



# THE POWER OF A PARENT'S INFLUENCE

PRESENTED BY: : LAURA CAMPBELL,  
CERTIFIED LIFE/LEADERSHIP-COACH, AND  
CRISIS COUNSELOR

# How a parent's influence creates a better world

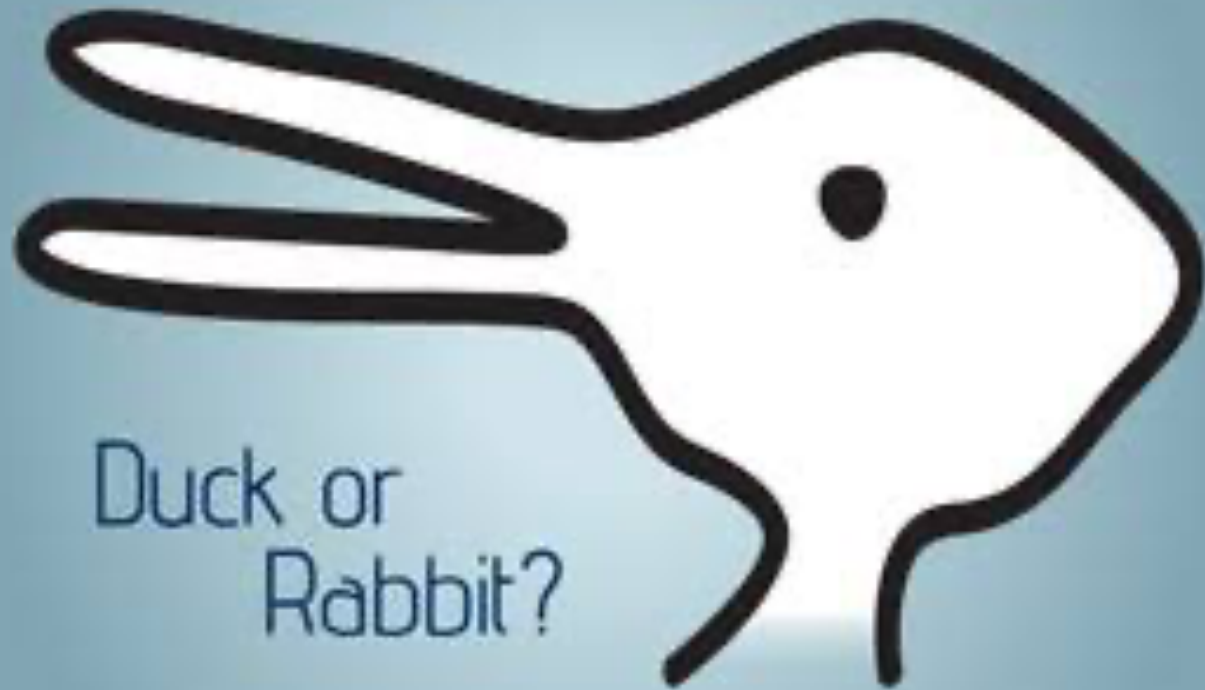


**Modeling:** People are most influenced by what they see. How do your children “see” you?

**Motivating:** Motivational influencers encourage and connect with your child on an emotional level.

**Mentoring:** Using experiences as teaching moments and helping youth reach their highest potential.

**Multiplying:** Your children become positive influencers in the lives of others.



Duck or  
Rabbit?

## **INTERPRETATION**

**WE CAN'T ASSUME WE  
KNOW WHAT THEY'RE  
THINKING.**

# resilient

*adjective* | re·sil·ient | \ri-'zil-yənt\

## Simple Definition of RESILIENT

Popularity: Top 1% of lookups

: able to become strong, healthy, or successful again after something bad happens

: able to return to an original shape after being pulled, stretched, pressed, bent, etc.

- Resilience is a word taken from engineering, where it refers to the ability of a physical material to withhold external stress. A resilient material has hardness, flexibility and strength.. In psychiatry, it's similarly used for how humans respond to stress and adversity.

**PRIOR TO THE  
CORONAVIRUS, THE  
NIH STATED...**

***“The National Institute of  
Health predicts that 1 in  
3 adolescents, ages 13-18,  
will experience an  
Anxiety Disorder.”***



# THE 3 R'S

Reassurance: Reassure your children about their safety and remind them of the many "helping people" there are in the world. Let them know that their safety is the adult's job.

Routine: We are all grieving life as we knew it. Our routines provide a sense of safety and predictability, which are very important in times of crisis and uncertainty. Create as many routines at home as you can.

Regulate: Emotions are meant to be expressed! Self Regulation is a major factor is emotional intelligence. Cornell University's 16-year study on NSSI states that lack of Self Regulation is the number 1 reason that students self harm.

# **EMOTIONAL REGULATION**





As parents, how well do we manage our emotions? Do we know where we end and our children begin? Or are the lines blurry?

