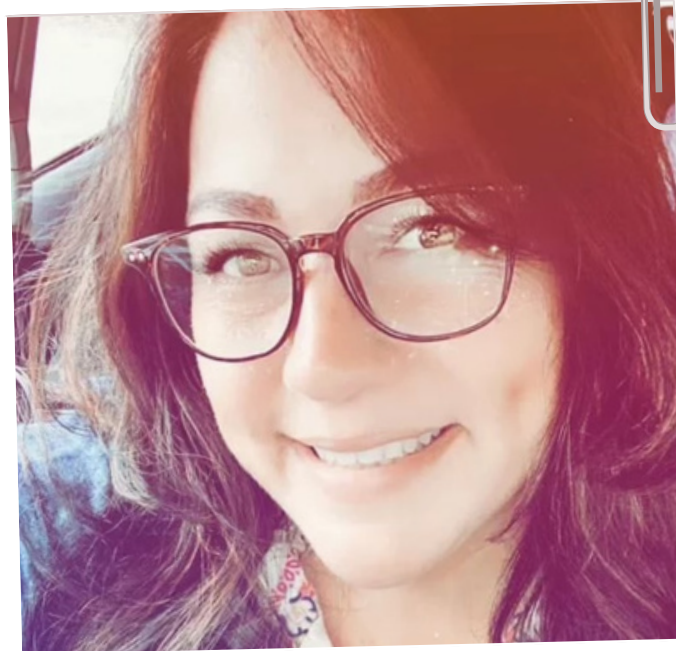


ABOUT US

Welcome to Innovative Educators Network Conference

- Author
- Educator
- Educational Content Creator
- Certified Safe & Sound Protocol Provider



Star Roman



Mariel Ruiz-Escasena

- Educator
- Integrative Wellness Practitioner

PARENTING

with *Presence*

In today's fast-paced world, understanding the complex interplay between the parent's and child's nervous systems is more critical than ever.

Get Started



CREATING INTENTIONAL CONNECTIONS

The connection between the parent-child nervous system is a fundamental aspect of human development that plays a crucial role in shaping a child's emotional and psychological well-being.

This intricate interplay influences the child's ability to regulate emotions, navigate social interactions, and develop resilience. ***Understanding this connection sheds light on the significance of co-regulation and self-regulation in fostering healthy child development.***



