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00:00:06,700 --> 00:00:09,300

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Orchard B and the Charlotte Mason Institute to hold

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Charlotte Mason Institute ideas suggested in

9

00:00:30,400 --> 00:00:33,500

these files. Do not necessarily reflect the views

10

00:00:33,500 --> 00:00:36,700

of the blue Orchard bee or the Charlotte

11

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Mason Institute.

12

00:00:38,600 --> 00:00:41,200

Information provided here is not to be

13

00:00:41,200 --> 00:00:45,200

perceived or construed as professional advice

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00:00:44,200 --> 00:00:47,400

in matters of mental health.

15

00:00:47,400 --> 00:00:50,200

You are encouraged to work closely with

16

00:00:50,200 --> 00:00:54,000

a mental health professional provider that

17

00:00:53,600 --> 00:00:55,000

meets your needs.

18

00:00:57,900 --> 00:01:00,300

Welcome to the blue Orchard B. It is

19

00:01:00,300 --> 00:01:03,400

now spring 2023 and we

20

00:01:03,400 --> 00:01:06,400

are looking forward to Sunshine and Happy Days

21

00:01:06,400 --> 00:01:10,000

outside in this session Danielle speaks

22

00:01:09,400 --> 00:01:12,500

with her colleague Christy Mayer

23

00:01:12,500 --> 00:01:14,000

just a reminder.

24

00:01:15,400 --> 00:01:18,500

The Charlotte Mason Institute Centenary conference

25

00:01:18,500 --> 00:01:21,300

with the University of Cumbria is the third

26

00:01:21,300 --> 00:01:24,400

week of July in Ambleside England. You can

27

00:01:24,400 --> 00:01:27,400

learn more on the CMI website by clicking on

28

00:01:27,400 --> 00:01:30,500
Gatherings. The new Charlotte

29

00:01:30,500 --> 00:01:33,600
Mason alvieri is also available at the

30

00:01:33,600 --> 00:01:36,200
CMI website. You can

31

00:01:36,200 --> 00:01:40,000
learn more by clicking on alvieri curriculum

32

00:01:39,700 --> 00:01:42,900
CMI is now offering courses

33

00:01:42,900 --> 00:01:45,900
for parents and teachers and at

34

00:01:45,900 --> 00:01:48,700
the website under resources. You can

35

00:01:48,700 --> 00:01:49,300
learn more

36

00:01:51,100 --> 00:01:54,700
into Danielle and her colleague Christy Mayer

37

00:01:57,700 --> 00:02:01,000
the most common challenge that we tend to hear from caregivers is

38

00:02:00,200 --> 00:02:03,400
in figuring out what's going on with their

39

00:02:03,400 --> 00:02:07,000
child and what to do about it. So a lot of times they'll write in

40

00:02:06,300 --> 00:02:09,700
and they'll say I believe that my child can do

41

00:02:09,700 --> 00:02:12,500

such and such whatever that thing is. They

42

00:02:12,500 --> 00:02:15,400

just don't want to or I think that this child just has a heart issue.

43

00:02:16,400 --> 00:02:19,400

So what do you think about that? What

44

00:02:19,400 --> 00:02:22,200

do you say to parents when they're struggling through

45

00:02:22,200 --> 00:02:25,600

that discernment of trying to figure out how to respond appropriately.

46

00:02:28,600 --> 00:02:29,800

When you sent me this question.

47

00:02:31,100 --> 00:02:32,000

I thought okay.

48

00:02:33,100 --> 00:02:36,400

how am I going to answer this there's

49

00:02:37,800 --> 00:02:41,200

I mean, I spent a lot of time really thinking about

50

00:02:41,200 --> 00:02:44,800

it and that I thought, you know, there's not a there's not

51

00:02:44,800 --> 00:02:45,400

a quick answer.

52

00:02:46,500 --> 00:02:49,600

To that one. There's not, you know

53

00:02:49,600 --> 00:02:51,600

here the five handy tips.

54

00:02:52,500 --> 00:02:55,300

To give to parents. It just doesn't seem to

55

00:02:55,300 --> 00:02:55,900
work that way.

