



Authentic Parenting in a Pressured World

Presented by Stephanie Bogle

Introduction:

How did I end up here!?

- A tired mom of 3 drops into Dr Batycky's office.....



An aerial photograph showing two people floating on bright yellow inflatable rings in deep turquoise water. The person on the left is on their stomach with their arms raised, while the person on the right is on their back. The water is clear and shows some ripples and splashes around the rings.

Agenda

1. Learning to parent
2. The pressure of social media
3. Boundaries are a gift
4. The empowered "no"
5. ACEs
6. Shame
7. What kids really need
8. Your authentic parenting style
9. Q&A

What do I
need from
you?

1) Participate – all you introverts yell – "yay!"

2) Ask questions or comments as we go

3) Be curious with your internal reactions

Q: Who has a really difficult job?

"The truth is, parenting as well as we can is always hard – really, truly, the hardest thing any of us has ever done."

–Dr. Laura Markham, Clinical Psychologist



How did our parents learn to parent?

- Modeling after their own parents
 - Family/friends
 - Culture
 - Religion
- Generational norms (gender roles)
 - Pamphlets
 - Books, *no internet!*

How are we learning to parent?

- Modeling after our own parents
 - Family/friends
 - Culture
 - Religion
- Generational norms
 - Books
 - Podcasts
- Community parenting classes
 - Youtube
 - Instagram
 - Tiktok
- Online forums –Reddit, Whatsapp, Facebook
- Online courses/toolkits
 - Apps

Then

“Good parenting” meant a clean home, fed children, and discipline

Obedience – Authoritarian parenting

Less judgment due to fewer comparisons

Now

“Good parenting” now includes emotional availability, academic support, social development, screen time management, and more

Authoritative parenting

Constant comparison via social media; parenting pressure is high and often perfectionistic

Do you feel
overwhelmed
yet?



Social Media & Parenting

10

20

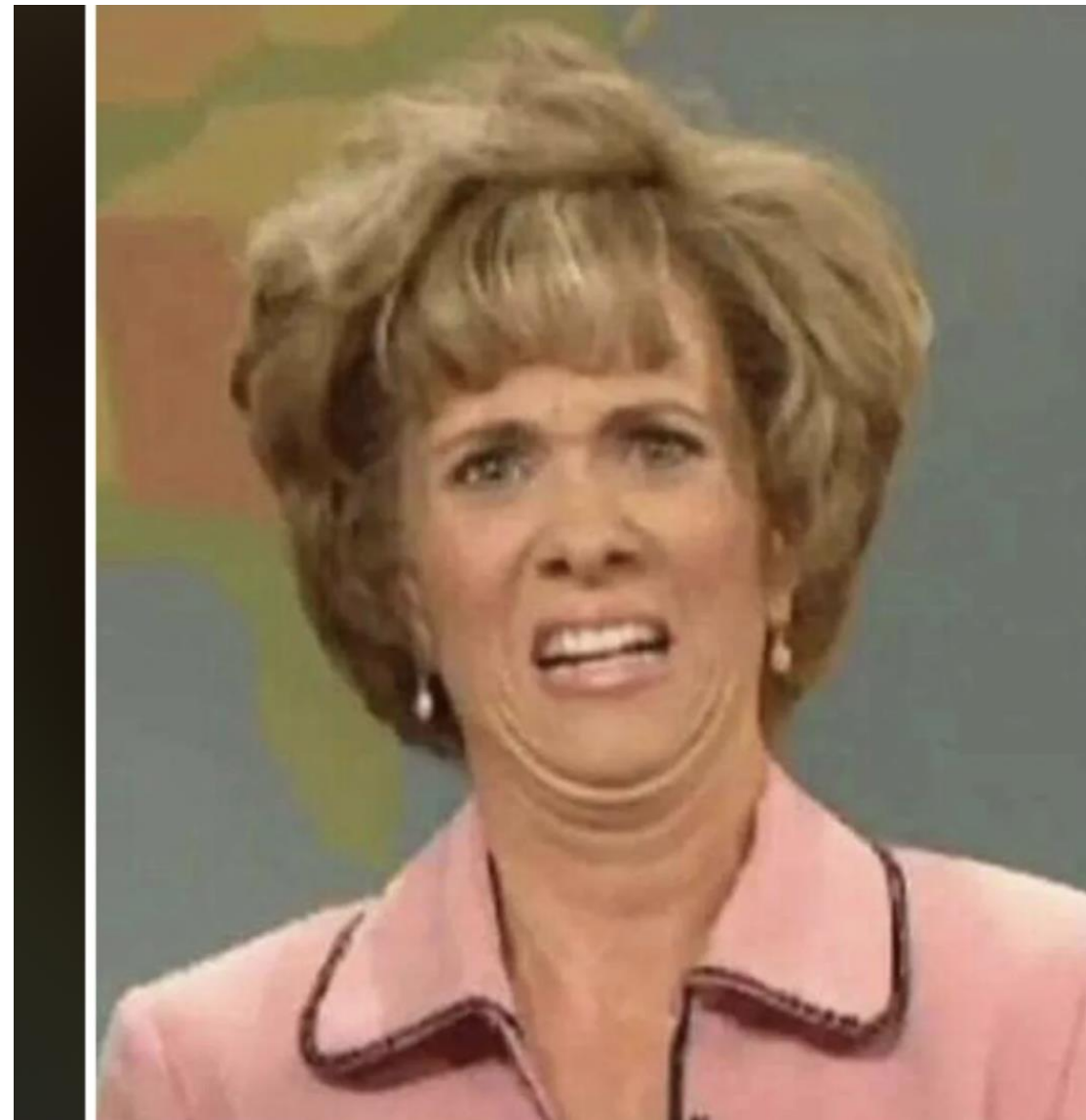
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The Listening Switch "technique"