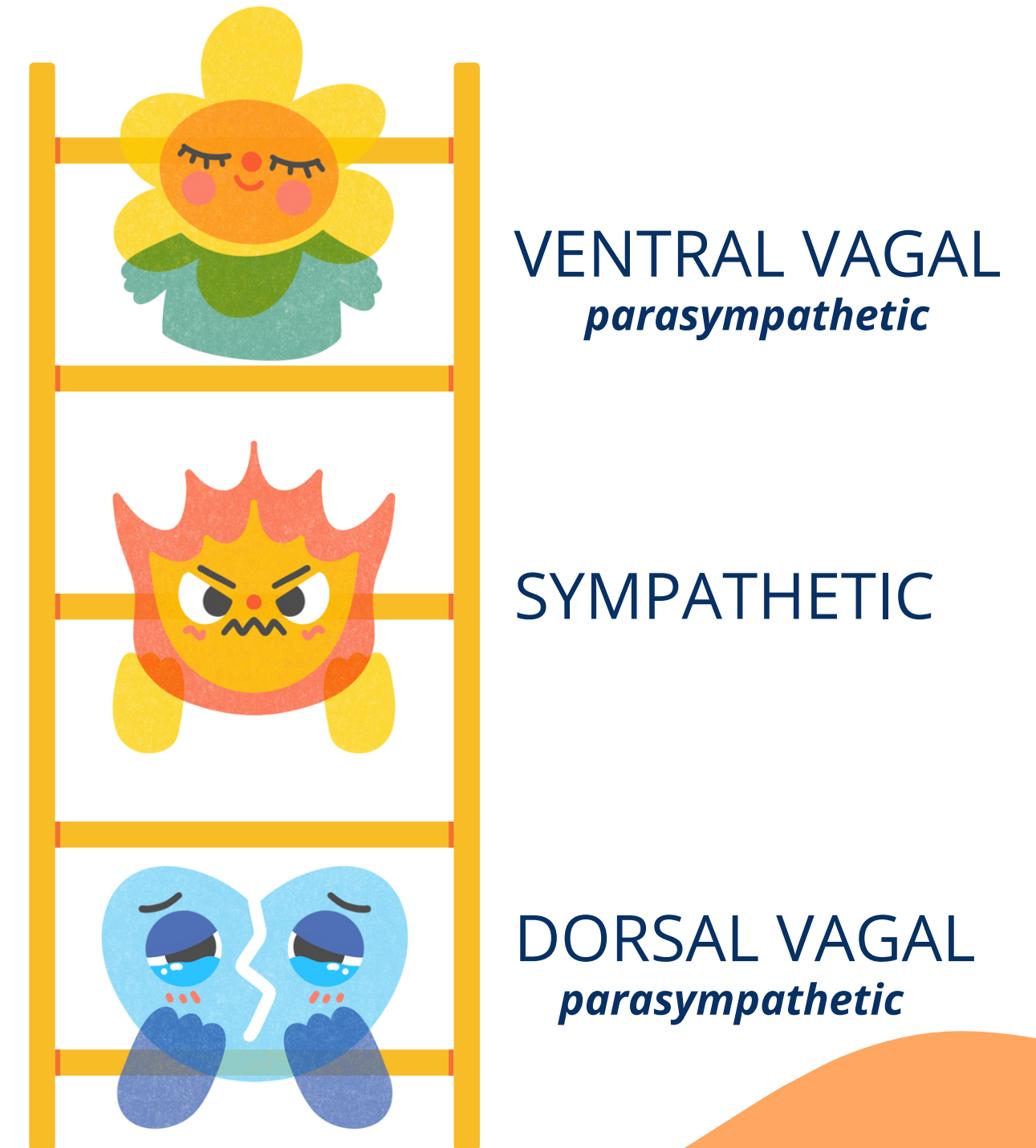
THE POLYVAGAL THEORY *Simplified*

Stephen Porges' Polyvagal Theory provides us with an excellent tool for comprehending our emotional responses. By outlining how our nervous system responds to stress and danger, it acts as a personal security system that protects us. ***It's like having a map to navigate various emotional terrains, ensuring that both you and your child feel heard, seen, and secure.*** By being **mindful** of these states, you can create a nurturing environment that fosters your child's development and overall well-being.

This theory helps us understand how we move through the world and cope with life.

The ***parasympathetic*** system carries signals that relax those systems to "rest and digest".

The ***sympathetic*** system controls fight-or-flight responses, putting your system on alert.



an example of these states >>>

THE NERVOUS SYSTEM WITH A PERCEPTION OF SAFETY

SOCIAL ENGAGEMENT

Connection • Safety • Oriented to the Environment

- Calmness in Connection
- Compassionate
- Curiosity/Openness
- Groundedness
- Mindful/In The Present
- Settled

VENTRAL VAGAL SAFETY

VVC is the beginning and end of stress response. When VVC is dominant, SNS and DVC are in transient blends which promote healthy physiological functioning.

THE NERVOUS SYSTEM WITH A PERCEPTION OF THREAT

FIGHT

Movement Towards

- Anger
- Anxiety
- Fear
- Frustration

FLIGHT

Movement Away

- Irritation
- Panic
- Rage
- Worry & Concern

SYMPATHETIC DANGER

Hyper-activated

FREEZE

Collapse • Immobility • Conservation of Energy

- Depression
- Dissociation
- Helplessness
- Hopelessness
- Numbness
- Preparation for Death
- Raised Pain Threshold
- Shame
- Shut-Down
- Trapped

DORSAL VAGAL LIFE THREAT

Hypo-activated

"I CAN"
"I CAN'T"

↑ DEACTIVATION

VENTRAL VAGAL

PARASYMPATHETIC NERVOUS SYSTEM

Increases

Ability to Relate and connect
Movement in eyes and head-
turning, Circulation to non-vital
organs (skin/extremities),
Digestion, Health and vitality,
Immune Response, Intestinal
Motility, Prosody in Voice,
Resistance to Infection, Rest and
Recuperation.

Decreases

Defensive Responses

SYMPATHETIC

SYMPATHETIC NERVOUS SYSTEM

Increases

Adrenaline, Blood Clotting, Blood
Pressure, Defensive Responses,
Dilation of Bronchi, Fuel
Availability, Heart Rate, Pupil Size,
and Oxygen Circulation to Vital
Organs.

