

WEBVTT

1 "Andersen, Dana" (1688827136)

00:00:04.679 --> 00:00:19.679

Welcome and thank you for calling into sickness 2024 children and family awareness theory. My name is Dana Anderson, and I am a coaching and support case managers here at.

2 "Andersen, Dana" (1688827136)

00:00:19.679 --> 00:00:25.950

And due to the format of this call, you will not be able to ask questions during the teleconference.

3 "Andersen, Dana" (1688827136)

00:00:25.950 --> 00:00:32.040

The conference will be opened up for a question and answer at the completion of the presentation.

4 "Andersen, Dana" (1688827136)

00:00:32.040 --> 00:00:41.910

And also a handout for today's seminar is available online at Sigma dot com forward, slash children family.

5 "Andersen, Dana" (1688827136)

00:00:41.910 --> 00:00:47.460

And please note that all policies may not cover today's topic.

6 "Andersen, Dana" (1688827136)

00:00:47.460 --> 00:00:57.960

So, for more specific information, if your policy covers topics discussed in today's seminar, please contact the number on the back of your insurance card.

7 "Andersen, Dana" (1688827136)

00:00:57.960 --> 00:01:03.780

And today I have the pleasure of introducing Laura Magnuson and Liz.

8 "Andersen, Dana" (1688827136)

00:01:03.780 --> 00:01:16.980

And so what we will be talking about in presentation today, as a parent, it can be hard to know how to start and continue conversations with your child about difficult topics.

9 "Andersen, Dana" (1688827136)

00:01:16.980 --> 00:01:21.780

In this webinar, we will discuss your role as a parent.

10 "Andersen, Dana" (1688827136)

00:01:21.780 --> 00:01:26.550

Your child's brain development, how to show up emotionally.

11 "Andersen, Dana" (1688827136)

00:01:26.550 --> 00:01:31.170

Phrases and questions to use with the ongoing conversation.

12 "Andersen, Dana" (1688827136)

00:01:31.170 --> 00:01:38.550

Recognizing early warning signs and symptoms of mental health challenges and what to say in a crisis.

13 "Andersen, Dana" (1688827136)

00:01:38.550 --> 00:01:43.530

We will also share some resources to help navigate these topics.

14 "Andersen, Dana" (1688827136)

00:01:43.530 --> 00:01:52.020

And we will be having the pleasure of knowledge from Laura Magnuson.

15 "Andersen, Dana" (1688827136)

00:01:52.020 --> 00:01:58.920

Who is the VP of clinical engagement and a license associate marriage and family therapist.

16 "Andersen, Dana" (1688827136)

00:01:58.920 --> 00:02:16.230

She is responsible for supporting employer and payer client, realize the inherent clinical value of tax base, comprehensive, mental health system for their various populations, and bring mental well, being and treatments alive.

17 "Andersen, Dana" (1688827136)

00:02:16.230 --> 00:02:24.870

She also provides industry thought leadership to HR professionals on how to create a mentally well, workplace.

18 "Andersen, Dana" (1688827136)

00:02:24.870 --> 00:02:35.160

As a mental health aid instructor, she is passionate about mental health education and how that parlays into an effective and healthy workplace.

19 "Andersen, Dana" (1688827136)

00:02:35.160 --> 00:02:41.490

She has held a variety of roles in the mental health space, including.

20 "Andersen, Dana" (1688827136)

00:02:41.490 --> 00:02:44.850

With a pair psyche, psychiatric hospital.

21 "Andersen, Dana" (1688827136)

00:02:44.850 --> 00:02:50.820

Crisis system the course and the seriously mental ill system.

22 "Andersen, Dana" (1688827136)

00:02:50.820 --> 00:03:04.440

She has a master's degree in forensic psychology as well as a marriage and family therapist. We also have Liz colleagues, who is the director of research and programs ad hoc space.

23 "Andersen, Dana" (1688827136)

00:03:04.440 --> 00:03:08.640

She is a licensed professional counselor in the state of Missouri.

24 "Andersen, Dana" (1688827136)

00:03:08.640 --> 00:03:11.970

Specializing in couples and trauma.

25 "Andersen, Dana" (1688827136)

00:03:11.970 --> 00:03:17.010

She is also the CO, founder of the last thing for couples therapy app.

26 "Andersen, Dana" (1688827136)

00:03:17.010 --> 00:03:26.250

So you would like to thank you both for being here. Today. You are welcome to start your presentation.

27 "Laura Magnuson" (590238464)

00:03:26.250 --> 00:03:39.900

Thank you so much Dana, Liz and I are happy to be here today and talk to you about talking to your child about difficult topics. Um, and she did a great job of introducing us. So I think we'll kind of just jump right in.

28 "Laura Magnuson" (590238464)

00:03:39.900 --> 00:03:48.420

So, today we're going to be talking about, um, your role and work as a parent, uh, your child's brain and development.

29 "Laura Magnuson" (590238464)

00:03:48.420 --> 00:03:55.740

What it means to show up emotionally for your child, some ongoing conversations that are benefit.

30 "Laura Magnuson" (590238464)

00:03:55.740 --> 00:04:06.330

Both, and then, of course, how do you have those conversations? What phrases and questions should you be using to assist in, uh, an effective conversation.

31 "Laura Magnuson" (590238464)

00:04:06.330 --> 00:04:21.540

And then helping you to understand what are early warning signs and symptoms that your child or team might be having some kind of mental health challenge. Uh, we'll talk about what to say in a crisis. And then at the end, we'll wrap up with some. Q, and a.

32 "Laura Magnuson" (590238464)

00:04:21.540 --> 00:04:35.639

So, we just wanted to start off with this, quote from Peggy, Peggy omara. And this quote says the way we talk to our children becomes their inner voice.

33 "Laura Magnuson" (590238464)

00:04:35.639 --> 00:04:56.869

And so often times, when you read this, quote, it might elicit some feelings. Right? There might be some kind of response. You have when you read this. And I'll just start by saying that being a parent. Right. Is 1 of the most difficult jobs that there is and there's no instruction book at hand.

34 "Laura Magnuson" (590238464)

00:04:56.869 --> 00:05:16.869

Um, and so it's important just to kind of be curious about your response to this question or this quote, I should say, and kind of we'll talk through out what this means. Um, but sometimes, I know people have reported maybe, um, feeling guilty about.

35 "Laura Magnuson" (590238464)

00:05:16.869 --> 00:05:36.869

Saying something right to their child um, they might feel strong about the way that they're parenting as well. So, just as we kind of walk through our time together. Um, we just encourage you to be curious about maybe some of your responses and your feelings that might come from some of the content that we share today. And also to.

36 "Laura Magnuson" (590238464)

00:05:36.869 --> 00:05:45.389

Be using grace and empathy with yourself. Um, because I know I have 2 kids. Liz has 3 being a parent is really difficult.

37 "Laura Magnuson" (590238464)

00:05:48.539 --> 00:06:08.539

All right, we also wanted to share this quote, from the surgeon general Vivek Murthy, um, related to what's happening with our youth and their mental health. So we know that there were mental health challenges that were increasing prior to the pandemic. And then we're also seeing.

38 "Laura Magnuson" (590238464)

00:06:08.539 --> 00:06:28.539

Post pandemic this continue, right? And so really the pandemic, if further altered their experiences at home school, and in the community, and the effect on their mental health has been devastating. He goes on to say that the future well, being of our country depends on how we support and invest.

39 "Laura Magnuson" (590238464)

00:06:28.539 --> 00:06:48.539

In the next generation, so kudos to you for showing up today, that means that you are interested in really putting forth our youth, mental health and hopefully learning and take taking away a couple different pieces today that hopefully you can implement whether it's with your child or someone that, you know.

40 "Laura Magnuson" (590238464)

00:06:48.539 --> 00:06:52.229

Um, so we're happy that you're here because this is such an important topic.

41 "Liz Colizza" (4222677760)

00:06:55.402 --> 00:07:15.529

Laura was about to say the same thing and starting this slide is that we're so glad that you're here and the fact that you've shown up today in your role as a parent is, means that you're a good enough parent and all we need to be is good enough for our kids. There is no perfect parent, but we're going to focus today on what does it mean to emotionally show up for your child?

