

B”H

Dalit & Noga

Brand New Mamas

UpsideDownParenting.com

present

The Top Ten TakeAways:

Note: This is an at-a-glance summary. We highly recommend watching the video first.



TakeAway #1

Ask "What is the most important thing right now?"

- “What is the most important thing right now” puts you in the context of your unique reality
- Asking this question in any parenting situation opens a door for your answers and wisdom to come through to you.
- Be open to the answers that come.
- “What’s the most important thing right now” is also a very effective guilt buster!

TakeAway #2

Instead of apologizing to the kids when you’ve lost it, forgive yourself and put on a smile

- Awareness is the first step.
- Allow yourself to bounce back from anger and impatience.
- How can you say the same thing without shouting?

TakeAway #3

How to make time for extra activities

- Tip #1 Schedule in advance
- Tip #2 Commit to another person
- Tip #3 Pay in advance for the activity
- Tip #4 Drop an item from your routine to make time for an extra activity

- Tip #5 Make your tasks accessible and easier to accomplish
- Tip #6 You can have it all, but not at the same time
- Tip #7 Find the balance in the patches

TakeAway #4

How to Deal With a Whining Child

- Tip #1 Ask your child to say it without whining.
- Tip #2 Sometimes you need to ignore one child in order to take care of another child. (If you're not sure who or what should come first, ask "what's the most important thing right now?")
- Tip #3 Ignore now, listen later.

TakeAway #5

Commit to only One Small Thing

- Tip #1 Decide on the One Small Thing you'll do with your kids (or provide them with) today. Examples: play-do and tools; paper, markers, scissors, and glue; preparing a salad together; reading one short book; doing one small puzzle; inviting a friend over.
- Tip #2 empower your child and legitimize her request: "I love that you want to take on big projects!"
- Tip #3 Tackle a bigger project in stages, One Small Thing at a time
- Tip #4 The kids eventually grow up, and they can do a lot of what they want on their own or with the help of a sibling.

TakeAway #6

Listen to your husband

- Does he have an opinion on the parenting matter at hand?
- Is he prepared for the implications of your parenting decisions?

TakeAway #7

Practicing "How to Talk so Kids Will Listen" when your kids are young (even babies!) prepares you for the future

[see resources below]

- Your intonation carries your intention to your baby's awareness.
- Your older children will know that you are open to listen when they're ready to share.

- Speaking the language of compassion can soothe you, too, when you're overwhelmed.

TakeAway #8

Connect with the bigger picture and the deeper meaning of being a parent

- How do I manage *myself* in this situation?
- Who am I in this situation?
- What do I need (or want) to learn in this situation?
- What does mothering teach me about life and living?

The questions above will lead you to the sweet spot where you as an individual and you as a parent powerfully inform one another and overlap more often.

Get in touch with what matters to you, because being good to your family starts with being kind to yourself.

TakAway #9

Kids disobey; mothers shout. It's all in context.

- Losing it in challenging and difficult situations at home is in context...
- ...and so is bouncing back

TakeAway #10

In the long run, principles are more powerful than specific how-to's.

- When you know the principles, you can adjust and apply them for any child in any situation.
- Your children give you numerous opportunities to practice the principles that you've learned.
- Working with principles develops your inner ear and intuitive parenting.

RECOMMENDED BOOKS FROM THE CONVERSATION:

**[How to Talk So Kids Will Listen and Listen So Kids Will Talk/
Adele Faber & Elaine Mazlish](#)**

Hands down, this is the best book on expressing yourself to your children in a constructive way (and much more).

Dalit says:

“The thing I love the most regarding the book "How to talk so kids will listen & listen so kids will talk" is how enlightening it is. The book looks at the feelings of the child and considers them as a person. For example we often speak in front of a child as if they are not there. Consider that even a two year old has feelings and is not a possession when saying "David is rather a shy boy" in front of him.

“Also the idea that we do not have to always problem solve. Children want to be able to work things out themselves and find great value in this rather than having an answer for them.

“It is both highly practical and non judgmental which is what parents need. I especially enjoyed the part about giving children their space. For example when they walk through the door do not bombard with questions: "how was your day? who did you sit next to? what did you eat?" Rather "good to see you" works and the child will willingly offer you information.”

[The Baby Book: Everything You Need to Know About Your Baby From Birth to Age Two/ Dr. William Sears](#)

Noga says:

“This book is great for parents who want to learn more about Attachment Parenting. I also highly recommend it parents who’ve read Jean Liedloff’s *The Continuum Concept* and want to learn how to apply her ideas to their western lifestyle.”

RECOMMENDED WATCHING & LISTENING:

[Interview: How to Talk So Kids Will Listen & Listen So Kids Will Talk](#)

[Do Your Parenting Values Fly Out the Window When Your Kids Press Your Buttons?](#)

[You’re Gonna to Miss This \[Song\]](#)