**Did a clown car of
confusion just
arrive?**





**What do the
EXPERTS think?**



Expert	Term Used	Core Action
Dan Siegel	Attunement/ Mindsight	Be present, reflect feelings
John Gottman	Emotion Coaching	Validate before guiding
Ross Greene	Empathy Step (CPS)	Understand the child's unmet need
Laura Markham	Connect Observative	Use connection as the foundation
Bruce Perry	Reflective Dialogue	Respond calmly, without rushing to fix
Tina Payne Bryson	Connect and Redirect	Join emotionally, then guide
Gordon Neufeld	Collecting	Build attachment before influence
Fred Frankel	Child-Directed Interaction	Reflect, praise, and follow child's lead
Scott D. Miller	Feedback-Informed Approach	Let the child's experience guide the process

3

Foundational supports every child needs

to unlock

**growth, learning, cooperation, emotional
regulation & healing**



AND NOW



WE WAIT



Authentic Parenting

You

Child



BOUNDARIES

Boundaries are expectations and needs in different areas of human experience that help a person feel safe and comfortable in their relationships. Below are six common boundary areas with examples of what they include.



Why I might struggle with boundaries:

- ▶ Fear of rejection
- ▶ Fear of confrontation
- ▶ Guilt
- ▶ Was not taught healthy boundaries



Setting healthy boundaries is scary



@futuremindreader

How I look while
setting a boundary



How I feel while
setting a boundary

Emotional Boundaries

- You are responsible for your own emotions
- CHECK YOUR FOUNDATION!