Decreases

Digestion, Fuel Storage, Immune
Response, Insulin Activity,
Relational Ability and Salivation

DORSAL VAGAL

PARASYMPATHETIC NERVOUS SYSTEM

Increases

Conservation of Metabolic
Resources, Fuel Storage and Insulin
Activity, Immobilization Behavior
(with fear), Endorphins that Help
Numb and Raise the Pain
Threshold.

Decreases

Attunement To Human Voice,
Blood Pressure, Depth of Breath,
Facial Expressions & Eye Contact,
Heart Rate, Immune Responses,
Muscle Tone, Sexual Responses,
and Temperature

FIGHT *Response*



Parents:

- Parents experiencing the flight response may withdraw emotionally or physically from stressors. Encouraging open communication and providing a safe space for expression can help parents navigate this response more effectively.

Children:

- Children may engage in avoidance behaviors, such as withdrawing, avoiding eye contact, or seeking solitude. Creating a supportive atmosphere where they feel heard and understood is essential for helping them cope.

FLIGHT *Response*



Parents:

- The fight response in parents may manifest as anger, defensiveness, or an inclination to assert control in challenging situations. Understanding how to channel this energy constructively is crucial for maintaining a positive and supportive environment.

Children:

- Children displaying a fight response may exhibit defiant behavior, aggression, or resistance to authority. It's essential for parents to guide them towards expressing their feelings in healthier ways.

FREEZE Response



Parents:

- The freeze response in parents can lead to emotional shutdown, indecisiveness, or an inability to respond effectively. Encouraging self-awareness and mindfulness practices can aid parents in managing this response more adaptively.

Children:

- Children may become emotionally overwhelmed, experience a mental "shut down," or display a lack of responsiveness. Parents can help by creating a calming environment and offering gentle support to help them process their emotions.

FAWN *Response*



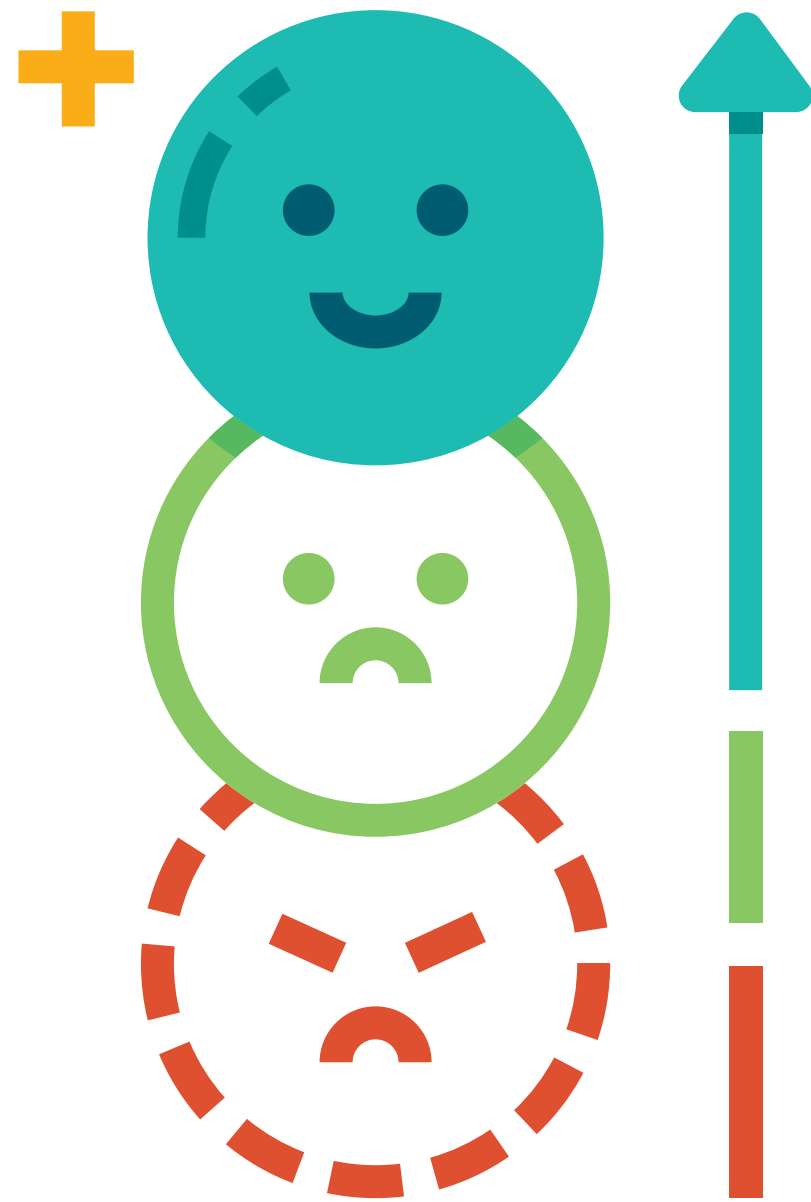
Parents:

