APPRECIATION EXERCISE

1.	Write down 3-5 skills or abilities you have.			
2.	Focus on these things and write down how they are a blessing to others.			
3.	Every good and perfect gift is from the Father. Meditate on the fact that these gifts were handcrafted for your life. How does it make you feel to know that the creator of the world gave you these specific qualities with specific purposes in mind. Write down how this makes you feel. Include bodily sensations (<i>warm</i> , <i>full</i> , <i>energized</i> , <i>relaxed</i> , <i>peaceful</i> , <i>etc</i>) and emotions (<i>joy</i> , <i>happy</i> , <i>free</i> , <i>connected</i> , <i>calm</i> , <i>peaceful</i> , <i>etc</i>).			
3.	Now let Jesus respond to your thoughts. As Jesus how He sees these things in your life. Write down anything that comes to mind.			
4.	Write a prayer to God, thanking Him for making you in His perfect plan. Thank Him for the gifts, skills, abilities He's given you.			

CONNECTION

2 Keys to Parenting

- 1. Working on yourself so that you can grow in capacity and inner strength
- 2. Working on your parenting skills

A.	Why Connect?				
	•				
	•				
	•				
В.	Typical Signals of Overwhelm in Kids				
C.	Typical Parental Responses to Overwhelm				
	Including how your body feels.				

D. Re-Integration

Overwhelm is dis-integration. When our kids' brains are in this state they are not open to teaching or problem solving. We need to first bring them back to a state of integration. This is done through CONNECTION.

Connection is mostly non-verbal so use less words and focus on the following:

	Creating Connection	Losing Connection
Eye Contact		
Facial assumancian		
Facial expression		
Tone of voice		
Posture		
rosture		
Gestures		
Timing of response		
g or respense		
Intensity of response		
What are some other ways	you could connect with your	child and reset their brain?

E. Application

them. Briefly describe what happened, how your child showed signs of overwhelm and how you responded.
Why do you think your child might have reacted the way they did?
Knowing what you know now about connection, how could you respond differently next time?
Take time to listen to Jesus. Does He have any further thoughts for you on this or about your child?