42 "Liz Colizza" (4222677760)

00:07:15.529 --> 00:07:35.529

So, that you can have those hard conversations and understand what is going on a little bit more in your child's world and brain. I've worked with a lot of parents over the years who come in, wanting their kids to change their behavior. And as I explore more and more, I get to the layers and layers and start to understand. Okay, you're focusing on what.

43 "Liz Colizza" (4222677760)

00:07:35.529 --> 00:07:55.529

Coming outward from your child instead of trying to connect with who your child is, as I want to invite you today, to get really curious about how you show up for yourself and your child and what your connection looks like with them. Because we know that as a parent we provide for our children, and we try to meet all of their physical, emotional relational, all of their needs.

44 "Liz Colizza" (4222677760)

00:07:55.529 --> 00:08:15.529

And sometimes we get so focused on behaviors and physical needs that we neglect or forget that we need to show up emotionally. And what that means, when we break it down, is that there's these big 6 buckets listed on this screen that we want to try to show for a kid in these ways. And the 1st, 1 is a tuning to their.

45 "Liz Colizza" (4222677760)

00:08:15.529 --> 00:08:34.709

And some of us may be familiar with that word to tune. Some of us might not, it means really paying attention and trying to understand what's going on in their world. It's really using those empathy and compassion skills and watching and tracking what is going on in their world. What might they be feeling thinking? What are they experiencing.

46 "Liz Colizza" (4222677760)

00:08:34.709 --> 00:08:49.319

And then we want to respond to their needs and warm, compassionate ways. And that means not just physical, but also emotional needs. What does my child need for me to feel seen to feel heard to feel connected and loved valued.

47 "Liz Colizza" (4222677760)

00:08:49.319 --> 00:09:09.319

And then we want to emotionally engage with them and that means different things at different developmental stages, little kids with a lot of physical touch and a lot of app, verbal affirmations as your kids get

older. It turns into more conversations. There's still some physical touch. But you're talking more, you're spending time together, you're expressing interest and curiosity.

48 "Liz Colizza" (4222677760)

00:09:09.319 --> 00:09:20.759

And then, throughout the whole course of our child's life, we want to figure out how to help them regulate their emotions. And to do that we have to be regulating our own emotions. And we're going to talk a little bit about what that means.

49 "Liz Colizza" (4222677760)

00:09:20.759 --> 00:09:40.759

And then we also want to be able to show our kids that we are strong enough for all of their big emotions. And I think this is 1 of the hardest ones on this screen. Because a lot of times our kids have emotions. That we don't understand. And they don't make sense for our adult brain, and we can get caught up in thinking this makes no sense at all. If this is just a small.

50 "Liz Colizza" (4222677760)

00:09:40.759 --> 00:09:51.959

Issue when really in our child's world, that small thing is a big thing. So, showing them that no matter what emotions they have, we're strong enough for them and we can, whether those emotions.

51 "Liz Colizza" (4222677760)

00:09:51.959 --> 00:09:58.799

And then this last 1, I think of as sort of the, the sobering or hopeful part of this is that.

52 "Liz Colizza" (4222677760)

00:09:58.799 --> 00:10:07.799

When we can repair, we move back closer to our kid and so we know, and we can accept that. We're gonna make mistakes with the parent. We're not going to show up for them.

53 "Liz Colizza" (4222677760)

00:10:07.799 --> 00:10:23.879

Perfect or well, all the time, and we can take responsibility and we can repair and move back toward our kid and repair is 1 of the strongest indicators of how you're doing in your parenting role. And so if anything that you hear here, when you make a mistake, when you mess up.

54 "Liz Colizza" (4222677760)

00:10:23.879 --> 00:10:29.429

Try to repair in some way, try to go back to your kid, take responsibility and figure out how to do it differently.

55 "Liz Colizza" (4222677760)

00:10:29.429 --> 00:10:51.379

And so some of that you might have heard, as I was talking, you know, we have a role as a parent, and we have things that we do for our kids to care for them and to meet them where they are. And then we also have

personal work that we need to do as a parent in order to emotionally show up for our kids. So that may or may not mean something to you, depending on where you are.

56 "Liz Colizza" (4222677760)

00:10:51.379 --> 00:10:59.609

In your own personal journey and what's going on for you but what that looks like in kind of big picture is, uh, tuning to ourself.

57 "Liz Colizza" (4222677760)

00:10:59.609 --> 00:11:06.869

Just, like I said, paying attention to your child's world, it means slowing down enough to pay attention to your own experiences.

58 "Liz Colizza" (4222677760)

00:11:06.869 --> 00:11:18.299

To notice how you experience other people and circumstances to pay attention to what you need day to day and to meet your own needs and to respond to emotions thoughts.

59 "Liz Colizza" (4222677760)

00:11:18.299 --> 00:11:38.299

Images physical sensations that you have to be in the process of continually helping yourself regulate your emotions and that means learning ways that you can calm and smooth your brain and things that help you to care for yourself throughout the day throughout the week. And so a lot of that is not relying upon your kids.

60 "Liz Colizza" (4222677760)

00:11:38.299 --> 00:11:44.189

To do that, and looking to them for affirmation and validation, but helping yourself and taking care of yourself.

61 "Liz Colizza" (4222677760)

00:11:44.189 --> 00:12:04.189

And then we want to get really curious, and compassionate toward our own experiences. And Laura brought that up when she introduced that quote about how our voice becomes, the inner voice for our children. And we can have lots of feelings when we think about who we are as a parent. I know that parenting guilt is real and it feels very thick.

62 "Liz Colizza" (4222677760)

00:12:04.189 --> 00:12:24.189

Heavy at times, and the more that we can get curious and compassionate toward ourselves, the less heavy that we'll feel our nervous systems are actually sued by curiosity, which is awesome. And curiosity is so hard as adults toward ourself. We can get curious toward our kids. We can get curious toward work toward other people, right?

63 "Liz Colizza" (4222677760)

00:12:24.189 --> 00:12:41.639

But then when you ask yourself to get curious about your own experiences, I've found that what comes up is judgment criticism a lot of ideas of where we should be, or what we should be doing, or thinking, or where we

should be at this stage of our life and so we really have to work hard to shift our internal posture toward ourself.

64 "Liz Colizza" (4222677760)
00:12:41.639 --> 00:13:01.639

And then we want to pay attention to our triggers. We all have specific unique triggers to our children and I will say that I've yet to meet somebody whose triggers don't relate to their own story. And what I mean, by that, is that your trigger is yours, because it's related to something you've been through, it's related to an.

65 "Liz Colizza" (4222677760)
00:13:01.639 --> 00:13:21.639

Unmet need of yours that's being brought up now. And that's why parenting is 1 of the hardest things that we do. It's because it triggers these places and ourselves where we have these unmet needs and these experiences that haven't we haven't gotten through. We haven't healed from we haven't processed enough or we're just they're so painful that they just get kind of.

66 "Liz Colizza" (4222677760)
00:13:21.639 --> 00:13:41.519

Dead when our kids get there, and then we want to slow down enough to listen to our own physical body. We all can point to things in our life that we wish we weren't doing, or we did differently or habits that we want to break. And the reality is that our symptoms are going to keep persisting until we listen to what they want to teach us.

67 "Liz Colizza" (4222677760)
00:13:41.519 --> 00:13:52.379

Usually, when something that we don't like about ourselves comes up, we try to move it away as fast as we can, or do something else or ignore it. And we really need to open up space and time to say, okay.

68 "Liz Colizza" (4222677760)
00:13:52.379 --> 00:14:09.809

This is something that I have had going on that I've been doing for years. I wonder what's going on for me. How can I listen to myself enough? What is my body meeting? How come I keep going back to this thing, or doing it this way or? I keep resorting to yelling with my kids, or I keep doing this when this comes up.

69 "Liz Colizza" (4222677760)
00:14:09.809 --> 00:14:30.659

I know we want to invite you we don't know where you are in your work day, or where you're even sitting or where you're calling in from. We can't see you. We can't hear you. And so I hope that you feel a little safety and invitation in that we would invite you to just reflect on yourself as we talk about curiosity. How much.

70 "Liz Colizza" (4222677760)
00:14:30.659 --> 00:14:35.759

Curiosity do you have for yourself, how does it feel for you as a parent?

71 "Liz Colizza" (4222677760)
00:14:35.759 --> 00:14:39.239
To get curious towards yourself and your experiences.