- The fawn response in parents involves a strong desire to please or appease others, even at the expense of their own needs. Establishing healthy boundaries and practicing self-care is essential for preventing burnout.

Children:

- Children exhibiting a fawn response may prioritize others' needs over their own, seeking approval and avoiding conflict. Encouraging assertiveness and self-expression is crucial for their emotional development.

EMOTIONS



Parents serve as emotional anchors for their children. ***A parent's nervous system state, whether calm or stressed, is contagious.*** Children are highly attuned to the emotional cues of their caregivers, and they often mirror or absorb these states. ***A calm and regulated parent contributes to a child's sense of security and emotional stability.***

A parent's nervous system state is a powerful influencer in shaping a child's emotional world. By fostering their own emotional regulation, parents create a supportive environment that promotes emotional security, resilience, and a strong foundation for a child's healthy emotional development.



SELF *Assessment*

LET'S SEE WHERE WE'RE AT

"Understanding Your Emotional Spectrum: A Parent's Guide to Emotional Intelligence"

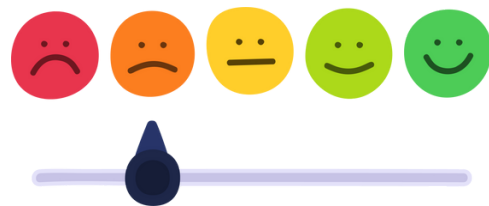
This worksheet is designed to help you, as a parent, understand your current emotional state and its impact on your parenting. By recognizing and reflecting on your emotions and nervous system states, you can enhance your emotional intelligence and foster a healthier connection with your children.

Part 1: Emotional Spectrum Self-Assessment

- Below is a list of emotions and nervous system states.
- Mark where you currently find yourself on the spectrum.
- Reflect on why you might be feeling this way.

Negative Emotions:

- Stressed
- Anxious
- Frustrated
- Overwhelmed
- Tired
- Abandoned
- Guilty
- Jealous
- Angry
- Sad
- Disappointed
- Shut down
- Depressed



Positive Emotions

- Calm
- Content
- Joyful
- Hopeful
- Proud
- Loved
- Connected
- Relaxed
- Grateful
- Excited
- Curious
- Safe
- Energized

Part 2: Reactions Assessment

When your child makes a mistake, your immediate reaction is to:

- A. Discuss what they did wrong and what they could do differently next time.
- B. Explain why their behavior is unacceptable and enforce a consequence.
- C. Comfort them and ensure they don't feel bad about the mistake.
- D. Ask them their thoughts on why the mistake happened.

If your child is upset, you tend to:

- A. Encourage them to express their feelings and listen attentively.
- B. Offer solutions to fix what's bothering them.
- C. Try to lighten the mood with humor or distraction.
- D. Give them space until they feel better.

During parent-child disagreements, you usually:

- A. Aim for a rational discussion to find a middle ground.
- B. Stand firm on your rules and expectations.
- C. Avoid confrontation to keep the peace.
- D. Try to understand their perspective and adjust your viewpoint.

When discussing achievements, your focus is on:

- A. The effort they put in and what they learned.
- B. The importance of winning or achieving high standards.
- C. Making them feel good about any accomplishment.
- D. Their feelings about their achievement.

If your child is reluctant to do their schoolwork, how do you handle it?

- A. I sit with them to discuss why it's important and try to make the task more engaging.
- B. I remind them of the consequences of not doing homework and enforce a strict schoolwork routine.
- C. I might let it slide occasionally or help them complete it to avoid stress.
- D. I ask about their feelings towards schoolwork and any difficulties they're facing.

