I agree, Naomi

12:04:15 From Tasha Hakeem to Everyone:

vroom.org?

12:04:36 From Porscha Green to Everyone:

Yes, Tasha

12:05:06 From Kathy to Everyone:

<https://www.vroom.org/>



12:05:22 From Melanie to Everyone:

Helpful tip to those new to this class: print out the slides so you can take notes during the class.

12:08:45 From Melanie to Everyone:

Here's the class link. The link for the class handouts are towards the bottom.

[https://www.houseofpeacepubs.com/Advocacy%20Courses/parent\\_traumatized\\_children.htm](https://www.houseofpeacepubs.com/Advocacy%20Courses/parent_traumatized_children.htm)

12:08:55 From Elizabeth Peters to Everyone:

Idea for older kid using a lot of isolated technology to cope at the other parent's house: collaborative free video games like Space Team allow everyone to be on their own device but requires verbal collaboration in order to win the game together. Can be a bridge toward connection without trying to take away a device that feels to them like a necessary coping mechanism.

12:11:49 From Lorelei Sutherland to Everyone:

where could we learn more about this?

12:12:04 From Naomi Jubilee to Everyone:

**about arrested development?** *I am researching articles on this and will post on the class web page when I receive them.*

12:12:14 From Lorelei Sutherland to Everyone:

my 13 yr old is stuck back about 6 yrs old. yes

12:12:48 From Naomi Jubilee to Everyone:

I'm there with you.- it might be later in this class I'm not sure

12:14:31 From Naomi Jubilee to Everyone:

We did something similar and we made a family crest for just us, had a conversation and helped design what it looks like

12:14:59 From Jodi Fuller to Everyone:

Love that idea and the space team game

12:17:53 From Doreen to Everyone:

I needed this last night. so grateful for the techniques it is exchange day.

12:18:08 From Kathy to Everyone:

Articles, chats and video replays are posted in the email that was sent out, that included the link for this class. All slides are posted there in a handout format that you can print out, if you desire.

12:20:39 From Elizabeth Peters to Everyone:

There's also some interesting recent research on using Tetris right after trauma. The visual sorting process seems to have a mild impact something along the lines of EMDR's concepts of eye

movement for trauma processing. I have been curious whether it might have an impact on chronic repeated situations like regular transitions home from abusive parent homes, rather than just the acute trauma it has been studied for so far. I know someone who does jigsaw puzzles with her children and I suspect that may be having a similar impact to what Tetris would aim to do.

12:21:24 From DeniseS to Everyone:

Elizabeth, that is very interesting - thanks

12:22:05 From Joy Forrest to Everyone:

That's part of C-PTSD Elizabeth, repeated low level trauma— again and again.

12:22:34 From Joy Forrest to Everyone:

Differentiates it from regular PTSD.

12:24:24 From Jennie Smith to Everyone:

Living with an addict made him so unpredictable; very hard on the kids

12:24:48 From Naomi Jubilee to Everyone:

Anonymous question that was sent privately:

regarding teaching kids to be safe with their bodies. How can you help an abused child to learn that sexual behavior/grooming is not how we play?

12:25:15 From Kathy to Everyone:

Yes, Jennie, it's like walking on egg shells. Unpredictable.

12:25:46 From Lisa Jongsma to Everyone:

better parent now b/c all my focus isn't on him and his addiction

12:26:24 From Jennie Smith to Everyone:

Lisa - yes!

12:27:09 From kellijod to Everyone:

I have a counseling session and need to go but can't wait to watch the rest of the class and read everyone's comments-this is such a blessing!

12:27:20 From rebekah.joyce to Everyone:

I've used this book with my young kids. <https://www.amazon.com/God-Made-All-Me-Children/dp/1942572301>

12:27:23 From Joy Forrest to Everyone:

Thanks Kelli

12:27:38 From Porscha Green to Everyone:

A Very Touching book for little people and big people by Jan Hindman is a good book for this subject

12:28:38 From Porscha Green to Everyone:

[https://www.amazon.com/Very-Touching-Book-Little-People/dp/0961103418/ref=sr\\_1\\_1?keywords=A+Very+Touching+book+for+little+people+and+big+people+by+Jan+Hindman&qid=1638552498&sr=8-1](https://www.amazon.com/Very-Touching-Book-Little-People/dp/0961103418/ref=sr_1_1?keywords=A+Very+Touching+book+for+little+people+and+big+people+by+Jan+Hindman&qid=1638552498&sr=8-1)

12:30:35 From Tasha Hakeem to Everyone:

I was a birth doula and birth Educator when my children were very little so, I always taught my children the correct names for their private parts and that even i have to get their permission to touch them. when they were old enough to put cream on or whatever, I would have them do it, giving them their power directly.

