

Using the 3 C's: Connection, Communication, and Capability to Combat Challenging Behaviors

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A D96, D102, and D103
Parent Education Program
Sept. 29, 2021





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Parenting in a Pandemic

- Take Care of Yourself
- Enforce Healthy Routines = 3 C's
- Let Go & Find Joy



The Self-Care We Need

- Regular Sleep
- Healthy Food
- Exercise & Fresh Air
- Connect with Family, Friends & Community
- Limit Triggers (Substances, Screens, People)
- _____ (Your Choice Here)

The Self-Care We Need

- Dancing in the kitchen
- Reading a book alone
- Walking or Zoom exercise with a friend
- Small luxury (special tea, face scrub, etc.)
- Going to sleep early

The Self-Care We Need

- How do I feel during the activity?
- How do I feel afterwards?
- Am I more present & flexible with my family?
- Do I feel less stressed?
- Do I sleep better?

What About the Kids?



Photo credit: Anthony Kelly via Flickr CC

What About the Kids?

- Regular Sleep
- Healthy Food
- Exercise & Fresh Air
- Connect with Family, Friends & Community
- Limit Triggers (Substances, Screens, People)
- _____ (Your Choice Here)

The Self-Care Kids Need

- How do I feel during the activity?
- How do I feel afterwards? (Body scan)
- Am I more present with my family & friends?
- Do I feel less stressed?
- Do I sleep better?

What About the Rules?





&



Instead: Take a Scientist Mentality



What Helps Kids Self-Regulate?



What Helps Kids Self-Regulate?

Element 1: CONNECTION

Element 2: COMMUNICATION

Element 3: CAPABILITY BUILDING

How Do You Connect With Children?



How Do You Connect With Children?

- Weekly special time and family meetings
- Cuddles and roughhousing
- Playing games
- Asking them to teach you
- Connect before you correct

How Do You Communicate With Children?

- Encouragement and positive language
- Giving them information
- Asking questions
- Planning and thinking ahead
- Notes and signs



How Do You Build Capability?

- Household chores (linked to happiness)
- Anchor positive traits
- Let kids fail
- Ask for help
- Teach emotional awareness, role play



Negotiating Agreements

- Introduce the Problem Neutrally
- Invite Child's Perspective
- Share Your Concern
- Brainstorm a Trial – and Consequences
- Revisit in a Week or Two

The 4 R's of Consequences

- Related to the child's action
- Reasonable in scope
- Revealed in advance
- Respectful of child – and parent



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Screen Time



Screen Time

- Make Family Agreement
- Use Consequences (4 R's)
- Follow Through!
- Don't Demonize Screens



Find Joy

- Weekly family fun
- Inside jokes and nicknames
- Game night, bike rides, adventures
- Creating family traditions
- Be silly - dance party or dress-up dinner