**AWARENESS IS KEY
THERE IS NO**

Right **OR** *Wrong*

WAY TO NAVIGATE THESE STATES

IT'S *ok*
NOT TO
BE *ok*



Most A's: Collaborative Communicator

- **Strengths:** Skilled at engaging in open dialogue and promoting mutual understanding.
- **Areas for Improvement:** Might struggle with setting clear boundaries.
- **Emotional Intelligence Connection:** High in social awareness and relationship management. Work on self-regulation to balance open discussions with firm guidelines.
- **Effective Communication Strategies:** Practice active listening and encourage open-ended conversations while also establishing clear rules and consequences.
- **Example:** If your child fails a test, you discuss together how they prepared, what challenges they faced, and how they might approach studying differently next time.

Most B's: Authoritative Communicator

- **Strengths:** Clear in setting expectations and enforcing rules.
- **Areas for Improvement:** May need to be more flexible and understanding.
- **Emotional Intelligence Connection:** Strong in decision-making and maintaining control. I should work on empathy and understanding others' perspectives.
- **Effective Communication Strategies:** Balance firm rules with understanding and warmth. Explain the reasons behind your decisions.
- **Example:** When your child breaks a rule, you explain why the rule is important and what the consequence will be, ensuring they understand the reasoning behind it.

Most C's: Supportive Communicator

- **Strengths:** Excellent at comforting and reassuring, creating a positive environment.
- **Areas for Improvement:** Might need to work on being more assertive and addressing issues directly.
- **Emotional Intelligence Connection:** High in empathy and nurturing relationships. Focus on developing assertiveness and addressing conflicts constructively.
- **Effective Communication Strategies:** Maintain your supportive nature while also addressing issues and setting appropriate boundaries.
- **Example:** When your child is upset about a conflict with a friend, you first comfort them, then gently guide them to understand different viewpoints and how to address the issue.

Most D's: Empathetic Communicator

- **Strengths:** Very attuned to others' feelings and perspectives.
- **Areas for Improvement:** May need to be more decisive and assertive.
- **Emotional Intelligence Connection:** Strong in empathy and understanding, but may need to work on self-confidence and effective decision-making.
- **Effective Communication Strategies:** Listen and empathize with your child, but also guide them towards solutions and decisions.
- **Example:** If your child is frustrated with a school project, you ask them to express their feelings and thoughts, empathize with their struggle, and then help brainstorm solutions.

POLYVAGAL THEORY IN *Parenting*

- **Understanding Your Child:** Recognizing these states can help you understand your child's behavior. Is your child feeling safe and playful, scared and anxious, or overwhelmed and shut down?
- **Responding Appropriately:** Depending on your child's state, you can adjust how you respond. For a scared child, you might need to provide comfort. For an overwhelmed child, a quiet and safe space might be needed.
- **Modeling Behavior:** Your own state affects your child. If you're calm and approachable (Safe and Social), your child is more likely to feel secure.



T

Trauma and the Nervous System: A Polyvagal Perspecti...



Share

HEALING FROM TRAUMA



Watch on  YouTube



a brief explanation

SELF-REGULATION

As a child matures, the focus shifts towards the development of self-regulation, wherein the child learns to manage their emotions and responses to various stimuli independently. This internalized regulation is built upon the foundation of earlier co-regulation experiences. ***Self-regulation is key to emotional intelligence and resilience, allowing children to cope with stress, solve problems, and navigate challenges effectively.*** The ability to self-regulate contributes significantly to academic success, positive peer relationships, and overall mental health.



CO-REGULATION

Co-regulation refers to the dynamic process through which a child's developing nervous system is influenced by the regulatory cues provided by a responsive caregiver, typically a parent. During early childhood, when the child's self-regulatory abilities are still developing, the caregiver serves as an external source of regulation. The attunement between parent and child enables the child to regulate emotions, manage stress, and build a sense of security. ***Co-regulation lays the foundation for the child to develop essential skills in emotional regulation, social connection, and empathy.***

INTER Play/Strategies



Recognizing and supporting this delicate interplay contributes to the creation of secure attachments, emotional resilience, and the building blocks for a child's future well-being.

Effective co-regulation experiences provide a scaffolding for the child's developing self-regulatory capacities. Here are some strategies.

- Active Listening and Empathetic Responses
- Modeling Emotional Regulation
- Physical Comfort and Touch
- Structured Routines and Predictable Environments
- Guided Breathing or Mindfulness Exercises

Stress Response Patterns:

A parent's ability to manage stress directly impacts a child's understanding of stress and coping mechanisms. If a parent consistently demonstrates effective stress management, the child is more likely to adopt adaptive strategies for dealing with life's challenges. Conversely, a parent's chronic stress may contribute to heightened stress responses in the child.