12:30:39 From Brooke Eggen to Everyone:

I find so much of healing from abuse is learning to trust your gut so that makes so much sense that a kid needs to hear trust your gut.

12:30:52 From Porscha Green to Everyone:

They will come to you and ask questions if it contradicts what you teach them

12:31:00 From Tasha Hakeem to Everyone:

yes no secrets

12:32:35 From Laura Lathrop to Everyone:

Absolutely. And that's one way the abuser keeps the kid quiet about it!

12:32:57 From Laura Lathrop to Everyone:

"if you tell, I'll get taken away from you and locked up and it will be your fault!"

12:34:40 From Joy Forrest to Everyone:

Yes, they certainly use that Laura

12:34:59 From Lisa Jongsma to Everyone:

courts did nothing, you are right Joy, and now my daughter feels even more confused...Everyone that is supposed to help her isn't.....How do we know if something was actually reported to CPS? I find it hard to believe that someone didn't follow up on a report supposedly made by a mutual friend in the family.

12:37:19 From Lisa Jongsma to Everyone:

How do I know it was done???

12:37:51 From Jodi Fuller to Everyone:

Lisa, Whoever reports should receive a tracking number to follow up.

12:38:09 From Naomi Jubilee to Everyone:

Lisa, at least here, you won't know unless CPS reaches out to you deciding to pursue it or if the person who reports tells you

12:38:21 From Joy Forrest to Everyone:

And if it was something in your home, you should have heard from CPS.

12:39:12 From Lisa Jongsma to Everyone:

Thanks :( Happened at dads several times now and I do believe she won't tell me again like you said Jodi

12:39:57 From Kathy to Everyone:

Sorry, Lisa.

12:40:00 From Naomi Jubilee to Everyone:

Lisa, if it's possible to have the child in ongoing play therapy, that's a good place to have it come out over time

12:41:04 From Kathy to Everyone:

READ! READ! READ!

12:41:24 From Naomi Jubilee to Everyone:

My children are currently 9, 11, and almost 14, and having storytime where I read to them together is an activity they're responding to well, as if they were much smaller

12:43:13 From Kathy to Everyone:

Choosing your battles.

12:43:48 From Jennie Smith to Everyone:

This is the age -around 12- that the abuse really escalated in our home

12:44:08 From Laura Lathrop to Everyone:

Naomi, I have found that also-- it's okay to plan a family "read aloud" time involving everyone even if one is afraid the kids are too old. There are great books that can appeal to everyone, and it's so healthy for them.

12:44:32 From Porscha Green to Everyone:

One way to gather is at the kitchen table to engage in conversations about the day/week etc

12:44:46 From Jodi Fuller to Everyone:

That is really hard when they have constant usage of screens at dad's house and expect the same at my house. School Chromebooks do not help at all.

12:44:48 From Nicole S to Everyone:

yes, Porscha.

12:45:20 From Lisa Jongsma to Everyone:

Jodi I have the same problem. My son doesn't want to do anything but stay home.....

12:45:28 From Brooke Eggen to Everyone:

We listen to audiobooks together in the car or at home and pause as we each have thoughts on the book and the book gives us a bridge into each others lives that can come out later

12:45:33 From Nicole S to Everyone:

Well, you have control of your house to establish what it looks like at yours. I am married and we have differences on screen time. So, I have adjusted what I do because of that.

12:45:56 From Porscha Green to Everyone:

That's a great tool, Brooke

12:46:21 From Nicole S to Everyone:

Brooke I have 3 dyslexics so we do that all the time

12:46:36 From Laura Lathrop to Everyone:

Jodi, our family has had good results tying screen time to reading and/or social family activities-- a half hour of reading earns an equal amount of screen time; same with playing a game with someone, going on a walk, etc. You can tie it to whatever you want, and then there's no battle. "Sure, you can play on the computer, after you have earned a half hour of time to do that!"

12:46:41 From Nicole S to Everyone:

We do a quiet hour every day and use our audiobooks.