56

00:02:57,200 --> 00:03:01,500
You know as a therapist and a mom who has two neuro

57

00:03:01,500 --> 00:03:03,900
atypical kids, and we also homeschool.

58

00:03:04,800 --> 00:03:06,400
I kind of eat sleep.

59

00:03:07,400 --> 00:03:09,300
Breathe all of it.

60

00:03:11,500 --> 00:03:14,500
And I thought okay. What what would I really want to

61

00:03:14,500 --> 00:03:17,500
know as Mom? What would I say

62

00:03:17,500 --> 00:03:19,900
to a clients to a parent?

63

00:03:21,200 --> 00:03:24,700
And I think at the end of the day, it's less

64

00:03:24,700 --> 00:03:27,800
of a strategies question well and

65

00:03:27,800 --> 00:03:31,300
more of a philosophical type

66

00:03:30,300 --> 00:03:34,300
question or discussion.

67

00:03:35,500 --> 00:03:35,900
and

68

00:03:37,800 --> 00:03:40,700

First would be you know, my therapeutic answer

69

00:03:40,700 --> 00:03:42,800
would be let's reframe.

70

00:03:43,400 --> 00:03:46,100
How we actually view our child?

71

00:03:49,400 --> 00:03:51,900
That may mean that we need to re-educate ourselves.

72

00:03:53,100 --> 00:03:56,100
And how the world thinks kids should be

73

00:03:56,100 --> 00:03:56,900
a certain way.

74

00:03:57,900 --> 00:04:01,600
They should act this way and they're

75

00:04:00,600 --> 00:04:03,500
supposed to be doing this and this this and

76

00:04:03,500 --> 00:04:05,200
we even encounter that even if we have

77

00:04:07,200 --> 00:04:10,700
Neurotypical kids there's this expectation

78

00:04:10,700 --> 00:04:12,800
that they're supposed to be a certain way.

79

00:04:14,400 --> 00:04:15,700
They're supposed to you know.

80

00:04:16,700 --> 00:04:19,500
Do all the sports things they're supposed to do all these things and

81

00:04:19,500 --> 00:04:23,400
and everything. You always hear. Oh you homeschool? Oh,

82

00:04:22,400 --> 00:04:25,300
are you you kind of weird

83

00:04:25,300 --> 00:04:28,100
are you know, are you do you walk

84

00:04:28,100 --> 00:04:31,400
around with Bonnets and you know long dresses or something like

85

00:04:31,400 --> 00:04:33,600
that. It's like no we're just regular.

86

00:04:35,400 --> 00:04:36,300
schooling people

87

00:04:37,200 --> 00:04:40,400
so I think we have to kind

88

00:04:40,400 --> 00:04:42,100
of get some of the stereotypes.

89

00:04:43,300 --> 00:04:46,300
In the the preconceived ideas out of our mind

90

00:04:46,300 --> 00:04:49,100
of what one is normal.

91

00:04:50,300 --> 00:04:51,400
normals relative

92

00:04:52,400 --> 00:04:52,800
and

93

00:04:54,600 --> 00:04:58,100
And so educating ourselves. Okay. My

94

00:04:57,100 --> 00:05:00,800
child may not fit into this particular

95

00:05:00,800 --> 00:05:03,900

square that the world thinks that they

96

00:05:03,900 --> 00:05:04,700
should fit into.

97

00:05:05,400 --> 00:05:06,100
And that's okay.

98

00:05:08,100 --> 00:05:11,600
But you actually have to be okay. So it's less of

99

00:05:11,600 --> 00:05:14,500
a what about my kid.

100

00:05:14,500 --> 00:05:17,100
How can I help my kid do this and how can I help

101

00:05:17,100 --> 00:05:20,900
them be this so that way they can fit into this preconceived idea

102

00:05:20,900 --> 00:05:23,400
and rather as a parent.

103

00:05:24,600 --> 00:05:26,100
How can I be okay.

104

00:05:26,900 --> 00:05:28,100
with not fitting into

105

00:05:29,300 --> 00:05:29,800
the cookie cutter

106

00:05:30,500 --> 00:05:34,800
You know not fitting into all of that. So when

107

00:05:34,800 --> 00:05:38,000
I'm reframing my children, you know my concept

108

00:05:37,200 --> 00:05:39,300
of how they're supposed to be.