Attachment and Security:

A regulated nervous system in parents contributes to secure attachment, a critical element for a child's emotional well-being. Securely attached children tend to develop trust in relationships, have higher self-esteem, and navigate social interactions with confidence, all of which are linked to the parent's capacity for emotional regulation.

Teaching Emotional Resilience:

As emotional role models, parents play a key role in teaching children how to navigate and bounce back from emotional challenges. A parent's ability to regulate emotions and model resilience equips the child with essential life skills, contributing to their emotional intelligence and overall well-being.

CALMING STRATEGIES

Deep Breathing: Practice slow, deep breaths to activate the parasympathetic nervous system.

Progressive Muscle Relaxation: Tense and then relax each muscle group in your body sequentially.

Mindfulness Meditation: Focus on the present moment with non-judgmental awareness.

Guided Visualization: Picture a calm and peaceful scene in your mind.

Gentle Yoga or Stretching: Engage in slow, mindful movements to relax the body.

Aromatherapy: Use calming scents like lavender or chamomile to soothe the senses.

Nature Walks: Spend time in nature to reduce stress and improve mood.

Listening to Calming Music: Play soothing music to relax your mind.

Journaling: Write down your thoughts and feelings to process emotions.

The 'Voo' Technique: Vocalize a long "voo" sound to stimulate the vagus nerve.

Warm Bath or Shower: The warmth can help relax your muscles and mind.

Sipping Herbal Tea: Herbal teas like chamomile or peppermint can be calming.

WHAT DOES A REGULATED *Nervous System* LOOK LIKE?

Regulation simply means having the capacity to move in and out of stress while still being able to return to "baseline" with ease.

THIS

Always "calm"



or

THIS

Lots of highs and lots of lows



but

THIS

Capacity to move in and out of stress



SAFE AND SOUND Protocol

The Safe & Sound Protocol is a practical application of the Polyvagal theory designed to reduce sound sensitivities and improve auditory processing, behavioral state regulation, and social engagement behaviors through specially filtered music.

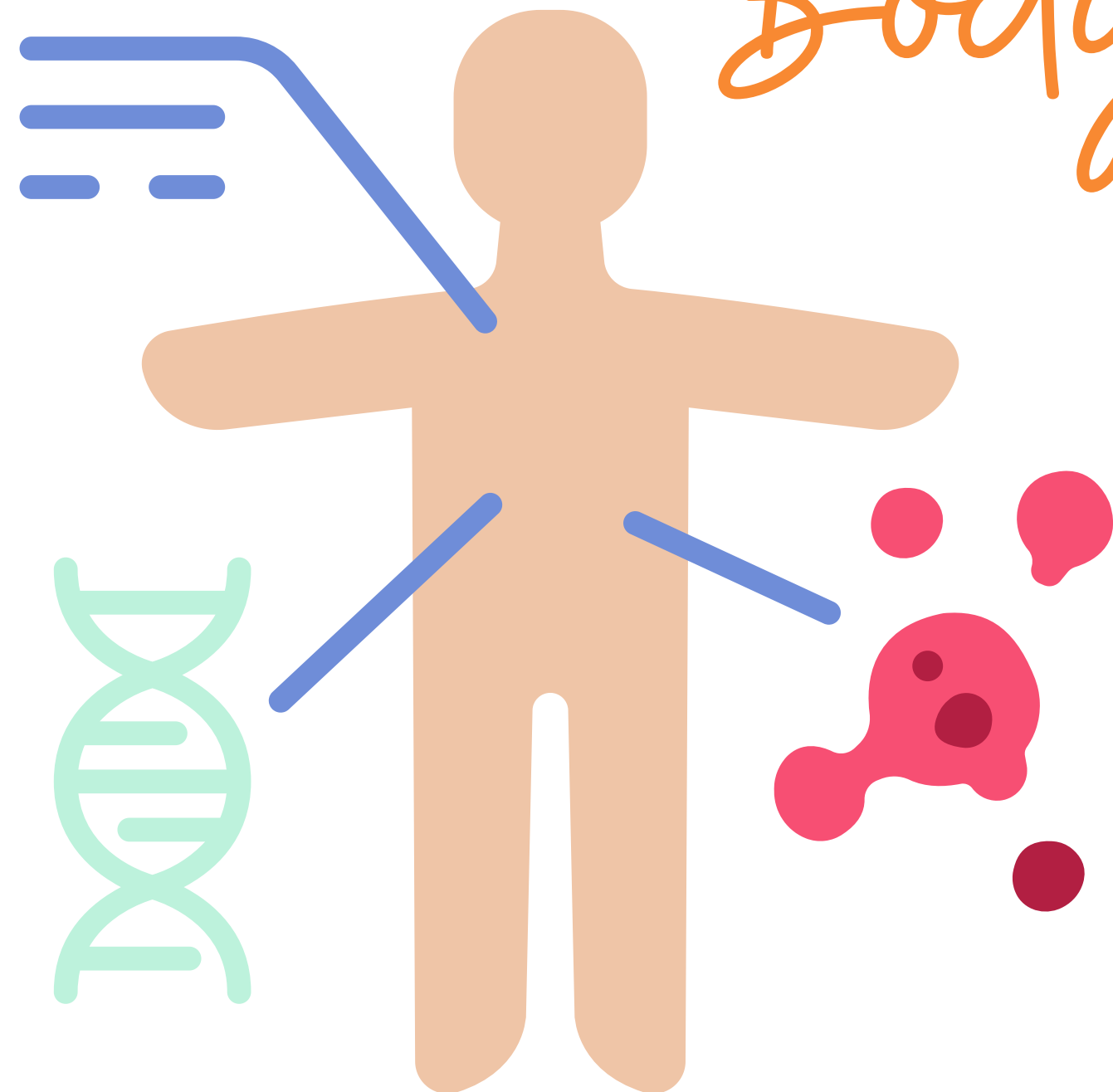
It has a global effect on the brain and is an evidence-based therapeutic tool designed to reset the nervous system via the inner ear. As our brain and body connection becomes more organized and less stressed, we can better process the world around us and become more confident, happy, and engaged.



