

MARCH 7, 2017

Shh...

Want to Know a Secret?

By Bryan Post, The Post Institute

Studies show that when people have secrets, cortisol is released into their system to counteract the stress they experience due to "want to tell" and "wanting not to tell". Imagine kids with histories that they keep secret due to the horror and pain that they hold so dearly to themselves, knowing they can't possibly tell anyone but knowing they so dearly would like to. Like trying to drive a car with one foot on the brake and one foot on the gas. What to do to help? Be a role model. Share your hurts with them. Let them know it is safe to be vulnerable.

WHEN WE CAN TALK ABOUT OUR FEELINGS, THEY BECOME LESS OVERWHELMING, LESS UPSETTING, AND LESS SCARY.

FRED ROGERS

Why Punishment Doesn't Teach Your Child Accountability

Written by Dr. Laura Markham

What does it mean, to hold our child accountable for her behavior? My definition would be that our child assumes responsibility for her actions, including making amends and avoiding a repeat, whether the authority figure is present or not. So, really, it isn't about "holding our child accountable." What we want is for our child to step into responsibility, to hold HERSELF accountable. Once someone takes responsibility, we don't have to "hold her accountable."

Essentially, we're talking about raising a moral child who wants to do the right thing. Most people assume that punishment is what helps humans decide to do the right thing, so if we aren't punishing our children, they'll grow up doing the wrong thing. That's a bleak view of human nature. And it turns out to be dead wrong.

There's now a wealth of research (see the end of this article for link to citations) demonstrating that kids who are punished are LESS likely to make positive moral choices. That's because:

- Punishment focuses a child on the "consequences" he is suffering, rather than on the consequences of his behavior to someone else, so it makes him more self-centered and less empathic.
- Punishment makes a child feel like he's a bad person, which is always a self-fulfilling prophecy, so he's more likely to repeat the bad behavior.
- The most salient lesson of punishment is to avoid it in the future by sneaking and lying to escape detection, so punishment fosters dishonesty.
- Because kids invariably consider punishment unfair, it teaches kids that might makes right and abuse of power is ok -- which makes kids less likely to make moral choices.
- Punishment--yes, even timeouts--erode our relationship with our child, so that he isn't as invested in pleasing us. And the more disconnected he feels from us, the worse his behavior.

CONTINUE READING

[10 Steps to Guide Children Without Punishment](#)

Spring Conference

APRIL 7-8, 2017 | DES MOINES

Continuing your education on the unique needs of children in foster and adoptive homes.



A SAMPLE OF WORKSHOPS ON APRIL 8:

Talk Saves Lives

Suicide is the SECOND leading cause of death for youth and young adults ages 10-24. This session focuses on statistics, research, suicide prevention, and how you can save a life. Participants will hear stories from the perspective of a survivor, a person with lived experience, and a suicide prevention advocate. Ryan is very experienced with teens in leading a youth group, speaking in schools/colleges, and has lost a teen friend to suicide. Participants will learn how to reduce stigma, how to recognize the signs leading to suicide, and how to support survivors of suicide.

Presenter: Ryan Nesbit



A Hard Pill to Swallow - Psychotropic Medication for Foster Parents

Children in foster care, especially those who have experienced trauma, often require mental health treatment. Many times the child's treatment involves prescriptions for psychotropic medications. In this two part workshop, we will explore how psychotropic medications are used and how various classes of these meds work, their side effects, and examples in each class. Additionally, we will address the need for a complete psychiatric evaluation prior to giving these medications, and what to do if you have concerns about the meds prescribed to children in your care. Finally we will examine other interventions that may be considered before the use of psychotropic medications, and how to monitor a child for possible side effects or to see if the medication is working.

Presenter: Chris McCormick-Pries, ARNP *Approved for SW CEUs*



Strengthening the Parent-Child Relationship in Children with Developmental Trauma

This session will focus on insecure attachment patterns in children who have suffered developmental trauma. Participants will learn about the neuroscience behind trauma, and trauma's impact on the brain, emotions, and behaviors. Practical strategies from prominent clinicians and researchers such as Dan Siegel, M.D., and Tina Payne-Bryson, Ph.D., will be discussed, along with useful strategies I use with children and families in my own clinical practice. Basic skills from evidenced-based treatments, such as Parent Child Interaction Therapy (PCIT), will also be shared. In general, parents will gain a better perspective on how trauma impacts the brain and learn strategies to enhance the parent-child relationship. **Presenter: Jennifer Blacksmith, NCSP, HSPP**



Basic Ethnic Hair and Skin Care

This course offers insight into African origin hair and skin care. African origin includes African, African-American, and Bi-racial with African or African American. Course participants can expect a brief explanation of trichology, skin care, cultural connections, product knowledge, terminology, challenges, and resources. **Presenter: Kanisha Tillman**



Conference Cost

Foster/Adoptive Parents:
\$50 (1-Day) OR \$70 (2-Day)

Social Worker/Professional:
\$80 (1-Day) OR \$100 (2-Day)

VIEW CONFERENCE BROCHURE
(includes mail-in registration form)

VIEW CONFERENCE ONLINE
(register online with credit card)

Registration deadline is Friday, March 24th