

AMANDA CRAIG PHD, LMFT

WHO ARE YOU
& WHAT HAVE
YOU DONE WITH
MY KID?

CONNECT WITH YOUR
TWEEN
WHILE THEY ARE STILL LISTENING

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OVERVIEW

1. What makes tweens unique
2. The magic of connection with those we care about
3. The four pillars of emotional connection
4. Self Care

4 REASONS
TWEENS
ARE UNIQUE



Tween brains are
changing

Tweens have deeper
emotions

Tweens are socially
awkward

Tweens aren't sure how to
handle it all

5 THINGS HAPPEN
DURING

EMOTIONAL
CONNECTION

Energy between two people

Processed in the brain

Travels in the body

Felt and remembered

Acted out in behavior

EMOTIONAL CONNECTION

- A sense of closeness and connection you feel with another person
- A neurobiological experience in the autonomic nervous system that goes from the brain throughout the entire body
- We feel it in our heart, lungs, stomach, digestion
- We feel seen, heard and understood

WHEN WE FEEL CONNECTION

- We feel secure and safe which builds self worth
- We take healthy risks, try new things and develop resiliency
- We are better friends and teammates, and can empathize with others
- We develop agency over our feelings and actions
- We are more apt to follow through and do hard things because we have confidence

WHEN WE FEEL DISCONNECTION

- We feel alone, and less secure
- We are more apt to isolate and/or have anger outbursts
- We have less energy, and/or feel tired and drained
- We emotionally eat or don't eat enough

4 Pillars of
**EMOTIONAL
CONNECTION**

I see you

I want to know you

I am here for you

I will keep you safe

I SEE YOU

- This is the ability to make time to understand our tween
- Put our own emotions, values, beliefs, goals and agenda to the side
- Understand their thoughts and ideas, hear the stories of their life
- Hear their perspective, through their lens, and learn how they see the world and themselves

I WANT TO KNOW YOU

- Seeing them is making space for their perspective, knowing them is going deeper into their emotional experience
- How was your day versus how did you experience your day
- Listen to how they experience, feel, think, value, ideas about the world and themselves
- We connect the dots between what they say, feel and how they behave

I AM HERE FOR YOU

- We, your family, have your back. You can count on us. We want you to trust us
- We offer extended family, a community, groups of peers and adults
- We will expose you to the bigger world, differences, inclusivity, the importance of bringing people to the table that vary from us and are the same

I WILL KEEP YOU SAFE

- We have to create safety and security for our tweens
- Boundaries are essential for safety in an unpredictable world
- Boundaries encourage self discipline, feeling accomplished, stamina for doing hard things and delayed gratification
- Going over the boundaries gives them the emotional experience of instant gratification, natural consequences, guilt/regret

3 FAVORITE

SELF CARE

TIPS FOR PARENTS

Self compassion

Self awareness

Self soothing

SELF COMPASSION

- See self from a gentle kind eye
- Love the messy imperfections we are
- Reduce the judgment and self criticizing
- Know you are not alone
- Have your support system
- Be mindful of negative thoughts and letting them pass through instead of get stuck

SELF AWARENESS

- Know the parts of you that are unresolved from previous life experiences that may be impacting parenting practices
- Read your body, know where you hold stress and emotional pain
- Name the feeling
- Understand how it comes out in behavior

SELF SOOTHING

- Reflective time
- Exercise that makes you feel strong
- Sleep hygiene that makes you feel alive and rested
- Nutrition that provides focus and energy
- Spend time with good relationships
- Boundary with toxic relationships
- The power of saying No

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FAMILY WORKSHOP SERIES WITH DR. AMANDA CRAIG

Based on her new book, *Who Are You and What Have You Done With My Kid?*



Dates and Topics

October 16th- Building family connections:
Becoming the secure base kids need

October 23rd- Building family connections:
What gets in the way and how do we repair

October 30th- Expanding the context:
Learning from our past to understand our
present

Thank you to the Darien Library for hosting
this event!

1441 Post Road, Darien CT

All sessions are 3-4:30pm

Come to one or come to all of them!