109

00:05:40,800 --> 00:05:43,800

For myself what I've done as a parent is I've

110

00:05:43,800 --> 00:05:45,200

re-educated myself.

111

00:05:47,700 --> 00:05:48,800

You know and I've read books.

112

00:05:49,500 --> 00:05:52,400

And I've done those things of like, okay.

113

00:05:52,400 --> 00:05:55,500

I really want to try to understand some of the struggles

114

00:05:55,500 --> 00:05:57,400

that they do have because they do have struggles.

115

00:05:58,300 --> 00:06:02,300

And I want to respect them as persons and understand as

116

00:06:01,300 --> 00:06:04,900

best as I can what their particular

117

00:06:04,900 --> 00:06:06,300

struggles are.

118

00:06:07,500 --> 00:06:10,300

Because I would want to do the same someone to

119

00:06:10,300 --> 00:06:11,200

do the same thing for me.

120

00:06:12,100 --> 00:06:13,900

So there's kind of that empathy piece.

121

00:06:16,200 --> 00:06:17,500

you know when the question of

122

00:06:19,100 --> 00:06:19,600

You know.

123

00:06:20,600 --> 00:06:23,400

I believe my child can do such and such or

124

00:06:23,400 --> 00:06:26,200

if they have a heart issue well.

125

00:06:27,100 --> 00:06:30,200

So they might not want to do something. I mean

126

00:06:30,200 --> 00:06:33,800

we all there are times when I don't want to do something and

127

00:06:33,800 --> 00:06:36,700

I might just be like I'm tired or I'm still

128

00:06:36,700 --> 00:06:38,700

lazy that day. Um

129

00:06:39,500 --> 00:06:41,800

So we have to acknowledge that that does happen.

130

00:06:42,600 --> 00:06:45,100

And that's okay because we have those same types of

131

00:06:45,100 --> 00:06:45,700

experiences.

132

00:06:47,200 --> 00:06:49,500

But then we also need to think well.

133

00:06:50,800 --> 00:06:52,600

Is there something else going on?

134

00:06:53,600 --> 00:06:54,200

is there

135

00:06:55,600 --> 00:06:58,200

is there actually something else like?

136

00:06:59,100 --> 00:07:02,500

I think feeling overwhelmed does this

137

00:07:02,500 --> 00:07:03,700

seem really?

138

00:07:05,400 --> 00:07:08,300

Difficult beyond what they they believe that they're capable

139

00:07:08,300 --> 00:07:11,700

of doing and me

140

00:07:11,700 --> 00:07:14,300

just saying. Well you can do it. Come on

141

00:07:14,300 --> 00:07:15,000

you can do it.

142

00:07:16,400 --> 00:07:17,400

Someone tells me that.

143

00:07:18,200 --> 00:07:21,200

If I believe I can't do it. I still not gonna

144

00:07:21,200 --> 00:07:24,400

do it my kid. My nine year old is definitely not going

145

00:07:24,400 --> 00:07:24,900

to do it.

146

00:07:26,300 --> 00:07:29,700

But she is much more likely to

147

00:07:29,700 --> 00:07:30,200

try.

148

00:07:31,900 --> 00:07:34,200

If I treat her with kindness if I have that

149

00:07:34,200 --> 00:07:37,500

we that reframed idea

150

00:07:37,500 --> 00:07:39,800
of you know, this might be hard.

151

00:07:40,900 --> 00:07:43,200
I do believe that she's capable.

152

00:07:44,200 --> 00:07:48,000
Of some of it. So let me try to help her achieve

153

00:07:47,200 --> 00:07:50,500
it and so coming alongside her and trying

154

00:07:50,500 --> 00:07:53,600
to connect with her with that maybe being a little bit curious with

155

00:07:53,600 --> 00:07:53,700
her.

156

00:07:56,100 --> 00:07:56,500
And so

157

00:07:58,600 --> 00:07:59,900
I think that's a part of it.

158

00:08:00,600 --> 00:08:03,300
But they might also just be resistant. No, I'm

159

00:08:03,300 --> 00:08:04,300
not going to do it.