12:46:45 From Brooke Eggen to Everyone:

@Nicole I have 2 Dyslexics so there is lots and lots of audio in my house

12:47:07 From Nicole S to Everyone:

Laura...I often pair that with a task that is undesirable for my kids too.

12:47:11 From Laura Lathrop to Everyone:

(And yes, we count audio books-- so this works even for younger kids or ones who have trouble reading.)

12:47:29 From Laura Lathrop to Everyone:

One of our best ones has been an older kid earning by reading to a younger one.

12:47:54 From Naomi Jubilee to Everyone:

This is a great read aloud- series of 5 books that follows Israel children in captivity, so it covers real life trauma and is faith-based and has discussion questions.

[https://www.amazon.com/Faith-Roots-Trustworthy-Children-Exodus/dp/1791999085/ref=sr\\_1\\_5?keywords=tales+of+the+exodus&qid=1638553585&s=books&sr=1-5](https://www.amazon.com/Faith-Roots-Trustworthy-Children-Exodus/dp/1791999085/ref=sr_1_5?keywords=tales+of+the+exodus&qid=1638553585&s=books&sr=1-5)

12:48:07 From Doreen to Everyone:

my eight year old spends alot of time on screens at her father's. it very hard to move her off of them at home. I am trying to institute 7 pm all screens off. let's play Alexia (dance or trivia), get ready for bed and mommy time. but lots of resistance lately after trauma with dad. need help. he lets her stay up to midnight or 5 am on her tablet or his phone. so a 8 pm bed time is hard. especially with a 7 o'clock screen shut off time.

12:48:10 From Tasha Hakeem to Everyone:

In Hawai'i, everyone is called auntie and uncle.. I wasn't raised in this culture but my children have been. I find that it really blurs the line of family and who is close and who feels close because of this label.

12:48:11 From Kathy to Everyone:

For HS or anyone.... <http://myaudioschool.com/> Created by a HS mom who had a child with dyslexia.

12:48:24 From Laura Lathrop to Everyone:

Mrs. Piggle Wiggle is a great read aloud for every age!

12:48:38 From Jennie Smith to Everyone:

how to help teens who missed some of these milestones due to trauma/chaos on the home

12:48:39 From Nicole S to Everyone:

I love Mrs. Piggle Wiggle

12:48:47 From Nicole S to Everyone:

No always means no in our house

12:49:05 From Kathy to Everyone:

If a task isn't finished, I don't do it for them. I remind them. :)

12:49:21 From Nicole S to Everyone:

And, we don't force hugs or kisses. You have to be respectful and smile. You have options... high fives, waves. No thank you.

12:49:44 From Brooke Eggen to Everyone:

We have a rotation in my house for chores: Kitchen, laundry and mom's helper. Each child 10-18 has their place. I may help them depending on schedule and if they ask but it is theirs if they want to play

12:50:01 From Naomi Jubilee to Everyone:

My kids do their own laundry. I also bought plates with different colors so they are supposed to be responsible for their colored plates/bowls and their style of silverware (so it's not "It wasn't me")

12:50:03 From Porscha Green to Everyone:

Yes, Tasha! I do not like that trend. It disregards boundaries and identifying the role one has in your life. It also changes the ancestry; well the knowledge of your true ancestry. It is small to some but that is big to me.

12:50:22 From Nicole S to Everyone:

Our kids have an am and pm chore, weekly chore, they wash/fold their laundry and put it away. and help bake, cook, clean together.

12:50:47 From Tasha Hakeem to Everyone:

I have always involved my kids in my tasks so they were doing table setting, piling clean laundry in piles per owner, hanging up their shower towel, etc from a young age. I talk to them about working as a team.

12:50:52 From Nicole S to Everyone:

WE do a lot of "power with."

12:51:10 From Naomi Jubilee to Everyone:

we have color-coded towels and washcloths and everything and as a bonus, I have less laundry I have to do

12:51:23 From Brooke Eggen to Everyone:

Nicole what do you mean "Power with"?

12:51:53 From Nicole S to Everyone:

When my son whines and cries about his job or task, I come alongside him to help or encourage him

12:52:07 From Brooke Eggen to Everyone:



12:52:09 From Laura Lathrop to Everyone:

Argh, Naomi, I want to do the color code thing, but I have one kid who just uses whatever she wants of everyone's stuff, so I foresee even more fights. :(

12:52:30 From Nicole S to Everyone:

When he is overwhelmed with his room, I come in and talk him through getting it done. He is 8 and the youngest.

