# Empower – Menopause and Cancer Survivorship Pathway

Session Title Coping with Young Children

Speaker Name

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### **Emotional Regulation**

### Little moment of calm

- Breathe out slowly
- A lovely thing









### **Emotional Regulation**

- Allows for:
- Safety
- Social engagement
- Curiosity
- Attachment
- Learning









#### What is trauma?

An overwhelming experience to mind and body which, at the time, is perceived to exceed

- the person's internal and external coping resources
- the ability to respond to a situation in a way that successfully defends and protects from physical and/or emotional harm.







#### How Trauma Can Affect Your Window of Tolerance

#### HYPERAROUSAL

This is when you feel extremely anxious, angry, or even out of control. Unfamiliar or threatening feelings can overwhelm you, and you might want to fight or run away.



#### DYSREGULATION

This is when you begin to feel agitated. You may feel anxious, revved up, or angry. You don't feel out of control, but you also don't feel comfortable.

Stress and Trauma Can Shrink Your Window of Tolerance.

This means that it may be harder to stay calm and focused. When you're outside your window of tolerance, you may be more easily thrown off balance.

#### WINDOW OF TOLERANCE

This is where things feel just right, where you are best able to cope with the punches life throws at you. You're calm but not tired. You're alert but not anxious.



Your Work with Your Practitioner Can Help to Enlarge Your Window of Tolerance.

They can help you stay calm, focused, and alert even when something happens that would usually throw you off balance.

#### DYSREGULATION

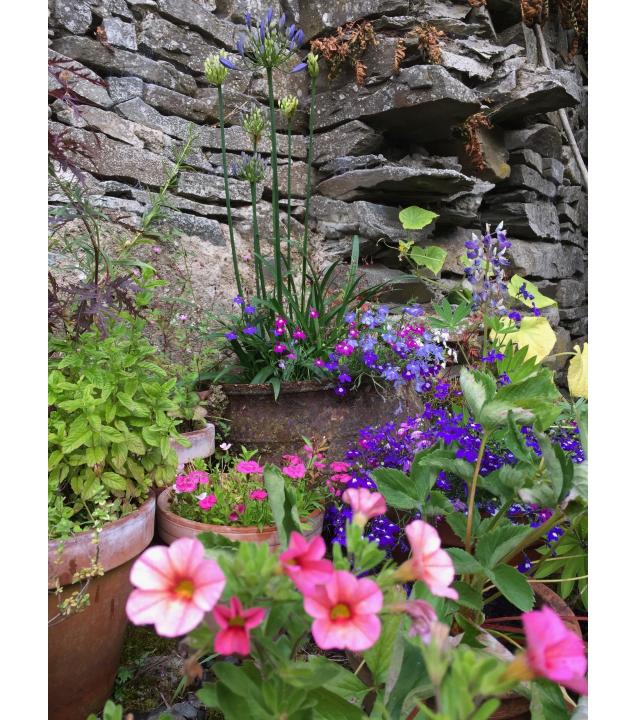
This is when you begin to feel like you're shutting down. You may feel a little spacy, lose track of time, or start to feel sluggish. You don't feel out of control, but you also don't feel comfortable.



#### HYPOAROUSAL

This is when you feel extremely zoned out and numb, both emotionally and physically. Time can go missing. It might feel like you're completely frozen. It's not something you choose – your body takes over.





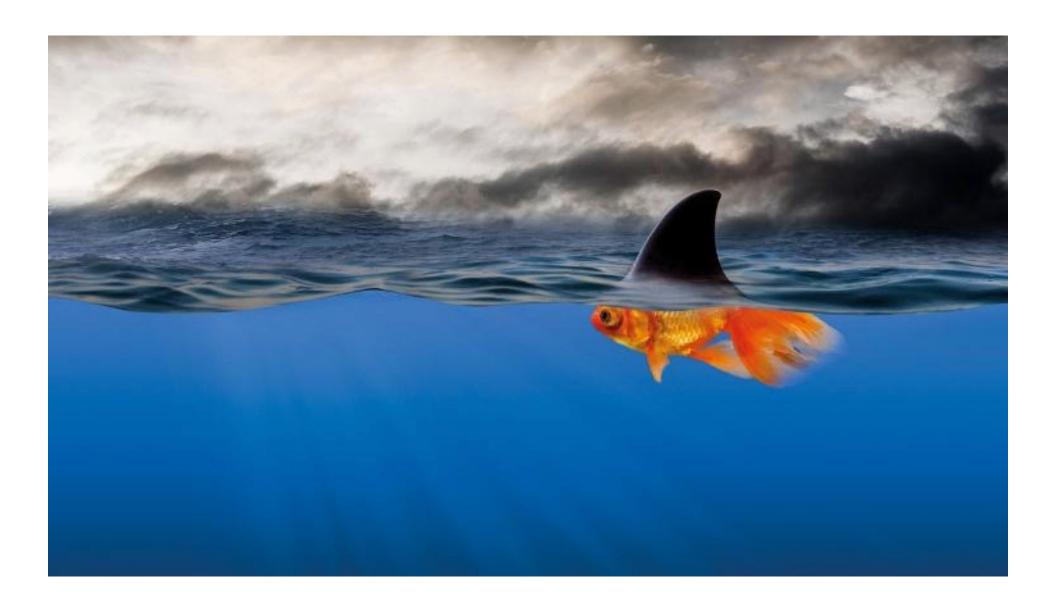
# Dr. Dan Siegel The Hand Model of the Brain: Regulation https://www.youtube.com/watch?v=gm9CIJ74Oxw











Dr. Eimir McGrath Child Development 2023 Feb Mar















### Self-care isn't just

drinking water and going to sleep early. Self-care is taking a break when things become overwhelming, saying no to things you do not want to do, allowing yourself to cry, asking for help from those around you, doing things that make you happy.