**NOW, LET'S CONNECT TO
OUR BODIES AND BRING
OUR AWARENESS TO
THE *Present*
BY ENGAGING IN OUR BREATH**

CONNECTING TO YOUR

Body



Begin the body scan at the top of your head. Notice any sensations, tension, or relaxation in the body and work your way down.

- **Find a Comfortable Position**
- **Start with Deep Breathing**
- **Bring Attention to Your Body**
- **Scan Your Body**
- **Continue Downward**
- **Scan Your Torso**
- **Lower Body Awareness**
- **Breathe into Tension**
- **Finish with Whole Body Awareness**
- **Gently Conclude**

THE POWER OF Voo

The "Voo" sound is a powerful technique in somatic therapy that activates the vagus nerve, a key component of the parasympathetic nervous system. The sound creates vibrations that stimulate the nerve, calming the body's stress response and promoting relaxation and digestion. The technique involves exhaling and making a prolonged "Voo" sound, which helps to reduce stress and anxiety, making it an effective tool for grounding and centering.



STEP 1:
Take a deep
breath in.

STEP 2:
As you exhale, breathe out using the VOO sound until you release your breath. Drop your voice as low as you can, deepening the sound vibrations.

Repeat this 3x.





ABOUT US

Our team is made up of skilled professionals with a wide range of skills in design, education, logistics, marketing, and management. We specialize in creating educational content that seamlessly integrates with design elements to deliver impactful experiences. Our mission is to promote emotional wellness through various channels, connecting individuals and families in meaningful ways. We established our brand, Ady & Co., after developing engaging educational materials focused on raising awareness among children and families. Our unique combination of abilities fosters emotional well-being, learning, and growth.

OUR SERVICES

At Ady & Co., we specialize in bringing clarity and efficiency to your personal and professional endeavors. With a keen focus on Homeschool Consultations, Gardening Consultations, Business Content Creation, and a range of strategic solutions, we are dedicated to transforming your visions into tangible results.

Streamlining Processes: We simplify complex workflows, making your operations more efficient and effective.

Creating Connections: Building strong networks and relationships is at the heart of what we do, ensuring you're always well-connected.

Providing Solutions: Our team excels in problem-solving, offering innovative solutions tailored to your unique challenges.

Identifying Obstacles: We help you recognize potential roadblocks and develop strategies to overcome them.

Mapping Benchmarks: Our approach includes setting clear goals and milestones, ensuring you can track progress and success.

Providing Perspectives: With our diverse expertise, we offer insightful viewpoints to broaden your understanding and approach.

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THANK YOU

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