160

00:08:06,500 --> 00:08:09,600
Might just throw a fit. They might have a temper tantrum.

161

00:08:09,600 --> 00:08:12,500
They might stomp out of the room. They might completely shut shut

162

00:08:12,500 --> 00:08:16,000
down and so recognizing that there's something

163

00:08:15,200 --> 00:08:18,200
else that still again maybe going on that

164

00:08:18,200 --> 00:08:21,500
the fear may be too much and so they may

165

00:08:21,500 --> 00:08:22,800
have this learned behavior.

166

00:08:23,800 --> 00:08:26,800
Either I've allowed them to have the learned behavior

167

00:08:26,800 --> 00:08:29,300
or it's just something within them. They've decided that

168

00:08:29,300 --> 00:08:32,100
they're going to do that. This is what I need to do to avoid.

169

00:08:34,500 --> 00:08:37,700
And I don't even know that this is specific to

170

00:08:37,700 --> 00:08:40,400
just neurotypical neuro atypical

171

00:08:40,400 --> 00:08:43,000
kids. I think it's probably for all of us.

172

00:08:43,200 --> 00:08:44,300
So again, it goes back to

173

00:08:45,400 --> 00:08:46,300
as a parent.

174

00:08:48,500 --> 00:08:51,200
me refraining the concept of who they are and what

175

00:08:51,200 --> 00:08:53,400
they they need and

176

00:08:57,400 --> 00:08:57,400

you know.

177

00:08:59,200 --> 00:09:01,800
there's also this other piece that

178

00:09:03,200 --> 00:09:06,800
You know when I when I first discovered like it clicked

179

00:09:06,800 --> 00:09:09,200
like okay, there's something more going on here.

180

00:09:10,200 --> 00:09:14,100
Determining discovering

181

00:09:13,100 --> 00:09:16,100
figuring out. Okay that they've got

182

00:09:16,100 --> 00:09:19,400
to be sensory issues. Maybe they're not and I

183

00:09:19,400 --> 00:09:23,700
think that I became overly compassionate overly

184

00:09:22,700 --> 00:09:25,500
him, you know empathizing like,

185

00:09:25,500 --> 00:09:28,500
oh, they can't do that. Let me just you know, and I I think

186

00:09:28,500 --> 00:09:31,900
I started to create this environment of this learned

187

00:09:31,900 --> 00:09:33,200
helplessness for them.

188

00:09:34,800 --> 00:09:37,200
And then I was like, yeah get tired

189

00:09:37,200 --> 00:09:40,700
of doing everything for them. This is exhausting for

190
00:09:40,700 --> 00:09:41,900
me. I can't do this.

191
00:09:43,600 --> 00:09:46,600
And I just I just think it had to be holy spirit

192
00:09:46,600 --> 00:09:47,400
that said to me.

193
00:09:48,900 --> 00:09:51,700
They're more capable than you then you

194
00:09:51,700 --> 00:09:52,500
allow them to be.

195
00:09:53,600 --> 00:09:55,200
it may not be what I

196
00:09:55,800 --> 00:09:58,300
think that they should be with the world things that they

197
00:09:58,300 --> 00:10:01,000
should be but they are more capable and so

198
00:10:01,800 --> 00:10:04,500
I had to just be like I'm not respecting them

199
00:10:04,500 --> 00:10:07,200
as a person and it's really

200
00:10:07,200 --> 00:10:09,900
easy to either be overly compassionate.

201
00:10:10,900 --> 00:10:11,500
or under

202
00:10:13,900 --> 00:10:16,600
compassionate to them and so, you know,

203
00:10:16,600 --> 00:10:19,600

they're always just kind of this this balance of

204

00:10:19,600 --> 00:10:22,300

what are you capable of doing? Sometimes I

205

00:10:22,300 --> 00:10:25,500

push them too far and I get the Meltdown because I've push

206

00:10:25,500 --> 00:10:25,900

them too far.

207

00:10:26,800 --> 00:10:30,400

Or there's like I don't feel like doing this and there's

208

00:10:29,400 --> 00:10:32,200

all this other stuff that you know,

209

00:10:32,200 --> 00:10:32,800

you've got to deal with.