72 "Liz Colizza" (4222677760)
00:14:39.239 --> 00:14:44.339
And I'm gonna guess, as I say, that, that you even have a, you have a feeling in yourself or a reaction to that.

73 "Liz Colizza" (4222677760)
00:14:44.339 --> 00:14:47.759
And how much self compassion do you have?

74 "Liz Colizza" (4222677760)
00:14:47.759 --> 00:14:56.669
You probably have compassion for your kids on some level and knew your partner your friends, your coworkers what about for yourself?

75 "Liz Colizza" (4222677760)
00:14:56.669 --> 00:15:05.909
And then, what unmet needs do you have from childhood? Do you know what those are from that list of 6 ways that we are.

76 "Liz Colizza" (4222677760)
00:15:05.909 --> 00:15:14.189
Our role as a parent ways that we show up for our kids, your parents also were responsible for doing that for you do you know where in that mix?

77 "Liz Colizza" (4222677760)
00:15:14.189 --> 00:15:18.569
You were missed or neglected, or you didn't quite get what you needed.

78 "Liz Colizza" (4222677760)
00:15:18.569 --> 00:15:28.679
And then what are your triggers as a parent likely? We could have reverse the order of these and started with triggers which I think most parents can name.

79 "Liz Colizza" (4222677760)
00:15:28.679 --> 00:15:34.109
But we would encourage you to write down what comes to mind as you think about these questions.

80 "Liz Colizza" (4222677760)
00:15:40.169 --> 00:15:44.381
Go ahead and switch over back to you Laura to talk about the brain. Yeah.

81 "Laura Magnuson" (590238464)
00:15:44.381 --> 00:16:03.469
So, 1st, we're going to start with this picture, right? I think as a parent often times, we think about what is our kid thinking right? And we think that this is what's happening in their brain. You can see lots of different areas here, right? Memory for music. Um, I know my teenager.

82 "Laura Magnuson" (590238464)

00:16:03.469 --> 00:16:23.469

For example, um, has her airpods in quite frequently so that memory for music is is a pretty big piece. Um, but also thinking about all of the different pieces that are happening during their developmental stage is really important. And I think sometimes we forget what some of those are right? We think about.

83 "Laura Magnuson" (590238464)

00:16:23.469 --> 00:16:30.269

You know, they're only focused on certain pieces and Liz, if you want to go to the next slide.

84 "Laura Magnuson" (590238464)

00:16:30.269 --> 00:16:33.629

Um, in reality we know that.

85 "Laura Magnuson" (590238464)

00:16:33.629 --> 00:16:53.629

Our child, no matter what their age is right now, um, is still developing. Right? And, um, there's been different studies that look at what age the brain is, is completely developed. Um, we've seen from 25 to 35. right? And so it's always just a good reminder to have an understand.

86 "Laura Magnuson" (590238464)

00:16:53.629 --> 00:17:13.629

I think sometimes we get kind of caught up in oh, my gosh. Why can't my child do this or why is my child different than? Um, maybe my other child, right? They're all developing at different stages and phases. And so some of the pieces that I think we.

87 "Laura Magnuson" (590238464)

00:17:13.629 --> 00:17:23.819

Often forget, and I know, um, myself and my husband, we are guilty of this too. Um, forgetting that that prefrontal cortex is really still developing. So.

88 "Laura Magnuson" (590238464)

00:17:23.819 --> 00:17:43.819

It makes sense sometimes when there's behaviors that are really coming out of nowhere, right? Or where there's not a lot of thought put into how behaviors are being demonstrated. So, again, kind of just good reminders here. The amygdala is focusing on.

89 "Laura Magnuson" (590238464)

00:17:43.819 --> 00:17:51.029

Emotional your emotions and regulating that and so we see often times.

90 "Laura Magnuson" (590238464)

00:17:51.029 --> 00:18:02.909

The children have a hard time regulating their emotions and so it's a good reminder to us that we need to help them figure out what are healthy ways for them to regulate those emotions. Um, as they continue through their development.

91 "Laura Magnuson" (590238464)

00:18:02.909 --> 00:18:22.909

You can see here the parietal lobe as well. Um, it's okay. The ventral and the hippocampus, right? They're all different areas that continue to develop and grow. And so really just the point with this slide is a reminder um, that our kids are sponges. They're still developing and sometimes they're going to act in ways.

92 "Laura Magnuson" (590238464)

00:18:22.909 --> 00:18:29.789

That can really frustrate us. Right? And so, just as a reminder, they are all still developing and learning.

93 "Laura Magnuson" (590238464)

00:18:29.789 --> 00:18:52.129

So then we talk about, how do we emotionally show up for our child? Right? Um, what does that mean? Well, part of it is viewing behaviors as emotional signals. So often times our child, even our teenagers, they don't have the words to be able to express what's happening.

94 "Laura Magnuson" (590238464)

00:18:52.129 --> 00:19:03.659

Emotionally, instead the express that as a behavior and so again, curiosity is really kind of the theme I think of a lot of what we're saying. And so being curious about what does this behavior mean.

95 "Laura Magnuson" (590238464)

00:19:03.659 --> 00:19:23.659

Can we put some words and make some observations for our child about what's happening um, and do that in a way that we're warm we're having open body language. We're a safe space, right? Um, and really being there with them through.

96 "Laura Magnuson" (590238464)

00:19:23.659 --> 00:19:43.659

Those emotions and those big emotions, and letting them know that it's okay that they have those big emotions. It can be really helpful too, um, to make sure they understand that. You're there for them to get down on their eye level. So, you see this a lot, I feel like maybe in kindergarten, right? Where teachers are really getting on their.

97 "Laura Magnuson" (590238464)

00:19:43.659 --> 00:20:00.569

He's being at high level, but that's important all the way through right? Their, their development, and making sure that they understand that you're there for them. Another way we can do that is by asking open ended questions and get curious with and withhold judgment.

98 "Laura Magnuson" (590238464)

00:20:00.569 --> 00:20:15.629

And again, this is a lot easier said than done. I know often times we have this natural inclination to be like, well, when I was a kid, this is

what was happening, right? And I can tell you, even from personal experience that our kids.

99 "Laura Magnuson" (590238464)

00:20:15.629 --> 00:20:34.679

They tune out as soon as they start to hear some of those types of statements. So, withholding judgment as best, you can listen reflectively. Right? So reiterating what's happening. Um, and making sure that you understand and that they feel validated in that moment.

100 "Laura Magnuson" (590238464)

00:20:34.679 --> 00:20:48.479

Again, using and in your teaching so, um, and this is this is difficult to take some practice to incorporate when you're speaking to your child or your team. Um, instead of saying, but.

101 "Laura Magnuson" (590238464)

00:20:48.479 --> 00:20:55.379

Using the word and right. So I understand how you're feeling and.

102 "Laura Magnuson" (590238464)

00:20:55.379 --> 00:21:09.869

We need to figure out how we can get through this next phase without you demonstrating that behavior. Right? Instead of using the word. But it just has a different feeling and is received a little bit different.

103 "Laura Magnuson" (590238464)

00:21:09.869 --> 00:21:29.869

I'm keeping teaching points to 1 or 2 right? So not giving this long list of things, um, about what we're learning, but really being specific and focusing on 1 or 2 points can be valuable. Uh, and of course, using scripts that fit your family values.

104 "Laura Magnuson" (590238464)

00:21:29.869 --> 00:21:46.889

So, in our family, we're kind, we share right? We don't pass judgment. We're there to be supportive to each other. Um, and then incorporating that into the conversation can also be a beneficial way that your child knows that you're really showing up for them.

105 "Laura Magnuson" (590238464)

00:21:46.889 --> 00:22:06.889

And then there are so many different conversations that we can have with our, with our children with our teens, kind of, as they develop and these are ongoing conversations. And of course, we're going to keep them developmentally age appropriate.

106 "Laura Magnuson" (590238464)

00:22:06.889 --> 00:22:21.689

But there's, there's a long list of of different topics that might be a little bit challenging. And maybe there are conversations that our parents never had with us. Um, but we know we want to have with our child with our team.

107 "Laura Magnuson" (590238464)

00:22:21.689 --> 00:22:26.429

So, looking through this list, thinking about.

108 "Laura Magnuson" (590238464)

00:22:26.429 --> 00:22:30.089

Are there any other things that you would add to this list?

109 "Laura Magnuson" (590238464)

00:22:30.089 --> 00:22:38.009

And just being curious. What things do you think.

