

# WE'VE BEEN HERE BEFORE

*Pennsbury Schools/Parent Academy*

**Penguins and Rat Pups**



**September 29, 2022**

**George Scott, EdS, LMFT**

# **AN INCONVENIENT TRUTH**

*Pennsbury Schools Parent Academy*

**A Parent Forum About Healthy Children**

The power of Showing Up for your kids.

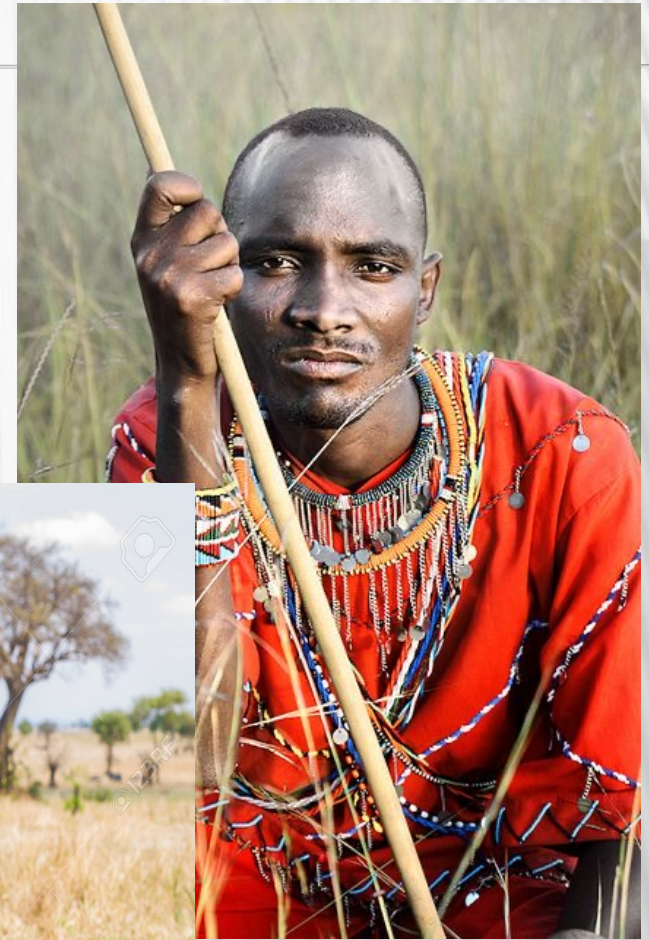
What are the signs that something may be wrong?

**January 17, 2024**

# A STORY

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**“Casserian Engeri”**





Map Attributed to GIS Geography

# FEARSOME AND INTELLIGENT

Among the many respected tribes of Africa, no tribe was considered to have warriors more fearsome or more intelligent than the mighty Maasai in Kenya.



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Perhaps it may be surprising to learn that the traditional greeting among the Maasai is “Cassarian Engeri,” shared between all tribal members in passing.

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Casserian Engeri...



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Casserian Engeri... “*And how are the children?*”

# **“AND HOW ARE THE CHILDREN?”**

The greeting emphasizes that protecting the young and the powerless (showing up) is a priority; that the Maasai people have not forgotten their responsibility to the vulnerable in the tribe.

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This greeting acknowledges the high value they place on the well being of all of the children.

Warriors with and without children would always give the traditional reply...

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Warriors with and without children would always give the traditional reply...

**“All the children are well”.**

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What would our work as parents and educators look like if throughout the day we remembered to ask ourselves, “And how are the children? Are all the children well?”

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What would our work as parents and educators look like if throughout the day we remembered to ask ourselves, “And how are the children? Are all the children well?”

How might we redefine our purpose as parents if we first considered the emotional well being of our children...

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**All the children are well!**

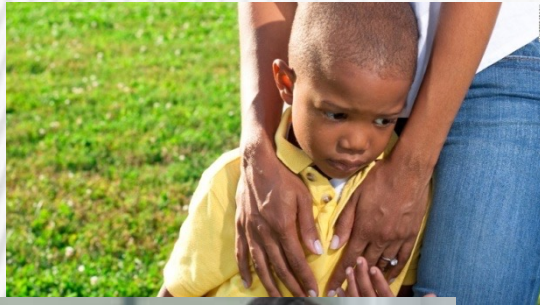
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All the children are well!

