

CD- #2 Composure

Composure is the willingness to change your internal state from upset to calm and bring your mind to the present moment. From an alert and calm state we are able to engage all of our brain resources :

- To solve problem - Model Responsibilities - Offer respect often in difficult situations

Once we learn self-control then we can teach it to children

We will learn in this session how to take back your power, actively calm yourself, create safe environments for children and establish the safe place, where even the difficult child can learn self-control

STAR : Smile, take a deep breath and relax

Give yourself permission to be present at that very moment

To change our internal states from upset to calm we've got to :

-Think it's possible -Believe it if necessary -Know how to do it

Many of us think that outside stuff are driving us crazy and making us angry. If we believe this then we give our power to those around us.

CD has 7 powers

First power of CD: The power of perception :

How I perceive something dictates my emotional state which then dictates my behavior.

No one can make me angry without my permission

Whoever or whatever we believe is in charge of our feelings we place in charge of us. This means:

- 1) We will need to control the entire world to manage our own emotions. Therefore I have to make sure the world goes my way so that I can have a happy, peaceful, calm mental state.
- 2) You have to guard yourself and not get too close to people because they will press your buttons. So we don't make connections with others,

Remember that connections on the outside build connections on the inside

- 3) Safety is impossible because when we give our power away we feel powerless. When we feel powerless we always blame or attack. I'm going to blame you for pushing my buttons. These buttons are wounds from our own childhood (inadequacy).

Unless we learn to own our own upset, Safety is impossible. The brain functions optimally when the child feels safe.

First skill is Composure

Strategy #1: New job description

My job is to keep you safe, your job is to help keep it that way

Strategy #2: Take back your power

Change : "make me" into "*I'm going to* _____" Ex: Don't make me have to pull this car over because _____

I'm going to take a few deep breath calm myself down and then I will talk to you

When there is a child who is upset we say: " **see her face**, her face is saying: I don't like it when you _____"

Strategy #3 Active Calming:

Active calming, is how we go from our brain stem up to our cortex and we want to discipline ourselves first and our children second.

First thing we're going to do is be a **STAR**. When we breathe, it's going to bring us from our brain stem to our emotional center. Here we have our CD ROMs from our childhood and the skills that we've learned. We overlay it by saying: **Keep breathing : "Your Safe Keep Breathing you can handle this ."**

Lastly, you verbally say this to the child after you have said it to yourself. When you hold your breath when you're under stress you limit the oxygen for your brain and you get into a limited pool of skills.

Safe place: This is a place where children go to and learn to gain and regain composure for themselves .

There are skills in the safe place that we teach our children to use when they go to this spot:

STAR : smile, take a deep breath, and relax

BALLOON: breath in make balloon with arms and deflate

DRAIN : put arms out really tight and then let go

PRETZEL : cross leg, cross hands and arms, tongue on roof of the mouth.

At home you have to provide a place for the children to calm down and teach them how to use these skills.