-The Daily Reminders







8



Bowlby
defined attachment as a
'lasting psychological

connectedness between human beings.'

(1969, p. 194)

Being met and reflected in eyes that see us with a loving and curious gaze









- Good enough parent (Donald Winnicott)
- Rupture and Repair
- Soothe then ...... reason
   I see you are angry/sad/upset/have big feelings
   I'm sorry you feel .....
   What will we do that might help?







### Fatigue Brain Fog Irritability Discomfort



'The arduous perch of the sitting sigh' Menopause Series. Gabby Roberts Dalton









#### **Emotional Support:**

Worry Box, Worry Monster
Bedtime Rituals
Two Way Diary Shared Resourcing
Share information - developmentally appropriate

#### **Play Partner:**

Be the Centre. Send children on play quests/tasks/errands Screen time, snuggle nests Story books (lost and found, overcoming worries, mastery)







### **Special Play Time**

- Same place, time and day; consistent as much as possible.
- Clear beginning and end. Time warning (e.g. 3minutes). Then on to something pleasant.
- The child is the centre of your universe.
- No expectations, corrections, teaching. Be a follower. Try to see the play through your child's eyes.
- Reflective not reactive. Be a 'commentator' I see you like that. You chose the red one, you look pleased.
- Never used as threat / withdrawn as 'consequence'.







### LIMIT SETTING













# A C T Step One

(Gary Landreth)

- Acknowledge the feeling
- I can see you are angry right now
- I know you feel sad because you want to stay up
- Communicate the limit
- I'm not for hitting
- It's bedtime now
- Target acceptable alternatives
- Let's go kick the ball really hard together in the garden
- Lets pretend.... Superhero/villain, mammy/baby bird; Snuggle time and you choose a story







## Step Two the magic word: CHOOSE

- "If you choose to \_\_\_\_ [unwanted behavior]
   If you choose to hit me again
- then you are choosing to \_\_\_\_\_ [consequence].

  You are choosing to stop the game
- If you choose to \_\_\_\_\_ [desired behavior],

  If you choose to stop hitting me
- then you are choosing to \_\_\_\_\_ [reward/absence of consequence].

You are choosing to keep playing together



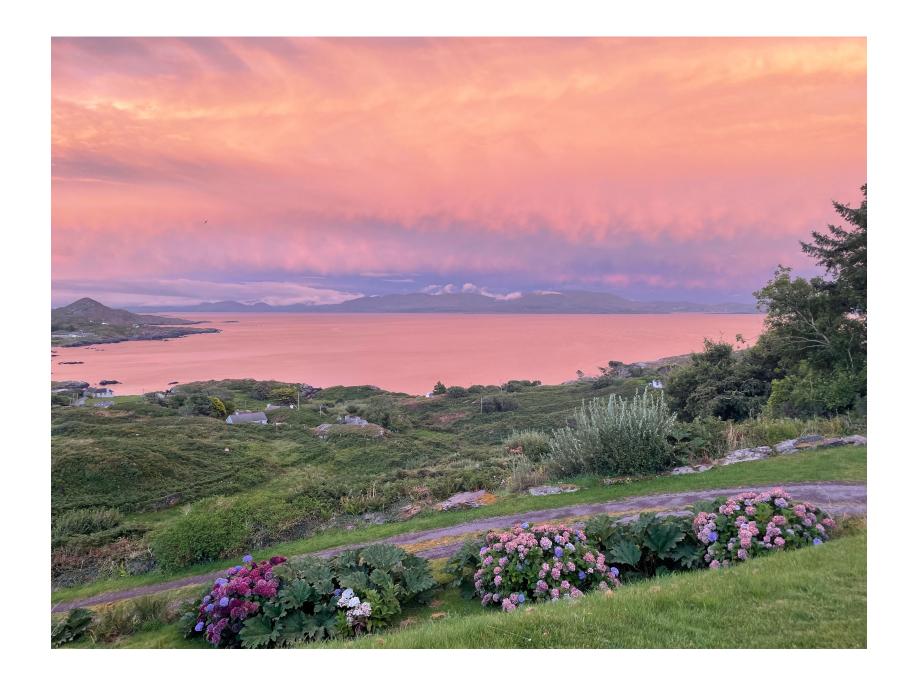




# Creating an external resource

- Find an object that is pleasing to you, e.g. a piece of jewellery, a key ring, a stone, a picture.
- Find a piece of music that you really love that makes you feel calm.
- Sit or lie down so that you are comfortable, relaxed and undisturbed.
- Listen to the music, enjoy the object and the feelings of wellbeing it engenders. Repeat this regularly.
- Use the object to create a 'shortcut' to the feelings of wellbeing in stressful situations.





# Thank you

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