ARE THEY?



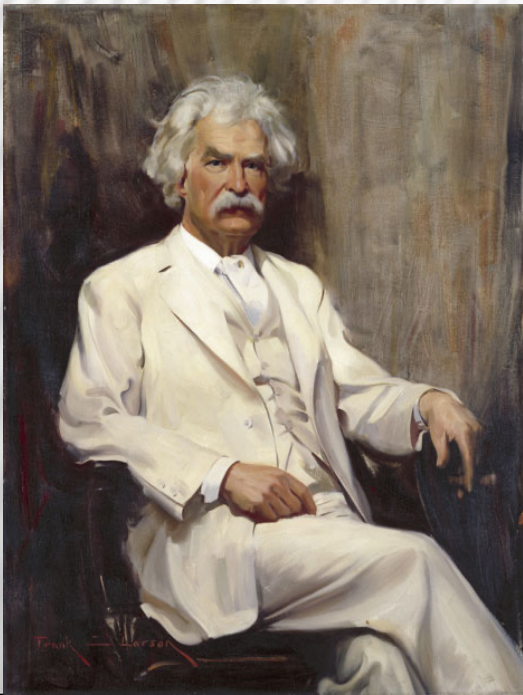
# WE KNOW THEY ARE NOT!



# REMEMBER: AN INCONVENIENT TRUTH

“What gets us into trouble is not what we don’t know, it’s what we know for sure but treat it as if it just ain’t so.”

Attributed to Mark Twain (1835-1910)



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What would the outcome be if we ignored the following signs?





**SPEED**

**LIMIT**

**55**

**WARNING**

**FALL  
HAZARD**

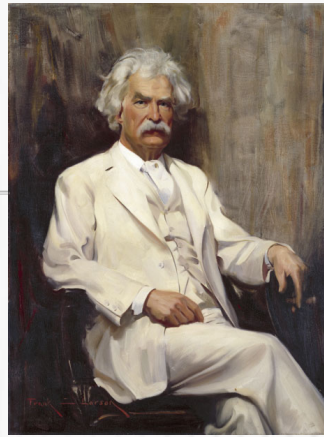


**WARNING**

**BURN  
HAZARD**



# CONSIDER THIS



And what if the INCONVENIENT TRUTH is about your child...and you treat the warning “as if it just ain’t so....”



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What are some of the signs we can see in our children that should cause us concern ?

# WHAT ARE THE SIGNS WE CAN SEE?



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# AND HOW DOES IT FEEL BEING YOU?



# I KNOW...

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Sometimes you are just so busy;

Sometimes you are overwhelmed and exhausted;

Sometimes you ignore the feelings (your gut) that something is wrong;

Sometimes you are simply confused by what you see.

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Research suggests the most critical thing that we can transmit to our kids is not our ever-present, undying love –

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– it's actually to provide them with a sense of *calm* and the absence of stress, which researchers say may be more powerful than declarations of love.

# WHAT HEALTHY CAN LOOK LIKE



# PROTECTIVE FACTORS THAT MINIMIZE RISK

- Access to care for mental and physical health needs;
- Social integration and connections to social groups;
- Help seeking behavior/ advice seeking;
- Family cohesion;

# PROTECTIVE FACTORS THAT MINIMIZE RISK

- Lack of access to alcohol or drugs;
- Stability in home and personal life;
- Effective coping skills/self-care;
- Safety and a sense of belonging

## CONSIDER THESE RISK FACTORS

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- Irritability, anger, hostility, self-injury
- Extreme sensitivity to rejection or failure
- Frequent complaints of physical illness
- Frequent absences/tardiness to school or work
- Decrease in school or work performance



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As ADULTS, the wellbeing of all children in our homes, schools and communities is our responsibility-now more than ever.

We are responsible for creating environments and establishing routines that nurture emotional healing and wellness.

