

# “Christine’s Favorite Things”

Presenter: Christine Moers

## **Surviving My Days (Structure)**

ChoiceWorks App

[www.beevisual.com](http://www.beevisual.com)

Video: [https://youtu.be/HQOqKE2b0\\_E](https://youtu.be/HQOqKE2b0_E)

Surprise Events!

Do Mother’s Day, birthdays, Christmas, etc., early. This can be a good way to help thwart the acting out as the build-up happens before a big day.

“Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors.” by Pat Harvey ACSW LCSW-C and Jeanine Penzo LICSW

## **Helping Them Survive Their Days (Support)**

Morning Affirmations

You can write out some you find online. You can also create them as you work through issues with your child. Come up with the negative self-thought after an issue with acting out. Then rewrite it asking the question, “What positive thought would I like to have in this situation one day?”

Sensations Poster by Kris Downing, LCSW-S, SEP

[SensationGame.com](http://SensationGame.com)

Mini Trampoline (with counter!)

Weighted Blankets, Vests, Lap Pads ... Weight ALL THE THINGS!

Sensory basket

This can include handmade bean/rice bags, stress balls, various pieces of material, and anything fidget related.

Learning Breakthrough

[learningbreakthrough.com/](http://learningbreakthrough.com/)

Video: <https://youtu.be/xrB8LTHoue8>

“A Safe Place for Caleb” by Kathleen A. Chara and Paul J. Chara, Jr.

Chewing gum and sour candy

The work done by Dr. Karyn Purvis showed that chewing gum will lessen your child’s anxiety when going into a situation you know is difficult for them. Mike Downing, LCSW, uses sour candies with his clients when they are feeling anxious or “stuck” at home. He also uses the sours during EMDR sessions so that the positive effects start to coincide when they use the sours at home.

### **Putting on My Own Oxygen Mask First (Support for ME!)**

KidsInTheHouse.Com (\$4.99/month)

Attachment and Trauma Network (ATN) Facebook Page  
[www.facebook.com/attachtrauma](http://www.facebook.com/attachtrauma)

Dr. Dan Siegel’s Facebook Page  
[www.facebook.com/drdansiegel](http://www.facebook.com/drdansiegel)

[EmpoweredToConnect.org](http://EmpoweredToConnect.org)

### **Surviving Homeschool and/or Public School (Support, Structure, Supervision)**

[TeachingTextbooks.com](http://TeachingTextbooks.com)

[Time4Learning.com](http://Time4Learning.com)

[ClicknKids.com](http://ClicknKids.com)

[Quizlet.com](http://Quizlet.com)

“The Behavior Code - A Practical Guide to Understanding and Teaching the Most Challenging Students” by Jessica Minahan & Nancy Rappaport, Md

### **Electronics of All Sorts (Safety, Structure)**

(see ChoiceWorks above)

TeenSafe.Com

Read through your options for Parental Controls on all devices. Ask a friend if you need help!

## **The Birds and the Bees and .. Just Kill Me (Safety, Support, Acceptance, Curiosity)**

“What’s Happening to Me?” Usborne books (buy both and let all kids look at the books classified as “girls” and “boys”)

Scarleteen.com (here you will find “S.E.X. - the all-you-need-to-know sexuality guide to get you through your teens and twenties”)

Sexplanations by Dr. Lindsey Doe  
[www.youtube.com/user/sexplanations](http://www.youtube.com/user/sexplanations)

## **Remembering to Connect and be Playful (Playfulness, Acceptance, Curiosity)**

Attachment Challenge

<http://www.welcometomybrain.net/2010/05/attachment-challenge.html>

Come up with a list of things you need/want to work on and commit to them for just one week. Include rewards!

Suggestions:

10 hugs a day

10 minutes of fun attachment-inducing games (involving touch and/or eye contact)

20 minutes of doing something fun *your child* wants to do

“How I Stopped Yelling At My Kids”

<http://www.welcometomybrain.net/2009/06/how-i-stopped-yelling-at-my-kids.html>

## **What are Some of Your Favorite Things?**