110 "Laura Magnuson" (590238464)

00:22:38.009 --> 00:22:41.549

We also need to have conversations about.

111 "Laura Magnuson" (590238464)

00:22:44.819 --> 00:22:48.434

Liz, I'm going to pass it back to you.

112 "Liz Colizza" (4222677760)

00:22:48.434 --> 00:23:02.369

All right, great, thanks, Laura. And then we want to keep digging in and we wanted to provide some practical tips because both Laura, and I are parents like we said, and we know that these conversations can feel.

113 "Liz Colizza" (4222677760)

00:23:02.369 --> 00:23:19.349

Awkward they can cause some anxiety discomfort, depending on who you are, and what your life experiences are. Like, some of us are more comfortable with having those hard conversations. And some of us, it is just really hard. And so we wanted to just support you as best. We can, um, and just.

114 "Liz Colizza" (4222677760)

00:23:19.349 --> 00:23:39.349

Encourage you that as much as you can start having these conversations early and often so that they don't become these big, meaty lengthy conversations. They're just these kind of short snippets. And then sometimes they get bigger over time. So all of those topics on the last screen, you know, thinking through what are some ways that I can incorporate and talk about these.

115 "Liz Colizza" (4222677760)

00:23:39.349 --> 00:23:44.159

That they, I can normalize talking about things like physical body.

116 "Liz Colizza" (4222677760)

00:23:44.159 --> 00:23:50.669

Sex money, you know, and challenging yourself. What are the areas that are hard for me or that? My family didn't talk about.

117 "Liz Colizza" (4222677760)

00:23:50.669 --> 00:23:54.509

That I'm gonna make it different for our family now and how can I do that?

118 "Liz Colizza" (4222677760)

00:23:54.509 --> 00:24:14.509

And then, I think this is 1 of the best parenting tips is use those less pressure situations like driving in the car. Your kid does not need to make continuous. I contact with you or sit right in front of you to have a good conversation. That often. Can shut the conversation down if you force them into eye contact, or ask them to.

119 "Liz Colizza" (4222677760)

00:24:14.509 --> 00:24:34.969

To sit down, it can make things too serious or too uncomfortable for your child take advantage of the time when you're in the car with your kid when you're lying down, reading them at bedtime story, having those snuggles at night. The pillow talk. I know a lot of kids open up then my son right now is in a phase where we play ping pong together, and he will talk to me as we.

120 "Liz Colizza" (4222677760)

00:24:34.969 --> 00:24:47.609

Ping Pong, because he's not having to just sit there and stare at me and he'll just start to open up and talk about things. So, figure out how you can fit some conversations in and not put the pressure on yourself to talk about everything at 1 time. But.

121 "Liz Colizza" (4222677760)

00:24:47.609 --> 00:24:54.689

And you're driving in the car and you bring something up and then it's really helpful. I, I've found for kids too and for ourselves to just.

122 "Liz Colizza" (4222677760)

00:24:54.689 --> 00:25:05.639

Acknowledge the awkwardness of some of these things right? You know, you know, that young kids when you're talking to them about the physical body, or about sex, that they're likely going to feel uncomfortable and giggle.

123 "Liz Colizza" (4222677760)

00:25:05.639 --> 00:25:16.799

Right. And so just naming it upfront. Like, I know this isn't comfortable to talk about. I know this is kind of weird or strange, but this is a part of life. These are things that I want to make sure that we have conversations about.

124 "Liz Colizza" (4222677760)

00:25:16.799 --> 00:25:30.299

You know, I know that it can feel kind of awkward. It's not your favorite conversation and even, you know, as time goes on figuring out what are the conversations that your kid has discomfort with? Hey, I know you don't really like talking about this and I just wanted to check in again with you about.

125 "Liz Colizza" (4222677760)

00:25:30.299 --> 00:25:49.889

This, you know, whatever that is, and then Laura mentioned scripts and if you're not familiar with what that is, um, she gave a few different examples. There's another 1 up here, a family script that you can use whenever needed and just repeat throughout time with your kids. This 1 is, you will never get in trouble for telling the truth. You can tell me anything.

126 "Liz Colizza" (4222677760)

00:25:49.889 --> 00:25:54.629

Another 1 is, we don't keep secrets in our family and so I want you to talk about.

127 "Liz Colizza" (4222677760)

00:25:54.629 --> 00:25:57.899

Do I want you to talk to me about what you're what's going on?

128 "Liz Colizza" (4222677760)

00:25:57.899 --> 00:26:17.899

You can choose when to do it, which goes along with that next point, give your kid options. Right? Don't force your kid to talk to you when you think is the right time to talk giving them options give them some ownership and control back. Let's them. Have some sort of a freedom of will in there so using that, hey, we can talk about it now, or we can.

129 "Liz Colizza" (4222677760)

00:26:17.899 --> 00:26:26.939

Talk about it tonight before bed we can talk about it now or we can talk about it later this weekend. At some point. I want you to come to me and we'll talk about what's going on.

130 "Liz Colizza" (4222677760)

00:26:26.939 --> 00:26:43.889

And then practice and plan, you know, life, I think just can happen business of life gets away with us. And we can just let these things fly out of our mind and not have the conversations that we need to be having with our kids. If there's some conversations that are hard for you think through what you want to say.

131 "Liz Colizza" (4222677760)

00:26:43.889 --> 00:27:03.889

Right 1, or 2 sentences to get that conversation to get your point across and plan when you're gonna do it. You know okay. I'm going to take my kit out and we're gonna grab, like, a snack after school and I'm going to bring this topic up. And then again, with hold judgment, as much as you can, I know where people and we have all kinds of judgments that come through. Our mind, but.

132 "Liz Colizza" (4222677760)

00:27:03.889 --> 00:27:09.299

Try to withhold that and how you approach and talk to your kid and get curious with them.

133 "Liz Colizza" (4222677760)

00:27:09.299 --> 00:27:14.519

You know, sometimes I think we get triggered by our kid's behaviors or their opinions and we sort of.

134 "Liz Colizza" (4222677760)

00:27:14.519 --> 00:27:34.519

catastrophizing, and think, oh, gosh, my kid is turning into a mean person, right get curious with them about what's going on, huh? I wonder what made you say, that main thing to your sibling? Do you know what what's going on for you that made you react that way? See if you can lean into that and open up. So you're kicking it curious because that's going to be so helpful for.

135 "Liz Colizza" (4222677760)

00:27:34.519 --> 00:27:49.139

In the long run, and then 1 more thing that's not on here is pay attention to body language and tone of voice. There's a rule for communication. And it's at 7% of what we communicate is the actual words.

136 "Liz Colizza" (4222677760)

00:27:49.139 --> 00:28:03.179

And 38% is our tone of voice and 55% is our body language, and we know that kids are taking in signals from us as parents all the time. So we want to make sure that we are having open a warm body language and our.

137 "Liz Colizza" (4222677760)

00:28:03.179 --> 00:28:07.259

Facial expressions and tone of voice are communicating, love consistently.

138 "Liz Colizza" (4222677760)

00:28:07.259 --> 00:28:27.259

And then we're also wanting to offer you all a lot of different phrases that you are free to write down and use. I know that sometimes we want to engage with our kids differently, and we just really don't know how to say it. Right or we're stuck in the ways that we heard our parents talk to us as kids, and it's not working.

139 "Liz Colizza" (4222677760)

00:28:27.259 --> 00:28:47.259

Our kids and so we need to digest different phrases, try them on for ourself and practice them with our children. Um, so a lot of these are showing empathy, validating a kid expressing curiosity and interest a big 1 is just noticing what's going on with your kid. Hey, I've noticed that you've been pretty grumpy.

140 "Liz Colizza" (4222677760)

00:28:47.259 --> 00:28:53.429

Couple of days, I wonder what's going on. Are you doing? Okay letting them know. You're, I'm here for you. If you want to talk.

141 "Liz Colizza" (4222677760)

00:28:53.429 --> 00:29:00.329

It makes sense that you feel blank. I think that is such a great 1 because whatever gets telling you. Yeah it makes sense that you're feeling angry.

142 "Liz Colizza" (4222677760)

00:29:00.329 --> 00:29:07.229

And you can just say that, and sometimes your kid feels so hurt and we'll just keep talking and talking, letting them know. Yeah. That's really hard.