# WHAT MIGHT STORM CLOUDS LOOK LIKE IN SCHOOL OR THE HOME?

HURT PEOPLE, HURT PEOPLE  
HURT PEOPLE, HURT PEOPLE

- ✘ Adults who are harsh, critical and sometimes mean to children;
- ✘ Adults who are harsh, critical and sometimes mean to other adults;
- ✘ Discipline that looks like punishment and exclusion;
- ✘ Children who cannot find an adult who they trust and feel safe with;
- ✘ Adults who lack understanding and forgiveness

# WHAT RED FLAGS SHOULD YOU LOOK FOR?

1. Disruption to sleep (too much; too little)
2. Increased irritability (crankiness)
3. Poor nutrition (eating too little or too much)
4. Isolation; avoidance; hiding
5. Increased use of nicotine, alcohol, drugs
6. Deterioration in relationships
7. More difficulty with memory and focus
8. Increased susceptibility to other illnesses
9. Headaches, gut problems, high blood pressure, shortness of breath

**THEY NEED OUR SUPPORT:**



**WITH YOUR HELP, THE CHILDREN CAN THRIVE...**



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Want to understand more?

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NEW YORK TIMES BESTSELLING AUTHORS OF

**THE WHOLE-BRAIN CHILD**

DANIEL J. SIEGEL, M.D., AND

TINA PAYNE BRYSON, Ph.D.



# THE POWER OF SHOWING UP

HOW PARENTAL PRESENCE  
SHAPES WHO OUR KIDS BECOME AND  
HOW THEIR BRAINS GET WIRED

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Donna Jackson Nakazawa

# CHILDHOOD DISRUPTED

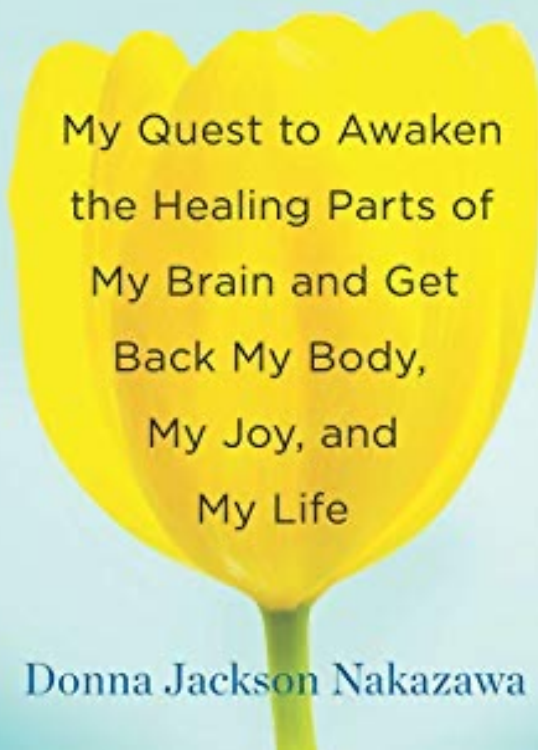
How Your Biography  
Becomes Your Biology,  
and How You Can Heal



"A truly important gift  
of understanding—  
illuminates the  
heartbreaking costs of  
childhood trauma and,  
like good medicine, offers  
the promising science of  
healing and prevention."  
—JACK EDENFIELD, PhD, author  
of *A Path with Heart*



# The Last Best Cure



My Quest to Awaken  
the Healing Parts of  
My Brain and Get  
Back My Body,  
My Joy, and  
My Life

Donna Jackson Nakazawa

the  
deepest well



**NADINE BURKE HARRIS, M.D.**

NEW YORK TIMES BESTSELLER

# NO-DRAMA DISCIPLINE

THE WHOLE-BRAIN WAY TO  
CALM THE CHAOS AND NURTURE YOUR  
CHILD'S DEVELOPING MIND



FROM THE AUTHORS OF  
THE WHOLE-BRAIN CHILD

DANIEL J. SIEGEL, M.D.  
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**“All of your children are well”.**

**Let’s make that so.**

# REACH OUT:

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George Scott, EdS, LMFT

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and

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