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Parenting in uncertain times

with Supervising Hoffman Facilitator Eliza Meredith &
Psychotherapist and Parenting Coach Michelle Matthews

zoom

Zoom ID: 827-7508-4418

Wednesday 13 May

7.30-9.00pm UK

Hoffman Institute UK , Quay House, River Road, Arundel, West Sussex, BN18 9DF

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Welcome

What's on offer

Thank you for signing up to our Hoffman webinar. This session will be led by Supervising Hoffman facilitator Eliza Meredith, and Psychotherapist & Parenting Coach Michelle Matthews, and will focus on supporting children aged from 0-12.

During the webinar, you'll be given practical advice on how to help support your children through these uncharted waters by providing a stable family rhythm, boundaries and resources. The intention is to bring reconnection, perspective and joy back to parenting (or at least moments of it!) There'll be some time for questions and sharing at the end of the session.



Eliza Meredith



Michelle Matthews

What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.

We will be recording an audio-only version of the webinar to share with Hoffman graduates who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And one very important, non-technical bit - please make sure you have a notebook and pen!

What next?

We hope that you will be inspired by this webinar to take part in similar events in future.

Those who haven't done the Hoffman Process are invited to attend our introductory events, which are led by Hoffman MD Serena Gordon and held fortnightly via Zoom:

www.hoffmaninstitute.co.uk/next-steps

Hoffman graduates are welcome at weekly Wednesday webinars, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am. For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: **hoffmaninstitute.co.uk/post-process-website**

Finding our family rhythms

How can I support my family rhythm and prepare for transitions?

Where are the current tensions?

What is working well?

Weekly Rhythm

Planning the day/week

- Homeschooling with breaks
- Working with breaks
- Cooking/eating
- Housework
- Exercise/meditation/walking time
- Relaxation

Weekend Rhythm

- Family activities
- Film nights
- Socialising online
- Picnics
- Walks
- Alone time
- Games
- Exercise

Transitions to next phase

- What changes are coming?
 - What do I need to prepare my myself/children for?
 - School/Work?
 - (Further down the line) socialising/playdates?
-

Regulation and recovering after conflict

Emotional Overwhelm

When we are not able to manage our emotional overload and distress, it can affect our ability to act and think rationally.

What are the signs that I'm becoming overwhelmed and how can I support myself?

How can I help my child emotionally regulate after a conflict?

- Mirroring
- Breathing
- Time Out - in our own special space/in nature
- Resetting through co-regulation
- Reflection time - is there a deeper conflict that needs to be resolved? Or just the normal process of connection/disconnection and reconnection?

House Guidelines

If there are persistent similar conflicts, look at how House Guidelines could support your family in providing guidelines that you collaborate on together.

Our Family Guidelines

- Homeschooling expectations
- Screentime
- Family meal times
- One-on-one time
- Chores

Respect and Resource

“Respect means that you accept somebody for who they are, even when they’re different from you or you don’t agree with them”.

Respect in your relationships builds feelings of trust, safety, and wellbeing.

Name FIVE ways I can resource myself

1

2

3

4

5

Name FIVE ways I can help resource my child/help them to resource themselves

1

2

3

4

5

Appreciation and Gratitude

A daily practice for the whole family – try it as a positive suppertime ritual.

I appreciate in myself:

1

2

3

I am grateful for:

1

2

3

Resource List

Books

What to Expect ...Baby/Toddler Years

Heidi Murkoff

Parenting From The Inside Out

Daniel J. Siegel And Mary Hartzell

Raising Our Children, Raising Ourselves

Naomi Aldort

Attachment Play

Aletha J. Solter

How To Talk So Kids Will Listen and Listen So Kids Will Talk

Adele Faber and Elaine Mazlish

Calmer, Easier, Happier Screen Time

Noel Janis-Norton

Why Love Matters

Sue Gerhardt

Happy Child, Happy Home

Lou Harvey-Zahra

Surviving and Thriving in Stepfamily Relationships

Patricia L. Papernow

Websites

www.whattoexpect.com/first-year/month-by-month/

www.simplicityparenting.com

www.ahaparenting.com

www.attachmentparenting.co.uk

www.janetlansbury.com

www.awareparenting.com



Thank you!

Thank you for attending, and we look forward to welcoming you at future online workshops and events. If you don't already receive newsletters from Hoffman, you can sign up at: www.hoffmaninstitute.co.uk/sign-up-for-newsletters/

We'd also like to thank Eliza and Michelle for hosting this webinar.

Those who have done the Hoffman Process can book one-to-one Hoffman coaching with Eliza (and with other members of the Hoffman UK facilitator team) via our website: hoffmaninstitute.co.uk/book-hoffman-coaching. Parenting coaching is also available with Michelle via her website: michellematthews.co.uk

if you have found value in this or any of our free Zoom sessions and feel moved to make a contribution to Hoffman's running costs, you can do this via PayPal directly into the account: www.paypal.me/hoffmanuk

We're working remotely, but you can still get in touch:

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