210

00:10:35,300 --> 00:10:36,700

But ultimately it came back to me

211

00:10:37,700 --> 00:10:40,800

And what did I need to do as a parent?

212

00:10:43,500 --> 00:10:43,700

You know.

213

00:10:45,200 --> 00:10:47,800

The Bible talks about how we need to die to self.

214

00:10:49,800 --> 00:10:52,200

and to me that that piece of

215

00:10:53,200 --> 00:10:56,600

that when we become a parent, we quit being

216

00:10:56,600 --> 00:10:59,700

this the selfish individual person

217

00:10:59,700 --> 00:11:02,300
and trying to meet

218

00:11:02,300 --> 00:11:05,300
the needs of our kids trying to to help

219

00:11:05,300 --> 00:11:07,500
them to grow and I think as

220

00:11:11,200 --> 00:11:14,000
as we go along with the journey when we homeschool or not, you know we

221

00:11:15,400 --> 00:11:18,800
We try to help meet those needs with the best way that we we can

222

00:11:18,800 --> 00:11:21,200
but that requires a lot from us.

223

00:11:22,400 --> 00:11:25,000
And there is a lot of that dying to the self.

224

00:11:25,800 --> 00:11:26,200
and so

225

00:11:28,200 --> 00:11:28,900
it fluctuates.

226

00:11:30,500 --> 00:11:33,600
Day today and I think parents having some Grace

227

00:11:33,600 --> 00:11:36,200
for themselves. Well also having Grace for their kids.

228

00:11:37,200 --> 00:11:37,500
but

229

00:11:39,200 --> 00:11:39,400
being

230

00:11:42,900 --> 00:11:46,100

being aware that some things

231

00:11:45,100 --> 00:11:47,300
are just not going to get done today.

232

00:11:48,300 --> 00:11:49,000
And that's okay.

233

00:11:50,300 --> 00:11:53,200
and being pleasantly surprised when all the

234

00:11:53,200 --> 00:11:56,100
things get done or maybe even a little bit extra gets done

235

00:11:56,100 --> 00:11:58,600
which doesn't usually happen very often but

236

00:11:59,800 --> 00:12:02,400
being okay with where we are in the

237

00:12:02,400 --> 00:12:06,000
moment instead of me having the expectations

238

00:12:05,100 --> 00:12:06,500
that we need to

239

00:12:07,200 --> 00:12:08,400
Do more be more?

240

00:12:09,600 --> 00:12:10,500
to meet some

241

00:12:12,300 --> 00:12:15,500
preconceived worldly ideation of

242

00:12:15,500 --> 00:12:18,200
how our kids are supposed to be and who I'm supposed

243

00:12:18,200 --> 00:12:19,100
to be as a parent.

244

00:12:20,200 --> 00:12:20,500

so

245

00:12:24,300 --> 00:12:27,900

yeah, so I don't know if it's so much of the heart issue with

246

00:12:27,900 --> 00:12:28,600

the child.

247

00:12:29,900 --> 00:12:32,700

As it is a heart issue with

248

00:12:32,700 --> 00:12:33,100

us.

249

00:12:34,700 --> 00:12:37,400

And I think when our hearts are in the

250

00:12:37,400 --> 00:12:38,100

right place.

251

00:12:39,500 --> 00:12:42,500

Our child's Hearts will be in

252

00:12:42,500 --> 00:12:43,100

a better place.

253

00:12:45,100 --> 00:12:48,700

So that's kind of my thoughts on that. Okay, I'm

254

00:12:48,700 --> 00:12:52,700

gonna throw your ball because you just made me think of something. Okay? All

255

00:12:51,700 --> 00:12:52,900

right.

256

00:12:54,800 --> 00:12:58,100

I'm totally unprepared for this. Yeah, so,

257

00:12:57,700 --> 00:12:58,700

um

258

00:13:00,200 --> 00:13:03,300

Something that you just made me think about as being, you know

259

00:13:03,300 --> 00:13:06,200

being a scientist and we talk a lot about in science how we

260

00:13:06,200 --> 00:13:08,600

have to be comfortable with a certain amount of uncertainty.