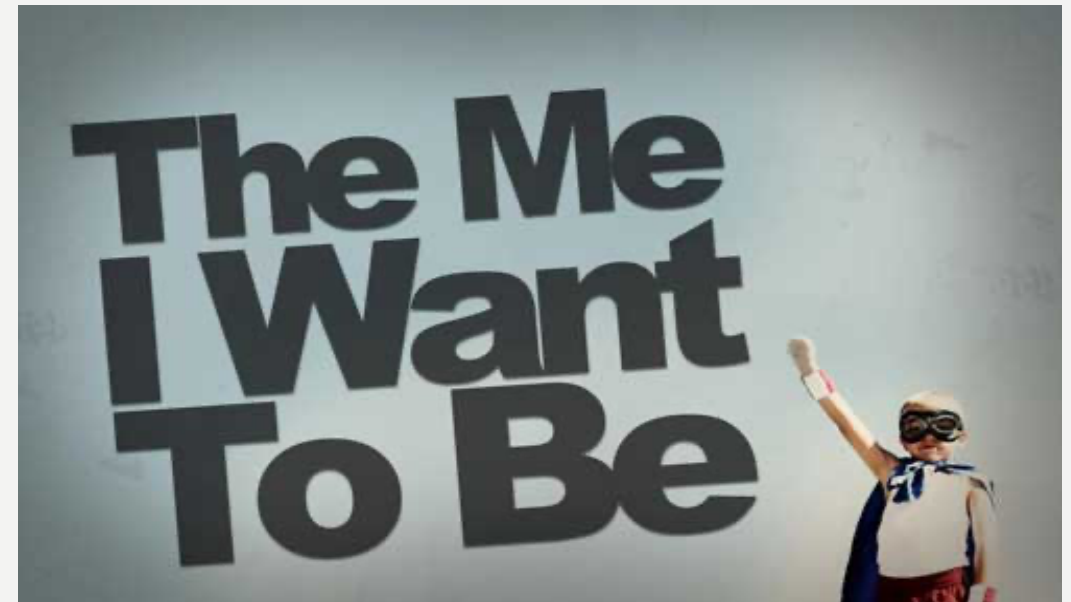
Adolescents feel emotions for the first time, and they could feel intense. Are we easily sucked into their emotions? I know how tempting it is, BUT we can't help them from in there.

We can't be IN the hole and help them to get out...





## Importance of Emotional Intelligence



***Parent consciously- by design!***

Practice healthy EQ  
manage your own anxiety  
share coping strategies  
regulate your emotions.

**Be the adult you hope to see  
your child become**

# REALISTIC EXPECTATIONS

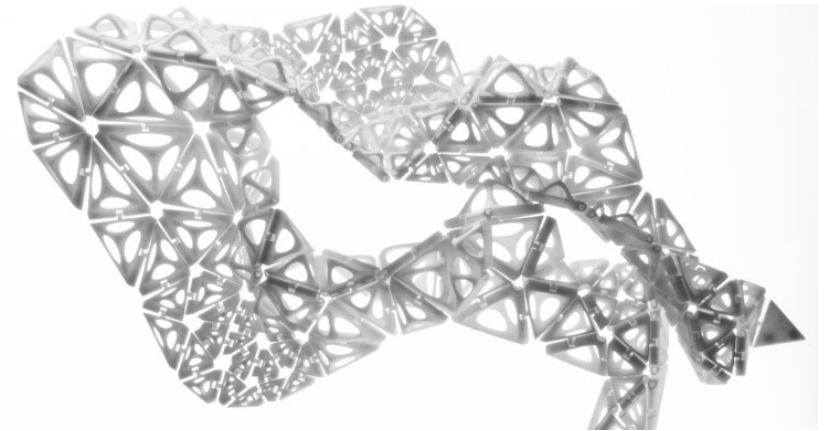
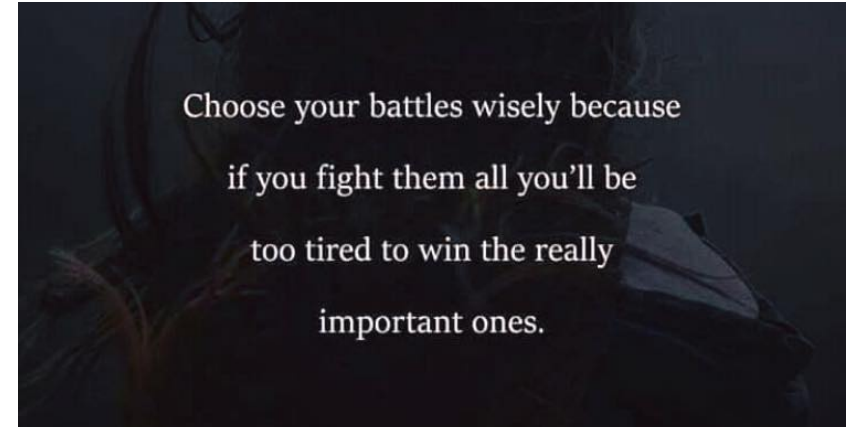


**Do we understand their world according to their current development?**

**Include them in the planning of their lives, their rooms, ask their opinions- giving them some feelings of control.**

Parenting is about relationships, not battles.  
What is really a win for you? Play chess,  
not checkers...

Create flexible structures that can change as  
needed, without angst. We teach resiliency...



# How Parents can help...



**Be mindful of what our children hear. Limit the news and be aware of your words- they are building their self-image!**

**Connect as much (or more) than you correct. It will be tempting, but we don't get points for being right.**

**If you see your child is anxious throughout the day, you may consider scheduling worry time for 15- 20 minutes a day.**

You are not in this alone- there are coaches, programs, resources, school professionals- seek support for yourself and your child.

**Continue to GROW!**



Laura@infinitygrowthanddevelopment.com