143 "Liz Colizza" (4222677760)

00:29:07.229 --> 00:29:11.699

What was that like for you? I'm wondering how you're doing with blank.

144 "Liz Colizza" (4222677760)

00:29:11.699 --> 00:29:28.049

What do you think about blank and then there's some other validations I love you and I can't let you hurt me. There's that and phrase in there when you're trying to help teach a kid to not hurt. It looks like you're feeling something big that can be really great with little kids when their emotions are really huge.

145 "Liz Colizza" (4222677760)

00:29:28.049 --> 00:29:37.859

Looks like, you're feeling something big what's going on uh, what do you think would help your body calm down so helping your child learn that they are a resource for themselves as they get bigger.

146 "Liz Colizza" (4222677760)

00:29:37.859 --> 00:29:43.019

What's your body telling you right now? What's helped in the past when you felt this way?

147 "Liz Colizza" (4222677760)

00:29:43.019 --> 00:29:47.279

I can see that. You don't want to talk right now I'll come back and check on you in 15 minutes.

148 "Liz Colizza" (4222677760)

00:29:47.279 --> 00:30:05.789

I've used that when a whole lot of my parenting, and we have another self reflection here to invite you to Laura asked, you know, what are the other conversations that should be on that list. If you check in with yourself, right now, what conversations do you need to have with your kid or kids?

149 "Liz Colizza" (4222677760)

00:30:05.789 --> 00:30:12.509

You know, I have 3 in different age, stages, developmental stages. And so there's different conversations that I'm focusing on with each of them.

150 "Liz Colizza" (4222677760)

00:30:12.509 --> 00:30:17.249

when's the next time you can bring it up when you think about the next week?

151 "Liz Colizza" (4222677760)

00:30:17.249 --> 00:30:23.399

Do you have any rides alone with 1 kid where you're like? Oh, yeah, that would be a good time to talk about this.

152 "Liz Colizza" (4222677760)

00:30:23.399 --> 00:30:30.119

How will you bring it up? What would be a good way to invite conversation with your child? A question to ask.

153 "Liz Colizza" (4222677760)

00:30:30.119 --> 00:30:33.539

And then what do you want to make sure your child hears from you?

154 "Liz Colizza" (4222677760)

00:30:33.539 --> 00:30:37.709

In that in bringing that conversation about what is the 1 or 2 things.

155 "Liz Colizza" (4222677760)

00:30:37.709 --> 00:30:55.439

That you want to make sure they hear and what question specifically are you going to ask them? Right? And so you can choose any of those from the list. I think this is a good habit to do. I do this periodically with my kids, when I think about, what are my kids learning right now? What are they struggling with? How can I come along and support them?

156 "Liz Colizza" (4222677760)

00:30:55.439 --> 00:31:07.231

In different areas, different conversations, I'm gonna go ahead and pass it back to you, Laura, to talk about adolescence.

157 "Laura Magnuson" (590238464)

00:31:07.231 --> 00:31:27.349

Yeah, absolutely. So, if you think back to your teenage years, I'm sure you have some vivid memories that probably jump out. Right um, and if I asked you all, is this a time that you want to return to? I would imagine a majority of you would probably say, no.

158 "Laura Magnuson" (590238464)

00:31:27.349 --> 00:31:47.349

Um, and so those feelings that you have, when you think about your teenage years, I think are really important to remember as, um, I know my team is challenging me on a daily basis. Um, and I have to remind myself pretty regularly right that this is typical teenage behavior.

159 "Laura Magnuson" (590238464)

00:31:47.349 --> 00:32:07.349

Um, and so again, this is something that I know is part of her learning and development developmental process. Um, so, of course, with teams, we're going to see some of those physical changes um, and that really

awkward, um, growing into your body stage, right? With, um, growth spurts.

160 "Laura Magnuson" (590238464)

00:32:07.349 --> 00:32:20.759

Um, and along with that comes, you know, eating, um, either eating a lot or not eating very much sleeping a lot. Um, right. We see just some changes in those areas. Um.

161 "Laura Magnuson" (590238464)

00:32:20.759 --> 00:32:40.759

We also know that abstract and logical thinking are really developing during this time. Um, I know sometimes my husband and I look at each other like, how did this thought come out? Right? Like, this is this is funny. Um, as far as how, uh, our teams are getting to, to certain places.

162 "Laura Magnuson" (590238464)

00:32:40.759 --> 00:33:00.759

Or thoughts, self, identity and self esteem is really being established established in those teenage years. Um, and so, you know, they might be trying out different friend groups. They might be trying out different ways to engage with people. Right. They're really trying to figure out. Who am I and how do I fit.

163 "Laura Magnuson" (590238464)

00:33:00.759 --> 00:33:10.949

Into the world, um, and so again as apparent, this might be a little bit difficult to to observe and see, but know that this is really a typical development.

164 "Laura Magnuson" (590238464)

00:33:10.949 --> 00:33:30.949

We know that emotional intellectual capacity is really still growing here. Um, and really all of the focus right now is on their peer relationships. So it's typical for teenagers to start to pull back from their family from their parents.

165 "Laura Magnuson" (590238464)

00:33:30.949 --> 00:33:42.689

They really want to spend all of their time most of their time with their peers and understanding kind of how those relationships progress, and develop.

166 "Laura Magnuson" (590238464)

00:33:42.689 --> 00:33:47.429

Um, there's an interest and awareness in intimate relationships.

167 "Laura Magnuson" (590238464)

00:33:47.429 --> 00:34:07.429

Right. Um, and that can look different for everybody and then future focus development as well. So kind of understanding, um, you know, the, the question of where am I going in this world? Where do I fit in what kinds of activities do I enjoy? What do I want to spend my time?

168 "Laura Magnuson" (590238464)

00:34:07.429 --> 00:34:19.259

Doing these are all kind of being evaluated during this time. Um, and for that reason, it makes some of those behavior changes harder to understand if we need to be concerned or not.

169 "Laura Magnuson" (590238464)

00:34:22.259 --> 00:34:32.249

So, let's talk about what maybe some of those signs might look like, um, again, because it's, it's sometimes it can be really difficult to differentiate.

170 "Laura Magnuson" (590238464)

00:34:32.249 --> 00:34:48.179

Is this typical team behavior or is this something I really should be concerned about? So some of the warning signs, um, that would elicit having a conversation would be some kind of abrupt change in personality.

171 "Laura Magnuson" (590238464)

00:34:48.179 --> 00:34:55.259

Right. Um, maybe you're starting to see more aggression. Um, maybe you're starting to see more withdrawal.

172 "Laura Magnuson" (590238464)

00:34:55.259 --> 00:35:01.679

Those would definitely be signs that you want to address and have a conversation about.

173 "Laura Magnuson" (590238464)

00:35:01.679 --> 00:35:21.679

Any kind of expression of hopelessness or despair, um, is definitely something that's going to warrant a conversation declining grades in school performance. Um, again kind of being curious about what's happening here trying to figure out. This isn't just a gradual change.

174 "Laura Magnuson" (590238464)

00:35:21.679 --> 00:35:28.289

Right that somebody is struggling. Oftentimes we see a kind of a drop off and that should be a big warning sign for us.

175 "Laura Magnuson" (590238464)

00:35:28.289 --> 00:35:34.949

A lack of interest and activities once enjoyed um, again, during the teenage years.

176 "Laura Magnuson" (590238464)

00:35:34.949 --> 00:35:42.899

If maybe they're going to try a different activity that might be different than completely stopping all activities.

177 "Laura Magnuson" (590238464)

00:35:42.899 --> 00:36:02.899

Right. So, just being aware of these big changes, um, withdrawal from family friends and relationships again, we're seeing the and relationships. We know that this is a teenage years in particular. Um, that can be typical but are they not engaging with anyone? Right?

178 "Laura Magnuson" (590238464)

00:36:02.899 --> 00:36:08.579

Even their peers again, a big warning sign that that maybe something's going on.

179 "Laura Magnuson" (590238464)

00:36:08.579 --> 00:36:22.289

Um, lack of hygiene, right? Is that been something that's changed? Is there a huge shift in eating and sleeping habits? Um, and maybe there's some suspected chemical or substance use as well.

