

The background features a watercolor wash in shades of pink, purple, and yellow. In the upper right, there is a white silhouette of a house with a chimney and a tree. The text is centered and reads "Building your home ON THE ROCK".

Building your home  
**ON THE ROCK**

Today, I will find

*peace in being*

GOOD ENOUGH

because *perfection*

is IMPOSSIBLE.

# Stories...

Are an invention of God

Are proven by science

Take skill and practise

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## A good story:

Connects the right brain and left brain together.

Uses good non-verbal communication to ignite the right brain and bring you/your listener into the memory.

Matches these emotions with words to draw in the left brain with it's logic, perspective, and truth.

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# Practical Applications for Storytelling:

Working through personal issues.

Helping our kids process big emotions.

Creates bonds.

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## Keys to Telling a Good Story:

1. Use feeling words for your emotions
2. Use feeling words for your bodies
3. Use eye contact
4. Use tone and speed of voice
5. Use appropriate facial expressions and body language
6. Keep your story short (2-3 minutes)
7. Stand and face the person or sit on the edge of your seat so you can use your hands and body to speak

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# Parenting Tool: ENGAGE DON'T ENRAGE

## Upstairs Brain

- Sound decision making
- Balancing emotion and body
- Self-understanding/reflection
- Empathy
- Morality

These are characteristics we want to see in our kids!

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# Parenting Tool: ENGAGE DON'T ENRAGE

## Downstairs Brain

- Flight/flight/freeze
- Autonomic function
- Sensory memories
- Strong emotions
- Acting before thinking

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Amygdala: causes us to act before we think

Integration is when all the parts of the brain are working together.

When integration doesn't happen, you get dis-integration, or flipping your lid.

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# Tantrums

2 Types:

1. Upstairs Tantrum
2. Downstairs Tantrum

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## Upstairs Tantrums

Conscious choice to act out and push buttons

Strategic, manipulative attempt to control the situation

Child can be reasoned with, make choices, control her emotions

Child can instantly stop when her demands are met

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## Downstairs Tantrums

Stress hormones flooding the body, interfering with functioning of upstairs brain

Loss of control over body and emotions, along with a high degree of stress

Child is incapable of making choices or being reasoned with

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