

# Connecting with Our Kids

3-Part Class Series

## Class 1: Getting Connected

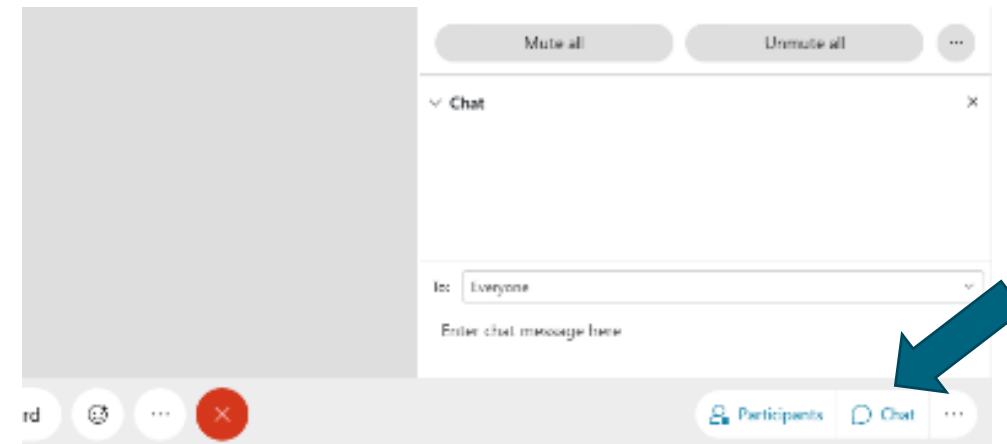
Taught by the Healthy@Harris  
Employee Wellness Team

**HARRISHEALTH SYSTEM**



# Engaging and Earning Points

- **Chat Box**
  - Type questions, thoughts, examples, in the chat box. The more interaction the better.
- **Points**
  - You can only receive credit for one Wellness Class per day.
  - Confirm your employee ID is entered correctly when registering for Employee Wellness activities.
  - Please allow up to 4 weeks for 50 points to be reflected in MyCigna.
- **Calling in**
  - If you called in, make sure your phone number is connected to your registration ID in the participant list.
  - If not, Webex will not count you as attended. Please rejoin the Webex.



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# Connecting With Our Kids – Class Series Outline

- **Class 1: Getting Connected**
- Class 2: Staying Connected
- Class 3: Impacts of Social Media and Technology on our Connections

What are your kid's name and ages?

Do you ever feel concerned about your connection with your kid(s)?

# Getting Connected



**The great paradox  
of parenting is that  
it moves in both  
slow motion and  
fast speed.**



# Class 1 Learning Objectives

- Building a Great Relationship With Your Child
- Understanding Connection Parenting

# Connecting With Our Kids



# Building A Great Relationship With Your Child

# Building A Great Relationship With Your Child



- Put your love into Action
- It takes energy but it's also energizing!
- Being fully present just means paying attention

Attention = Love

# Building A Great Relationship With Your Child

- Start right for a firm foundation
- Remember that all relationships take work
- Prioritize time with your child
- Start with trust, the foundation of every good relationship
- Encourage, Encourage, Encourage



Kids need encouragement to see themselves as good people capable of good things.

# Building A Great Relationship With Your Child

- Remember that respect must be mutual
- Communication habits start early
- Don't take it personally
- Resist the impulse to be punitive
- Don't let little rifts build up
- Reconnect after every separation
- Stay available

Remembering not to take it personally means you: Take a deep breath, let the hurt go, remind yourself that your child does in fact love you but can't get in touch with it at the moment, consciously lower your voice, try hard to remember what it feels like to be a kid who is upset and over-reacting, think through how to respond calmly and constructively.

# Connection Parenting

# What is Connection Parenting?

"The model of parenting most of us grew up with was authoritarian parenting, which is based on fear. Some of us may have grown up with permissive parenting, which is also based on fear. Authoritarian parenting is based on the child's fear of losing the parent's love. Permissive parenting is based on the parent's fear of losing the child's love. Connection parenting is based on love instead of fear."

[-Pam Leo, Connection Parenting](#)



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# What is Connection Parenting?

Prioritizing your relationship with your child, because you know that's the foundation for emotional well-being.

# How can we be sure?

- Research shows that a strong connection between parents and children starts early with parents who respond to infant's needs
- The critical ingredient in Attachment Parenting is the attentiveness which the baby's adult respond to them, which give them a secure attachment.
- Connection Parenting continues the bond and helps parents create a close lifetime connection with their kids

# Why Connection Parenting works

- Connection Parenting is about the relationship with your child vs. a set of “skills” to make you a better parent
- Kids accept our guidance because of who we are to them
- A close bond makes our kids want to please us as well as give us access to our natural parenting know-how

**The Challenge:** Human beings weren't designed to handle the amount of stress our modern life loads on us, which makes it difficult to hear our instincts. Plus, our culture devalues and erodes our relationship with our kids, and woos them away from us at too early an age.

# Why Connection Parenting works

- Close relationships are built from shared experiences
- On the inside, we're connecting with the fullness of our deepest selves
- Intimacy is built through experiences like kissing scraped knees, laughing hysterically over nothing, discussing human nature at the dinner table or wrestling with a challenging decision during a quiet stroll



# Connection Parenting Requires Full Attention



- It isn't enough that we tell our kids we love them
- Kids need positive attention to thrive
- It requires us to be completely present in the moment
- It requires full acceptance and appreciation
- You can't multi-task it!

What are some things that your family does to create connection?

# Summary

- Putting our love into action means making that connection with our child our highest priority
- Building a great relationship with your child requires us to build communication habits early and to not take things personally.
- Connection parenting means prioritizing your relationship with your child, because you know that's the foundation for emotional well-being.
- We need to put our love into action every day for our kids to feel it.

**Class 2: Staying Connected**

# Resources

- **The Connected Parent**  
by: Karyn Purvis & Lisa Qualls
- **Hold On To Your Kids**  
by: Gordon Neufeld & Gabor Mate
- **Aha Parenting.com**

## Stress Management and Counseling

- Employee Assistance Program
  - Online: [www.feieap.com](http://www.feieap.com)
  - Username: hhs
- Cigna Behavioral Health
  - Visit [myCigna.com](http://myCigna.com) or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at 800.274.7603.
  - Go to [Cignabehavioral.com](http://Cignabehavioral.com) for extra resources.
- Coaching
  - Telephonic health coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy 713-873-6407 or [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)
- Well Powered Living Class Series
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.



# HEALTHY@HARRIS

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