180 "Laura Magnuson" (590238464)

00:36:22.289 --> 00:36:42.289

So, these are all big flags for us as parents. Um, and it doesn't mean that we have a huge response. It means that we need to start to have these conversations and Liz mentioned earlier ways to open up the conversation. Right. Hey, I'm a bit concerned about you because I'm seeing this right?

181 "Laura Magnuson" (590238464)

00:36:42.289 --> 00:37:04.279

And really opening the door, there are some pieces that really should put us on high alert. Um, so some of these warning signs related to considerations of suicide are listed out here. Um, and again, what we're seeing is that, um, unfortunately, the suicidal ideation numbers have increased. Um, so.

182 "Laura Magnuson" (590238464)

00:37:04.279 --> 00:37:14.669

If your child or your teenager starts talking about wanting to die or to kill themselves, that should be something that we should act on immediately.

183 "Laura Magnuson" (590238464)

00:37:14.669 --> 00:37:24.269

Looking for a way to kill themselves, like, searching online or buying a gun, talking about filling hopelessness, um, or having no reason to live.

184 "Laura Magnuson" (590238464)

00:37:24.269 --> 00:37:43.109

You know, talking about being a burden using drugs or alcohol. Um, again, some of the signs that we saw before related to this huge shift in sleep or eating or withdrawing again, big red signs that we should say, okay, we need to act on what we're seeing here.

185 "Liz Colizza" (4222677760)

00:37:46.765 --> 00:38:07.609

All right, so what do we do when there is a crisis, or we suspect there's a crisis if we notice any of those warning signs, it can feel very

overwhelming as a parent. Because this is your child who you love that you want to get the best support for and sometimes we can think that, you know, it's so hard. I don't want to talk to them about it because I don't.

186 "Liz Colizza" (4222677760)
00:38:07.609 --> 00:38:17.760

Want to make them think about it more. And that is the that is the opposite of what we want to do as a parent when we notice these warning signs we want to move toward our child to let them know.

187 "Liz Colizza" (4222677760)
00:38:17.760 --> 00:38:34.560

That we see them. We see what's happening and we want to get them help immediately especially when some of those warning signs. That they could be. They're thinking about or talking about suicide. So some things that you can say, when there is a crisis, and again, these, if you want to write these phrases down.

188 "Liz Colizza" (4222677760)
00:38:34.560 --> 00:38:46.410

You know, please do, because sometimes it's just finding the words. How do I let my kid know that I see them and I'm here for them. I hear how awful that must be for you. It's okay to cry. I'm here for you.

189 "Liz Colizza" (4222677760)
00:38:46.410 --> 00:38:49.980

It sounds like you're in real distress. Sounds like you're really upset.

190 "Liz Colizza" (4222677760)
00:38:49.980 --> 00:38:57.990

What reasons do you want to live? Tell me the reasons you want to die so you can hear there if someone is if your child is telling you, they're thinking about.

191 "Liz Colizza" (4222677760)
00:38:57.990 --> 00:39:07.020

Hurting or killing themselves, ask them about it. Sometimes the teenager just needs to be taken seriously so that they feel connected and then can get the help that they need.

192 "Liz Colizza" (4222677760)
00:39:07.020 --> 00:39:14.280

And some things not to say, and we don't bring this up to point fingers at anyone, because we're all guilty of saying, the wrong thing.

193 "Liz Colizza" (4222677760)
00:39:14.280 --> 00:39:24.270

At the wrong time, and putting our foot in her mouth. So some things to keep in mind when you are helping, or supporting your kid or another kid, that's in crisis don't tell them to just stop it.

194 "Liz Colizza" (4222677760)
00:39:24.270 --> 00:39:39.570

Don't tell them give it time. It it'll pass. Don't tell them to stop thinking about the past. Don't try to relate to them by telling them something about your own experience. Use. What they're saying is an invitation. Don't use what they're saying is an invitation to talk about how bad you're feeling.

195 "Liz Colizza" (4222677760)
00:39:39.570 --> 00:39:52.560

And don't tell them that everything happens for a reason, right? We want to move toward our team. We want to elevate we want to empathize when ask open questions. We want to think about what, what do I not want to communicate here and what do I want to communicate.

196 "Liz Colizza" (4222677760)
00:39:52.560 --> 00:40:09.510

And then, when we think about getting our team's help and supporting their mental health and our kids, we just want you to hear from us that you don't have to wait for a crisis intervention to get them professional support that they need there are lots of different reasons for your child to see a therapist.

197 "Liz Colizza" (4222677760)
00:40:09.510 --> 00:40:19.230

And we're going to talk about what those are briefly, but 1st, we want to show you this, the video, because these are some actual teams talking about what they want and need in terms of their mental health from parents.

198 "Liz Colizza" (4222677760)
00:40:19.230 --> 00:40:37.689

Donna, if we could go ahead and play that video.

199 "Molloy, Donna" (1416513536)
00:40:37.689 --> 00:40:41.180

So this is for all of you help me.

200 "Molloy, Donna" (1416513536)
00:40:41.180 --> 00:40:56.670

Help parents watching right now who have teenagers, and they're really worried about them and they can't tell if they're just a little sad, a little, a little blue, a little tired, or really are showing some signs of something that could be more than that.

201 "Molloy, Donna" (1416513536)
00:40:56.670 --> 00:41:00.930

What how should parents approach their kids?

202 "Molloy, Donna" (1416513536)
00:41:00.930 --> 00:41:20.160

Well, I know that when I got approach with the idea of therapy, it was in a calm, not like invasive space. So definitely stating your child down, making sure that they know that they still love them and they'll still care about them.

203 "Molloy, Donna" (1416513536)

00:41:20.160 --> 00:41:27.210

But introducing it slowly, I was like, oh, there's a person I want you to me, or oh, I think we should start.

204 "Molloy, Donna" (1416513536)

00:41:27.210 --> 00:41:47.210

You know, openly communicating with the idea of therapy, or even just going on YouTube and looking up, like, what a therapy session could look like. And so that the child definitely feels comfortable. So, we don't create another environment where a whole another generation goes with thinking that you're either crazy or not crazy. Right?

205 "Molloy, Donna" (1416513536)

00:41:47.210 --> 00:42:01.740

That's great. Well, said, Chris, what about you? I mean, I think that the most important thing for parents would be to be compassionate, right. To kind of try to understand that we come from a different time than they do and that all these problems necessarily aren't as bad as.

206 "Molloy, Donna" (1416513536)

00:42:01.740 --> 00:42:21.740

Some might make them seem right? And I also think that's something that's super important. Is that like, at least personally, right? I was very anti therapy at the beginning, right? When my parents 1st came to me, and they told me about this, I was like, no, I don't want to do this. And I think that that's something important for parents to accept. But then later on, like, I kind of came around to the idea, kind of got adjusted to it and I thought it would be.

207 "Molloy, Donna" (1416513536)

00:42:21.740 --> 00:42:41.740

Be a good idea. So I think that I don't that parents should kind of approach their kids with this but I definitely don't think that it should be something that's forced because the 2nd, that you force therapy or you force someone to do it like this. They're going to completely close off and they're just, it's not going to help at all. Right and then, at that point, we're talking about, like, the spending of the money, you're just spending money for nothing at that point. Right? You're not.

208 "Molloy, Donna" (1416513536)

00:42:41.740 --> 00:42:50.010

Benefiting from it, you're not getting anything out of it. So I think that the most important thing is that it should be a kid's choice on whether they want to get therapy or not.

209 "Molloy, Donna" (1416513536)

00:42:50.010 --> 00:42:55.890

I think it's well, and then adding said, you know, do it in an environment that's safe and it's loving and it's like, hey, look.

210 "Molloy, Donna" (1416513536)

00:42:55.890 --> 00:43:00.120

There's somebody you can go and talk to just try it. The experience might be fun.

211 "Molloy, Donna" (1416513536)

00:43:00.120 --> 00:43:20.120

You might walk out of there feeling actually amazing. And seen and heard and not awkward. So I think that's good advice while I have all 3 of you. I just would be remiss. I just didn't ask what else what else can we do for Jen Z? I mean, just tick tock therapy is a whole revelation for me and I hope it helps people watching. Is there anything else we're missing that as.

212 "Molloy, Donna" (1416513536)

00:43:20.120 --> 00:43:23.580

Older generations that we can do to help you guys.

213 "Molloy, Donna" (1416513536)

00:43:23.580 --> 00:43:43.580

I would just like to add that as if you're a parent, getting your child therapy is not a mark of you failing as a great point. I think not getting them therapy. When they say I want therapy is a mark of failing, because, you know, it, that is like I said.