Find Joy



Photo courtesy of Vanessa Hua

Find Joy



Photos courtesy of Rayenne Chen and Ida Hsu

Find Joy

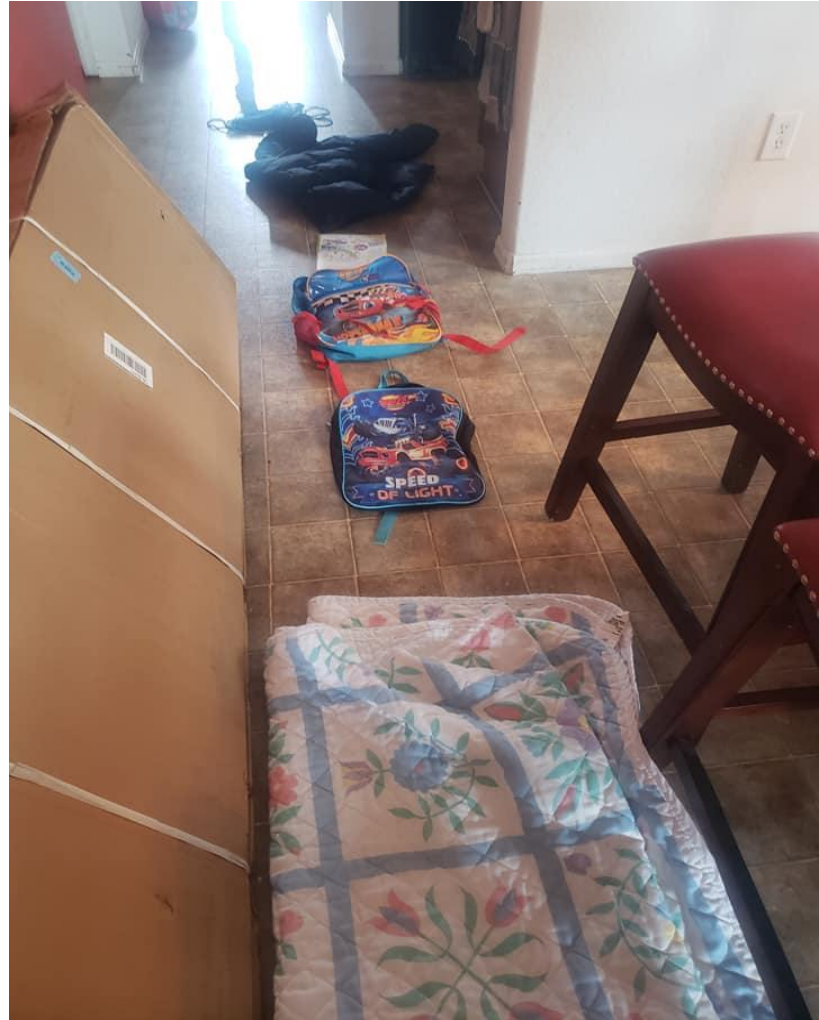
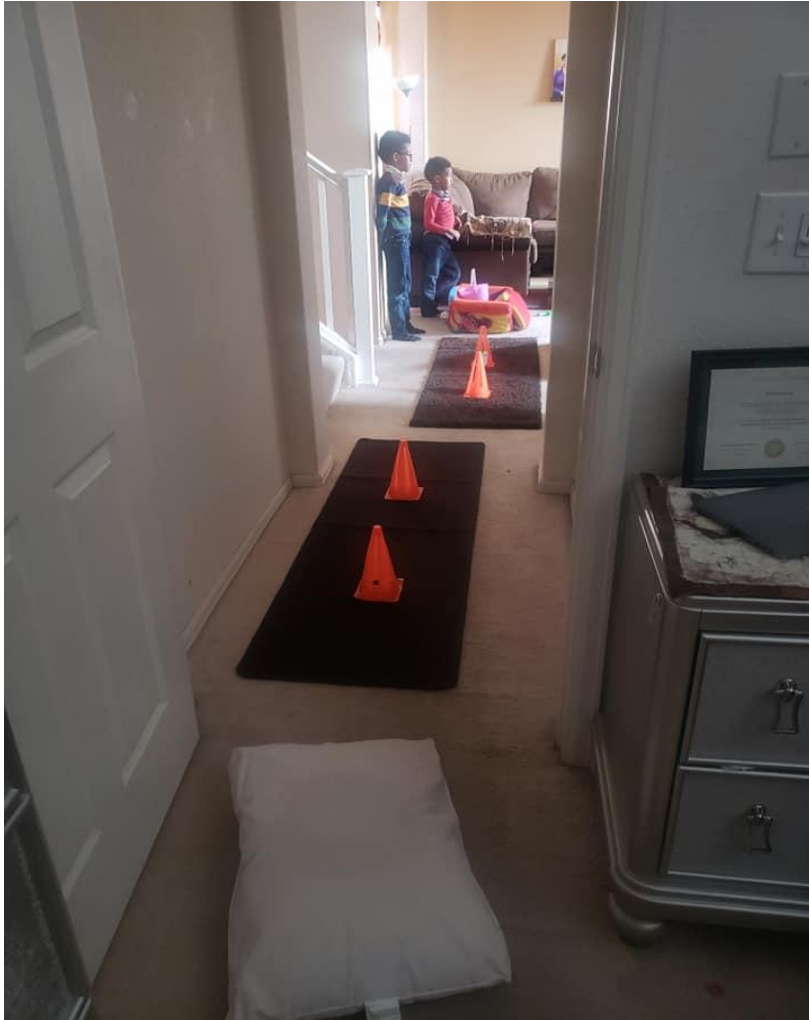


Photo courtesy of Chandra Thomas Whitfield

Tools for Tough Times

- Reflective listening, empathy, special time
- Ask & give help / nurturing
- Reframing negative attributes
- One risky thing each day
- Trying again tomorrow

Coping Skills

- Processing (journal, thinking errors)
- Mindfulness (box breath, hand, gratitude)
- Physicality (nature, cold, tea)
- Distraction (friend, pets, game, reading)

Use Your Emergency Reserves



Any Questions?



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Resources

The Good News About Bad Behavior

Why Kids Are Less Disciplined Than Ever—And What to Do About It

Katherine Reynolds Lewis