261

00:13:09,600 --> 00:13:12,400

And so I wonder if some of

262

00:13:12,400 --> 00:13:15,400

this is the process that we need

263

00:13:15,400 --> 00:13:16,300

to go through his parents.

264

00:13:18,300 --> 00:13:21,400

of being comfortable with a certain amount of uncertainty and

265

00:13:21,400 --> 00:13:22,100

needing to

266

00:13:23,700 --> 00:13:25,600

you'd be okay with figuring things out.

267

00:13:27,300 --> 00:13:30,400

And that relationships can be messy and

268

00:13:30,400 --> 00:13:33,100

and that kind of thing. Do you do you see?

269

00:13:35,400 --> 00:13:38,000

Do you see that? Have you experienced that? What are your what are your

270

00:13:38,100 --> 00:13:40,200

thoughts there? Am I am I on left field here?

271

00:13:42,400 --> 00:13:43,300

No Okay, so

272

00:13:45,100 --> 00:13:48,200

You semi cut out on me for a minute. So I want to make sure.

273

00:13:49,200 --> 00:13:52,400

I think I I think I know

274

00:13:52,400 --> 00:13:52,800

what you're asked.

275

00:13:53,400 --> 00:13:56,100

You are we basically into the day.

276

00:13:57,400 --> 00:14:00,300

Tell me if I'm wrong from this is I'm telling us interpreting.

277

00:14:00,900 --> 00:14:04,200

being okay with the uncertainty

278

00:14:03,200 --> 00:14:06,600

that kind of just pops

279

00:14:06,600 --> 00:14:09,500

up and how to handle that or

280

00:14:10,500 --> 00:14:13,500

Yeah, well, I'm wondering if some of the some of the struggle that

281

00:14:13,500 --> 00:14:16,600

we have as parents, right and that

282

00:14:16,600 --> 00:14:20,300

what you were just talking about having wanting things

283

00:14:20,300 --> 00:14:23,400

to to be certain way right if things were that

284

00:14:23,400 --> 00:14:26,600

way then we would be confident and

285

00:14:26,600 --> 00:14:29,300

certain about how things are going to go. Right and

286

00:14:29,300 --> 00:14:32,700

so right he's like some of that is this like

287

00:14:32,700 --> 00:14:33,400

oh no wait.

288

00:14:34,300 --> 00:14:38,000

That's not the way it's really going to be. Yes the

289

00:14:37,300 --> 00:14:39,100

uncertain and I have to be

290

00:14:40,100 --> 00:14:41,200

yes you

291

00:14:42,700 --> 00:14:45,800

Struggle through. Yes 100% You're

292

00:14:45,800 --> 00:14:48,600

you're right. Yes, that's what it is. Okay, because

293

00:14:48,600 --> 00:14:51,900

that's the dying to self. Peace.

294

00:14:51,900 --> 00:14:52,900

Yeah for me.

295

00:14:53,600 --> 00:14:56,300

You know, I mean I was joking and say

296

00:14:56,300 --> 00:14:59,600

well if everybody would just listen to me things would

297

00:14:59,600 --> 00:15:02,400

go really smoothly but no one

298

00:15:02,400 --> 00:15:05,600

listens to me. That's why everything is crazy right

299

00:15:05,600 --> 00:15:08,600

now, you know, I say

300

00:15:08,600 --> 00:15:11,700

it to my clients sometimes and they're like, yeah, you know

301

00:15:11,700 --> 00:15:14,300

in my kids have about the same kind

302

00:15:14,300 --> 00:15:14,900

of response.

303

00:15:17,800 --> 00:15:20,300

And they really taught me my kids

304

00:15:20,300 --> 00:15:21,300

have really taught me that.

305

00:15:22,800 --> 00:15:25,600

Life is really really messy.

306

00:15:26,400 --> 00:15:30,200

And in living that and being

307

00:15:29,200 --> 00:15:31,100

okay with it.

308

00:15:32,200 --> 00:15:35,000

I think one of the biggest things for me.