214 "Molloy, Donna" (1416513536)

00:43:43.580 --> 00:44:03.580

That is help to your kid and it's preventative action so that they don't have these dark emotions dragging them down for the rest of their life. You can change your kid's life now. So, just be open minded, um, and maybe get on to talk to yourself. If you want to, like, see what it's about, I think we hold all.

215 "Molloy, Donna" (1416513536)

00:44:03.580 --> 00:44:13.140

These stereotypes and prejudices again, things we don't know of things that are foreign to us, but that doesn't have to be a generational gap. Just.

216 "Molloy, Donna" (1416513536)

00:44:13.140 --> 00:44:33.140

Open dialogue and creating a comfortable environment and really trying to understand what your kid is going through. Like no other generation has really had this giant pandemic and they've had other social events impact their life, but this is something. So yeah just trying to understand.

217 "Molloy, Donna" (1416513536)

00:44:33.140 --> 00:44:55.040

Wow, that's so great. Great point along. What about you? What else can we do? What are we missing? Help you? 1 of the things I'd like to add is that when it comes to Gen Z not to put us in this bubble and stereotype, but the fact that everyone finds comfort, and everyone finds a sense of sanity and different things. So, being more acceptance of maybe.

218 "Molloy, Donna" (1416513536)

00:44:55.040 --> 00:45:15.040

I'm wanting to spread out to art or a score, or, you know, even like little crystal that people believe in that, you know, how empowering just religion just being accepting of everybody as a whole because everyone finds their sanity differently. You know so not being, like.

219 "Molloy, Donna" (1416513536)

00:45:15.040 --> 00:45:19.710

You draw that's nerdy.

220 "Molloy, Donna" (1416513536)

00:45:19.710 --> 00:45:39.710

They might find their comfort in their mobile in that. Right? And we should be accepting of those things. Of course. Great point. Thing Chris. How about you? What else you want to add? What are we missing? Well, something that I think this is actually something that my therapist was an analogy that she had used and I think it's actually really important. I think that, like, the.

221 "Molloy, Donna" (1416513536)

00:45:39.710 --> 00:45:56.040

Older generations need to stop thinking that everything in life is going to be a right angle that everything's just going to look perfect. It's going to be a 90 degree angle and it's going to be perfect, but there's always going to be deviations. Right? Like, it's not just a straight path, they're going to be curved and there's going to be bumps along the road. And I think that.

222 "Molloy, Donna" (1416513536)

00:45:56.040 --> 00:46:16.040

People need to accept the fact that there are going to be difficult times and not shy away from them. Not ignore them. Not bury them. Push them down. I think that the most important thing is to try to face these problems and, like you're saying, for parents to just help their kids face these problems to figure this stuff out, because it's a lot easier to kind of handle all of this stuff. When you're a kid that it is, when you're in a goal, right?

223 "Molloy, Donna" (1416513536)

00:46:16.040 --> 00:46:25.320

We have we have to worry about school and all that kind of stuff. Right? But school doesn't have the same stress as a job right. Of taking care of a family of things like that. So, if we can try to just.

224 "Molloy, Donna" (1416513536)

00:46:25.320 --> 00:46:45.320

Nail these things down and help our anxieties or depressions our mental illnesses right now. It's going to be really helpful for everyone not just ourselves, but our kids and people in our lives, and you guys are also smart. Man, I have such faith in the future of this country. If it's in the 3 of your hands, this has been so enlightening. And I'm so impressed with all. 3 of you.

225 "Molloy, Donna" (1416513536)

00:46:45.320 --> 00:46:51.240

I can't Thank you enough and I hope people watching this, both parents and your own fellow peers.

226 "Molloy, Donna" (1416513536)

00:46:51.240 --> 00:46:57.660

Just also walk away with, let's just be kinder to 1 another, you know, let's just be more accepting of people's differences. Let's not judge them.

227 "Molloy, Donna" (1416513536)

00:46:57.660 --> 00:47:02.700

And let's just, you know, help each other out cause we're all in it together. You guys are leading the way for that. So, thanks for your time.

228 "Molloy, Donna" (1416513536)

00:47:02.700 --> 00:47:08.670

Hey, thanks for watching our YouTube channel. Find your favorite recipes.

229 "Laura Magnuson" (590238464)

00:47:27.105 --> 00:47:47.990

Okay, so I know we have just a couple minutes. I'm going to go through this part pretty quickly. Um, again prioritizing your kid's mental health I think, you know, really everything that was said in that video was so beneficial and meaningful. So, I'm not going to spend a whole lot of time here, but just understanding that therapy.

230 "Laura Magnuson" (590238464)

00:47:47.990 --> 00:48:06.540

We can really help in a variety of different ways. Um, and so again, encourage you to have that conversation even before maybe it's needed. Right. Um, tell me, when you think it would be helpful to talk to somebody about what you're going through and what the right words are I can use to bring the topic up at that time.

231 "Laura Magnuson" (590238464)

00:48:06.540 --> 00:48:23.280

So, again, um, understanding how adults can be supportive I think we just heard from from the teams themselves. Um, but again, you can see here, um, a variety of different ways.

232 "Laura Magnuson" (590238464)

00:48:23.280 --> 00:48:33.574

Helping them to understand, and have healthy relationships and that really starts with ourself and being emotionally available.

233 "Liz Colizza" (4222677760)

00:48:33.574 --> 00:48:45.060

And then we, we want to highlight some resources for all of you, because we do have some great resources that talk space. 1 of them is our blog.

234 "Liz Colizza" (4222677760)

00:48:45.060 --> 00:49:05.060

And this is free to anyone you don't have to be using talk space products, but you can go on and you can check out articles on our blog about teenagers and about parenting. There's a couple highlighted here that you have access to and anyone can access these. We also just want to make sure that everyone's aware of the 908 national suicide and crisis lifeline number.

235 "Liz Colizza" (4222677760)

00:49:05.060 --> 00:49:25.060

That that is a number that is free for anyone to call and you can call that if you yourself are having suicidal thoughts, or your child or someone else, you know, they will talk to you about how you can interact and support someone else or they'll talk to you about your what's going on for yourself and then Naomi is another great resource the National Alliance mental.

236 "Liz Colizza" (4222677760)

00:49:25.060 --> 00:49:28.560

And they have groups throughout the country that meet.

237 "Liz Colizza" (4222677760)

00:49:28.560 --> 00:49:49.670

We also want to let everyone know about another product that talk space has it's called the lasting parenting guide app and you can find this in the app store on this app. There is a lot of different exercises cycle education. We also have live classes, hosted by therapist on a variety of parenting topics and this app was built.

238 "Liz Colizza" (4222677760)

00:49:49.670 --> 00:50:11.660

To equip parents with the best practices in parenting, and it's a, it's based in attachment and connection and it has it has resources for all ages of kids. So I'd encourage you to check that out. If you want more resources in your pocket. That is more of a, do it yourself product then Laura, if you want to tell them about what talks.

239 "Laura Magnuson" (590238464)

00:50:11.660 --> 00:50:32.690

Can offer yeah, so if Cigna is, is your insurance carrier, um, you have access to talk space, because we are an in network provider um, if you don't have signal, we also cover other insurance companies as well. Um, but you could sign up for talk space without any insurance coverage either.

240 "Laura Magnuson" (590238464)

00:50:32.690 --> 00:50:52.690

But really, we tout our ourselves, or what we're known for is the ability to send messages to a therapist. So you can engage with a therapist via text messaging. Um, we do have video sessions as well, but what we have found is even with our team population, that this is a way that they can engage with their.

241 "Laura Magnuson" (590238464)

00:50:52.690 --> 00:51:12.690

Therapist throughout the day at any time um, and maybe it's, you know, 2 o'clock in the morning, and they can't sleep and they need to get something off of their mind. They're able to send a message to their therapist, and then their therapist will respond during their working hours. Um, but it helps to have kind of that ongoing dialogue and.

242 "Laura Magnuson" (590238464)

00:51:12.690 --> 00:51:18.480

Communication instead of having to wait for, like, a once a week appointment. So.

243 "Laura Magnuson" (590238464)

00:51:18.480 --> 00:51:27.376

Lots of great things happening. Um, we have a national network with our providers, so encourage you to check it out.