12:54:50 From Laura Lathrop to Everyone:

Ok, one question for Dr. Debra-- I have a kid who gives herself "points" for when she does just common decency things, so I hesitate to praise her for that stuff when it's just expected. For instance, "I didn't swear at you for a week" when all the other kids don't swear at me EVER, because that's obviously not okay. Or "I didn't steal your money today" when really that is just human decency. We used to praise her, but we found it just increased her entitled way of feeling about how she behaves, and what she thinks it's okay to do. Thoughts on this?

12:54:51 From Naomi Jubilee to Everyone:

my kids keep their towels in their own rooms and my kids are also pretty aware of if someone else has stolen their plate. I've had some of this and usually I make the thief then responsible for their dishes and the others' that day, or if it's their towels, they have to do a load of the sibling's laundry. if i'm consistent with it, the thievery slows down.

12:55:40 From Jennie Smith to Everyone:

I see steps that my son is still struggling with at fifteen. How to help him "catch up" on some of these missed steps?

12:56:08 From Lisa Jongsma to Everyone:

Not alone Jennie. Me too. 14 son

12:57:03 From Brooke Eggen to Everyone:

There is a tool for asking questions called the 5 common topics: Definition, Circumstance, Relationship, comparison and authority. I ask my kids questions like what does that word mean? When would that happen or be a good outcome? What is the relationship between that thing and another thing? How does A compare to B? Their voice and thoughts are important.

12:57:55 From Melanie to Everyone:

We also encouraged our children to do a "secret service" for someone in the family to get past just doing what was required of them.

12:58:03 From Naomi Jubilee to Everyone:

my soon to be 14 year old daughter is similarly struggling

12:59:11 From Laura Lathrop to Everyone:

Now that she's 14, I've been trying to respond with things like, "this is just what you are expected to do; it's not something you get points for." But I'm not sure if that's the right response. It just smacks of abusive behavior to me for her to pretend she's gone above and beyond, kind of like the man who thinks his wife should be grateful because he didn't hit her. *Laura, this is where boundaries come*



*into play. What is being part of the family team and what is above and beyond that gets recognition. We will talk more about this with different parenting models.*

12:59:26 From Jodi Fuller to Everyone:

My ex turns my kids against counseling and every counselor they go to. Not sure how to help that problem.

12:59:31 From Jennie Smith to Everyone:

What qualifications to look for in a therapist?

12:59:58 From Pam Hull to Everyone:

Instead of praising, maybe just say "I'm glad you are being more responsible."

13:00:23 From Naomi Jubilee to Everyone:

Laura, I use a lot of responsibility language with my kids. where it's not so much- you have to do xyz (even though they do need to ), but, I'm requiring these things of you because I want you to be able to grow into a responsible, successful adult and these are some of the steps.

13:00:41 From Joy Forrest to Everyone:

Jennie, Dr. Debra has a list of questions for counselors in her book, Eyes Wide Open.

13:01:10 From Laura Lathrop to Everyone:

Okay, that makes sense. I do try to frame it to her as, "no matter where you are, people deserve to be treated appropriately by you."

13:01:31 From Cheryl Davidson to Everyone:

Critical thinking questions can really help the older kids who haven't necessarily grown up with this stuff. When they tell you about something, even if it's something that happened at school, something they don't like at home, etc it helps them feel validated (when you ask how they feel about it), helps them how to think for themselves (problem-solving), and also helps strengthen/repair the relationship between the two of you because you're asking if it happens again would they like to react the same or differently, etc. You can help them problem solve by asking them questions.

Just be sure to ask whether they want you to help, or just listen; and if they're getting frustrated back off. Takes time to work up to it sometimes.

13:01:34 From Joy Forrest to Everyone:

<https://www.amazon.com/Eyes-Wide-Open-Control-Co-parents-ebook/dp/B00HNU9IG2>

13:01:34 From Tami Heiss to Everyone:

Give your child permission to say "my mom said I have to come home" and they can call you and you will support them with no questions asked.

13:01:42 From Tasha Hakeem to Everyone:

Dr debra, you may want to mention your journal books for kids

13:02:00 From Nicole S to Everyone:

Tasha, it should be in the resources. But, thanks.