309

00:15:36,400 --> 00:15:38,500

and all of this was when

310

00:15:39,700 --> 00:15:42,800

I was reading I couldn't tell you I assume it's

311

00:15:42,800 --> 00:15:45,500

like it maybe in the first volume of Charlotte Mason's

312

00:15:45,500 --> 00:15:48,500
books, and she said that the

313

00:15:48,500 --> 00:15:49,100
Holy Spirit.

314

00:15:50,200 --> 00:15:52,500
Was the greatest teacher or something to that effect?

315

00:15:54,900 --> 00:15:56,600
Yeah, okay.

316

00:15:57,500 --> 00:16:00,500
Cognitively, that sounds that sounds really great,

317

00:16:00,500 --> 00:16:03,800
you know, and then also

318

00:16:03,800 --> 00:16:05,200
working with you know.

319

00:16:06,300 --> 00:16:09,600
Trying to change my mindset. This is how school

320

00:16:09,600 --> 00:16:12,200
is supposed to work in this, you know, we're supposed to do these

321

00:16:12,200 --> 00:16:15,500
worksheets and we're supposed to drill these Maps back. So

322

00:16:15,500 --> 00:16:18,200
we're supposed to do these things and my kids are supposed to

323

00:16:18,200 --> 00:16:20,100
be this way by this time in

324

00:16:21,200 --> 00:16:22,000
realizing that

325

00:16:23,500 --> 00:16:24,200
none of that.

326

00:16:25,600 --> 00:16:25,800
is

327

00:16:28,100 --> 00:16:31,100
is what they need in that at the end of the day

328

00:16:31,100 --> 00:16:34,400
I can do only what I can do and the

329

00:16:34,400 --> 00:16:37,500
holy spirit's going to take over the rest of it and that

330

00:16:37,500 --> 00:16:40,900
he's there even in the messy pieces, especially in

331

00:16:40,900 --> 00:16:42,700
the messy pieces. He's there.

332

00:16:44,900 --> 00:16:48,300
So that gives me a little bit of comfort again. It's

333

00:16:48,300 --> 00:16:48,600
a

334

00:16:51,500 --> 00:16:53,000
it's a moment by moment challenge.

335

00:16:55,400 --> 00:16:58,500
Because somedays we're all on and then

336

00:16:58,500 --> 00:17:00,800
some days were all off.

337

00:17:01,600 --> 00:17:03,300
and I might get

338

00:17:04,400 --> 00:17:07,400

five minutes in to something and then

339

00:17:09,400 --> 00:17:12,500

something happens. I don't even know what happened but something

340

00:17:12,500 --> 00:17:15,200

happened and there's no returning from it

341

00:17:15,200 --> 00:17:19,000

for the rest of the day. So my school day is it's

342

00:17:18,000 --> 00:17:19,800

done.

343

00:17:21,300 --> 00:17:24,300

And it used to really bother me and I have

344

00:17:24,300 --> 00:17:27,900

to go and take a few minutes to myself and regroup.

345

00:17:28,700 --> 00:17:29,600

but I think that was

346

00:17:30,600 --> 00:17:33,300

God sorting it out in me. I think that was

347

00:17:33,300 --> 00:17:36,200

again that dying to self peace and having to kind of

348

00:17:36,200 --> 00:17:38,400

work through some of that and be like no.

349

00:17:39,400 --> 00:17:40,000

It's okay.

350

00:17:41,300 --> 00:17:44,700

I'm just gonna reframe our day instead. We're going

351

00:17:44,700 --> 00:17:48,300

to go outside and we're just going to have one long

352

00:17:47,300 --> 00:17:51,100
really great day

353

00:17:50,100 --> 00:17:52,500
of nature study.

354

00:17:53,900 --> 00:17:56,500
and I'm gonna count this as science and

355

00:17:56,500 --> 00:17:59,900
it's going to be great and we're gonna have fun and they're

356

00:17:59,900 --> 00:18:02,600
gonna get some physical movement and and

357

00:18:04,200 --> 00:18:07,800
the dysregulation is going to decrease and we're

358

00:18:07,800 --> 00:18:11,000
going to connect and we're going to be outside get

359

00:18:10,100 --> 00:18:12,600
some vitamin D and some fresh air.