244 "Liz Colizza" (4222677760)

00:51:27.376 --> 00:51:38.310

Right. That brings us to the end of our content. We, thank you all for joining us for this webinar. We are here for any questions that you want to ask us for these last remaining minutes.

245 "Andersen, Dana" (1688827136)

00:51:45.201 --> 00:52:02.190

And you can put any questions you may have in.

246 "Andersen, Dana" (1688827136)

00:52:22.190 --> 00:52:29.580

And I do have a question is the top based part of the.

247 "Andersen, Dana" (1688827136)

00:52:29.580 --> 00:52:35.936

Employees assistance program where there is a limit of 6 per issue.

248 "Laura Magnuson" (590238464)

00:52:35.936 --> 00:52:56.570

Yes, so we are part we, we are part of, um, program, um, so just like, you would get that authorization code for your sessions. I know. Um, you know, each employer has a different number of sessions that they authorize. Um, you can absolutely utilize those.

249 "Laura Magnuson" (590238464)

00:52:56.570 --> 00:53:09.149

Or know, out of pocket costs a talk space, um, our site is really easy to navigate and will prompt you for what you need to enter to make sure you get those sessions and for free.

250 "Andersen, Dana" (1688827136)

00:53:09.149 --> 00:53:20.860

Great, thank you. Our next question. Do these tests also relate to Neuro divergent children?

251 "Laura Magnuson" (590238464)

00:53:20.860 --> 00:53:42.050

Yes, I'll start, Liz. You you can finish I would say absolutely I think, you know, depending on what's happening with your child or your teenager, it's really being open and emotionally available to your child, or your teenager. And maybe even if they are.

252 "Laura Magnuson" (590238464)

00:53:42.050 --> 00:53:55.489

On some kind of neuro divergent spectrum, it means that you are going to maybe need to spend a little extra time, um, in educating them about what our feelings need. How they come up is, what would you add to that?

253 "Liz Colizza" (4222677760)

00:53:55.489 --> 00:54:10.050

Yeah, I think they absolutely do. I think just with any child, your child is unique in what their, what is going on for them and how they're developing and we know that neuro divergent children are developing differently.

254 "Liz Colizza" (4222677760)

00:54:10.050 --> 00:54:30.050

And there's different strengths and different things that they need more support in, you know, and so I think, yeah, you're gonna figure out from all of these, what do you need to lean into with your kid? What do you want to focus on and know working with parents with Neuro divergent kids? A lot of times it's transitions it's helping them to calm and sue taking breaks moving from thing to thing.

255 "Liz Colizza" (4222677760)

00:54:30.050 --> 00:54:44.130

Immediate needs, um, helping them with that prefrontal cortex, helping, develop that in different ways, posting actual visual schedules and so figuring out who your, how your kid is unique and what strengths they have that you can help them.

256 "Liz Colizza" (4222677760)

00:54:44.130 --> 00:54:52.489

Play upon and develop and come alongside them and there's certain, there's certain things that you want them to develop where they're working on.

257 "Andersen, Dana" (1688827136)

00:54:52.489 --> 00:55:01.246

Great, thank you. And next question, how early is too early to talk to a child about sex and puberty.

258 "Liz Colizza" (4222677760)

00:55:01.246 --> 00:55:22.430

So, I would say we're fill in here. I would say, talking to your child about sex and puberty, you know, is a ongoing conversation that starts from the time. Your kid is little in just naming their body parts and using anatomically correct language. Right. And so saying the words for body parts, instead of.

259 "Liz Colizza" (4222677760)

00:55:22.430 --> 00:55:26.940

Picking up words, letting them know what the different parts of their body are.

260 "Liz Colizza" (4222677760)

00:55:26.940 --> 00:55:46.940

And then, I would say, you know, I think around in my mind, and Laura can say what you think, because this is a debated topic, you know, I think 3rd to 5th grade. I think 3rd is when you start talking about the beginnings of what sex is. And you slowly build upon that as your child gets older. So it starts out as a conversation.

261 "Liz Colizza" (4222677760)

00:55:46.940 --> 00:56:02.914

Of, you know, sex is how a baby is born, but before that, you're having conversations about babies are born when 2 people are together and they decide to either have a baby or adopt a baby. And, you know, you kind of add language as time goes on. I don't know which.

262 "Laura Magnuson" (590238464)

00:56:02.914 --> 00:56:21.800

Want to add to that. Yeah, I agree with everything you said, and I think as parents, um, we can follow their lead, right? Or just open the door for the conversation like, hey, I know a lot is happening in your body right now. Like, what kind of questions do you have for me? Because this can be an awkward time, right?

263 "Laura Magnuson" (590238464)

00:56:21.800 --> 00:56:41.800

Um, and maybe they don't have a question at that moment, but you can say, you know, that I'm always here for you and I want to make sure that you feel safe discussing this. Um, I know I didn't have this conversation when I was your age or get much information. And so I want to make sure you have all of the information that you need as well.

264 "Laura Magnuson" (590238464)

00:56:41.800 --> 00:57:01.800

Oh, I know that the Internet is available. Now I know that my kids have been on it and we've had some interesting conversations in our house. Um, but also saying, hey, I know you, maybe you've done some searching online, right? And I want to make sure you're getting the right information because not everything online is.

265 "Laura Magnuson" (590238464)

00:57:01.800 --> 00:57:17.180

It were appropriate right? And that's a whole nother another conversation about online utilization but again, just in being realistic about where kids are turning for information, making sure that you're opening the door and following their lead, I think, is really.

266 "Liz Colizza" (4222677760)

00:57:17.180 --> 00:57:37.098

Important mm, hmm. Yeah, I'm thinking, I feel like kids usually will point to extra hair on their legs when they start to enter that puberty

realm and taking that opportunity of like yeah. Like, you do have more hair, you know, that happens when you start to go through puberty, just making sure you're like, adding the words for them to sort of build upon.

267 "Andersen, Dana" (1688827136)

00:57:37.098 --> 00:57:55.670

All right, we have about a minute left and there is a question in here. How can we get a copy of these slides? I did earlier post in the chat the link to go to get the presentations. They do take about a day or 2.

268 "Andersen, Dana" (1688827136)

00:57:55.670 --> 00:58:15.670

To post into the Web site, but you'll be able to get them there. And in case you didn't pull it from the chat. If you go to my com and then you can search children, families, awareness series and That'll bring you to the series. And that will include this presentation and archives.

269 "Andersen, Dana" (1688827136)

00:58:15.670 --> 00:58:26.402

Presentations that we've done in the past and so we did have 2 remaining questions. I don't know, Liz or Laura. Would you want me to email those to you?

270 "Liz Colizza" (4222677760)

00:58:26.402 --> 00:58:27.776

Okay.

271 "Laura Magnuson" (590238464)

00:58:27.776 --> 00:58:31.941

Yeah, that'd be great. Mm. Hmm. All right.

272 "Andersen, Dana" (1688827136)

00:58:31.941 --> 00:58:36.750

And then if you want to post, maybe, um.

273 "Andersen, Dana" (1688827136)

00:58:36.750 --> 00:58:44.733

Your email to respond to your questions, then I can get them back to you that way. You can just put that to me alone.

274 "Laura Magnuson" (590238464)

00:58:44.733 --> 00:58:47.399

In the chat.

275 "Andersen, Dana" (1688827136)

00:58:47.399 --> 00:59:00.030

All right, well, I want to thank everybody for participating in today's presentation, and also a big thing to Liz and Laura for being here.

276 "Andersen, Dana" (1688827136)

00:59:00.030 --> 00:59:05.460

And we will be having our next presenter.

277 "Andersen, Dana" (1688827136)

00:59:05.460 --> 00:59:15.494

Um, next month, which is March, 15, and so you can tune into that as well. And I want to thank you. And I hope that everybody has a really great day.

278 "Liz Colizza" (4222677760)

00:59:15.494 --> 00:59:17.702

Thank you.

279 "Laura Magnuson" (590238464)

00:59:17.702 --> 00:59:19.085

Thank you. I'm good.

280 "Andersen, Dana" (1688827136)

00:59:19.085 --> 00:59:24.150

Day you're welcome and also, if you would complete.

281 "Andersen, Dana" (1688827136)

00:59:24.150 --> 00:59:28.260

Survey questions that are in the slide, or in the in the chat.