

# **Nurturing a Spirit of Gentleness in our Families**

## **Training Objectives**

Identify feelings of safe vs. unsafe.

Identify feelings of loved vs. unloved.

Identify why my child or myself might feel unsafe and unloved.

Identify how attachment affects others feeling unsafe and unloved.

Identify our tools.

Identify the emotional memory created with the use of our tools.

Identify the distinction between uplifting interactions (praise) vs. demands.

Identify how to increase uplifting interactions and reduce demanding interactions.

Identify how to decrease environmental demands.

Identify the importance of scheduling to provide structure and predictability.

Identify the importance of and how to “stretch” the other.

Identify and define “transitions”.

Identify how to plan for transitions.

Identify the effect other environments have on our child’s ability to feel safe.

Identify how to set the stage for success in other environments.