13:02:03 From Nicole S to Everyone:

It is so useful

13:02:08 From Nicole S to Everyone:

I will put a link in the chat.

13:03:17 From Nicole S to Everyone:

[https://www.amazon.com/Through-Childs-Voice-Transformational-JournalingTM/dp/0578088185/ref=sr\\_1\\_3?keywords=transformational+journaling+debra&qid=1638554563&sr=8-3](https://www.amazon.com/Through-Childs-Voice-Transformational-JournalingTM/dp/0578088185/ref=sr_1_3?keywords=transformational+journaling+debra&qid=1638554563&sr=8-3)

13:05:30 From Kathy to Everyone:

<https://www.intoxicatedonlife.com/store/> Luke and Trisha Gilkerson

13:06:43 From Lisa Jongsma to Everyone:

I think my kids still have a lot of questions about the divorce and why.....How do I address that? Saying you can ask me any question....

13:07:39 From Lisa Jongsma to Everyone:

If they are growing mentally until 25, I don't know how to bring any of this up without them feeling I am attacking their dad and it blowing up backwards to me (angry)

13:07:47 From Steph Tyler to Everyone:

They are exposed to soooo much by friends these days!!

13:07:53 From Hannah to Everyone:

If we don't teach them, their friends will.

13:08:15 From Laura Lathrop to Everyone:

Lisa, I've recommended to people that they feel comfortable saying to kids something like, "please ask me anything you want; I will do my best to answer what I can, but these are conversations we can keep having as you grow. There are things I can't answer right now, but I will answer them later if you still have those questions."

13:08:26 From Naomi Jubilee to Everyone:

Lisa, sometimes the response is, that is something I can speak to you more about when you're older, but with divorce, we mostly just say things that affect them more- their schedule, they are still loved, etc instead of whose fault or why

13:09:08 From Laura Lathrop to Everyone:

We had to approach it that way with our adopted kids about their birth family issues; biblically, I always remind people that Jesus himself addressed some things this way. "There are many things I need to tell you, but you are not ready."

13:09:28 From Lisa Jongsma to Everyone:

I love that Laura

13:09:55 From Lisa Jongsma to Everyone:

I just know they are both sooooo confused right now

13:10:14 From Lisa Jongsma to Everyone:

they don't know who or what to believe and my heart aches for that

13:10:22 From Laura Lathrop to Everyone:

I do think it matters that they not get the impression you are blowing them off-- sometimes I recommend starting by saying, "Thank you so much for asking me that; I really appreciate how much you are thinking and learning, and that you want to know those things. That is so important."

13:10:37 From Laura Lathrop to Everyone:

That way they feel honored, and that questions are a good thing.

13:12:32 From Naomi Jubilee to Everyone:

Lisa, my teenage daughter recently asked me if sex feels good... I kept my answers general, about healthy v unhealthy relationships and physical and emotional feelings and etc, and then she followed up with... did you like sex with my dad... and that's one I let her know I wasn't going to answer like I mentioned above, and told her her initial question was a good question and did she have any others so it moved the conversation onwards.

13:13:45 From Nicole S to Everyone:

Yes. yes. yes. all of what you guys are speaking about is amazing. Love it Lisa and Naomi

13:14:35 From Jennie Smith to Everyone:

in it every moment right now!

13:14:44 From Cheryl Davidson to Everyone:

Lisa about the divorce questions, connecting with their feelings helps too; ask them if they feel confused, validate Brene Brown style. It is confusing and lonely, etc. and you sitting with them in that for a moment can really help, especially one on one.

13:14:48 From Tasha Hakeem to Everyone:

and if you don't remember, ask your mum lol

13:14:52 From Stephanie to Everyone:

My older two teens are so steady. My youngest is your stereotypical, all over the emotional map kind of kid.

13:19:30 From Tasha Hakeem to Everyone:

What is that group? court watchers?

13:20:03 From Doreen to Everyone:

court watcher go to court and watch hearings . take notes

13:20:21 From Joy Forrest to Everyone:

There are court watching groups Tasha— to help monitor bad rulings in family court.

13:21:17 From Amy to Everyone:

How did the networking for advocacy work out in Florida?

13:21:18 From Stephanie to Everyone:

Eyes wide open right?