360

00:18:13,700 --> 00:18:17,300
And we're going to have a great sensory experience

361

00:18:16,300 --> 00:18:19,600
and that's usually

362

00:18:19,600 --> 00:18:19,900
what happens.

363

00:18:21,100 --> 00:18:21,600
and so

364

00:18:22,800 --> 00:18:25,400
just gotta try it again the next day and

365

00:18:25,400 --> 00:18:27,000

see hopefully we have

366

00:18:28,300 --> 00:18:31,300

maybe not a better day. I don't know that I'd say a better

367

00:18:31,300 --> 00:18:31,700

day cuz

368

00:18:32,200 --> 00:18:35,600

that outside time was actually really wonderful but have

369

00:18:35,600 --> 00:18:38,200

a day where I can follow along with my

370

00:18:38,200 --> 00:18:38,900

lesson plans.

371

00:18:42,200 --> 00:18:44,900

So I know I kind of really condensed all of that.

372

00:18:47,500 --> 00:18:51,500

But that has taken me years of

373

00:18:50,500 --> 00:18:53,600

getting to that and I still it's

374

00:18:53,600 --> 00:18:55,800

still really messy. It's still really hard.

375

00:18:57,200 --> 00:19:00,500

And just being a therapist does it

376

00:19:00,500 --> 00:19:01,200

mean that?

377

00:19:03,200 --> 00:19:06,200

my house runs smoothly and then I do all these

378

00:19:06,200 --> 00:19:08,100

really great interventions and

379

00:19:09,200 --> 00:19:12,300

I because in the day when I'm I'm a

380

00:19:12,300 --> 00:19:15,500

parent. I'm a mom. I think it's tired and exhausted.

381

00:19:16,300 --> 00:19:16,800

and

382

00:19:18,800 --> 00:19:21,100

fatigued by all the things and so

383

00:19:21,100 --> 00:19:21,900

that's why I say

384

00:19:22,600 --> 00:19:25,400

we have to have some Grace for ourselves make sure that as

385

00:19:25,400 --> 00:19:29,400

a parent we have our downtime because I

386

00:19:28,400 --> 00:19:30,700

get sensory overloaded.

387

00:19:31,600 --> 00:19:35,400

We get a lot of questions and there's a lot of noise and

388

00:19:34,400 --> 00:19:37,200

there's a lot of emotions to deal with.

389

00:19:38,200 --> 00:19:41,400

On a regular basis not just from one kid, but two

390

00:19:41,400 --> 00:19:42,900

kids at the same time sometimes.

391

00:19:44,500 --> 00:19:46,000

So acknowledging my own.

392

00:19:47,600 --> 00:19:49,400

Sensory overload in the moment, okay.

393

00:19:50,300 --> 00:19:53,200

It's gotten too bright in here. It's gotten too loud in

394

00:19:53,200 --> 00:19:55,500

here. Mom needs a break.

395

00:19:56,700 --> 00:19:59,500

You guys can go outside and play go play Legos go

396

00:19:59,500 --> 00:19:59,900

do something.

397

00:20:00,900 --> 00:20:02,600

Just don't burn down the house.

398

00:20:04,200 --> 00:20:07,400

And I just need my time when I turn

399

00:20:07,400 --> 00:20:10,500

the lights out. I have some sunlight or it might maybe go

400

00:20:10,500 --> 00:20:13,800

for a walk or something out like that. So I

401

00:20:13,800 --> 00:20:15,400

think a big piece to

402

00:20:18,300 --> 00:20:21,300

to help you regulate our kids is making sure that we're able to

403

00:20:21,300 --> 00:20:22,800

regulate our own cells.

404

00:20:23,600 --> 00:20:26,300

That's probably first and foremost about everything else

405

00:20:26,300 --> 00:20:30,200

because if we're not regulated our kids aren't going to be regulated whatsoever.

406

00:20:31,100 --> 00:20:34,400

Thank you for listening today. Not long. Now

407

00:20:34,400 --> 00:20:37,400

before lent is over in Easter. Holy day comes

408

00:20:37,400 --> 00:20:40,300

what a joyful time. We will see

409

00:20:40,300 --> 00:20:41,000

you next time.