13:21:29 From Kathy to Everyone:

<https://www.amazon.com/Eyes-Wide-Open-Control-Co-parents-ebook/dp/B00HNU9IG2>

13:21:48 From Stephanie to Everyone:

I have teens and would love to hear about this age group before we go.

13:21:57 From Kathy to Everyone:

Eyes Wide Open: Help! with Control Freak Co-Parents Paperback  
[https://www.amazon.com/Eyes-Wide-Open-Control-Co-Parents/dp/1495479900/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.com/Eyes-Wide-Open-Control-Co-Parents/dp/1495479900/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=)

13:22:07 From Tasha Hakeem to Everyone:

I need a court watcher for my trial in January. Can you send me links for that please???

13:22:57 From Joy Forrest to Everyone:

[www.calledtopeace.org](http://www.calledtopeace.org)

13:22:57 From Nicole S to Everyone:

calledtopeace.org

13:22:58 From Naomi Jubilee to Everyone:

it's a slow work in progress, on the resources we have

13:23:28 From Tasha Hakeem to Everyone:

Do you have therapists for children, too?

13:23:49 From Stephanie to Everyone:

Wow. Dr. Wingfield's book looks amazing!

13:23:49 From Porscha Green to Everyone:

Advocacy: [Porscha@Calledtopeace.org](mailto:Porscha@Calledtopeace.org)

13:24:06 From Naomi Jubilee to Everyone:

To request an advocate: <https://forms.gle/RVF2RTnxTNPsvfLW7>

13:24:32 From Stephanie to Everyone:

IT's now law in Ontario, Canada.

13:24:35 From Joy Forrest to Everyone:

Thanks Porscha!

13:24:55 From Naomi Jubilee to Everyone:

Tasha, depends on the area if we know someone, but I'm hoping to grow this

13:25:41 From Naomi Jubilee to Everyone:

To learn more about becoming an advocate: <https://www.calledtopeace.org/join-us/become-a-faith-based-advocate/>

13:25:53 From Amy to Everyone:

Does anyone know if there is an advocacy group in PA?

13:26:39 From Joy Forrest to Everyone:

Amy, state domestic coalitions have agencies and advocated nationwide. We have people in PA too.

13:26:46 From Amy to Everyone:

Lehigh Valley

13:27:15 From Joy Forrest to Everyone:

You can reach out to us at the form Naomi posted above and we will let you know.

13:27:32 From Joy Forrest to Everyone:

Nicole is in PA

13:30:34 From DeniseS to Everyone:

Thanks!

13:30:38 From Stephanie to Everyone:

I would value starting with the teens next time as well. Thank you for today

13:30:42 From Debbie Doyle to Everyone:

thank you to all who participated today - a very full session

13:30:43 From Jodi Fuller to Everyone:

Thank you very much!

13:30:46 From Kathy to Everyone:

Thank you!

13:31:06 From Jennie Smith to Everyone:

can you share resources for parenting teens who are pushing away and refusing therapy?

13:31:08 From Nicole S to Everyone:

I am looking into gathering all of our advocates in PA to connect.

13:31:20 From Stephanie to Everyone:

Yes - what Jennie asked.

13:31:28 From Cheryl Davidson to Everyone:

Did you say there's training of sorts for advocacy?

13:31:36 From Naomi Jubilee to Everyone:

<https://www.calledtopeace.org/join-us/become-a-faith-based-advocate/>

13:31:42 From Kathy to Everyone:

[https://www.houseofpeacepubs.com/advocacy\\_training.htm](https://www.houseofpeacepubs.com/advocacy_training.htm)

13:31:59 From Cheryl Davidson to Everyone:

Excellent! Huge shortage of advocates where I live.

13:32:02 From Bailey to Everyone:

Reach Out to FACTS Families against court travesties they may be able to tell you who to reach out to in your STATE

13:32:04 From Kathy to Everyone:

You can see the full schedule on the above link.

13:32:05 From Melanie to Everyone:

Caring for the Vulnerable Child is an excellent resource by Steven and Celestia Tracy (authors of Mending the Soul).

13:33:02 From Tasha Hakeem to Everyone:

@Naomi I'm in Hawai'i. Could you follow up with me on this please?

13:33:27 From Kathy to Everyone:

Go and enjoy!!!

13:33:31 From Stephanie to Everyone:

Thanks!

13:33:32 From Tami Heiss to Everyone:

Thank you!