Body Stuff

- 
- 
- 
- 

Your Environment

- 
- 
- 

Situational

- 
- 
- 

Foundation

INTELLECTUAL BOUNDARIES

- We respect people's thoughts, opinions and ideas

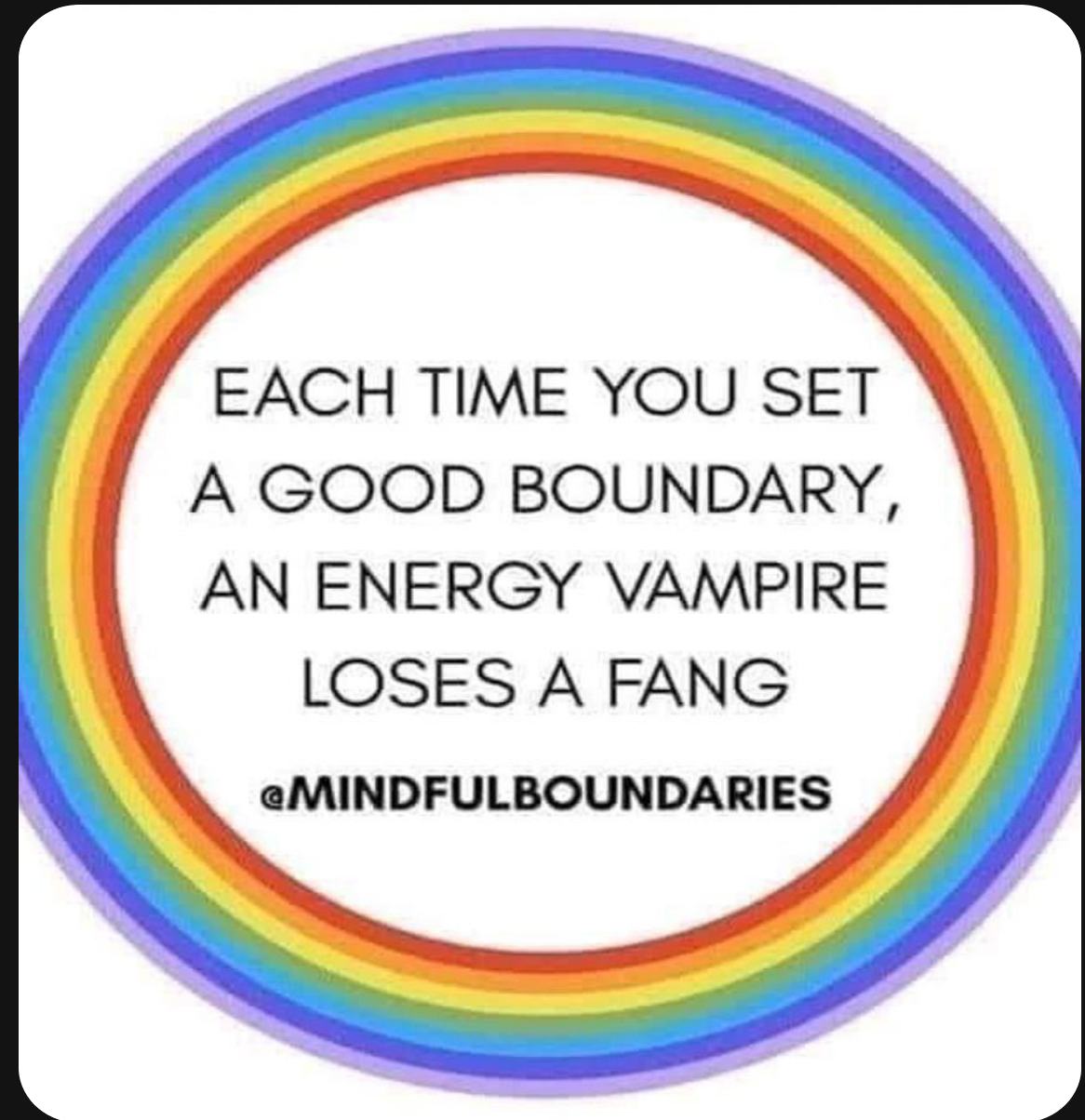
That's a very nice opinion you have there.

Too bad it's wrong.



TIME BOUNDARIES

**Put time boundaries around
your work, time you spend
with others and time you
have alone.**



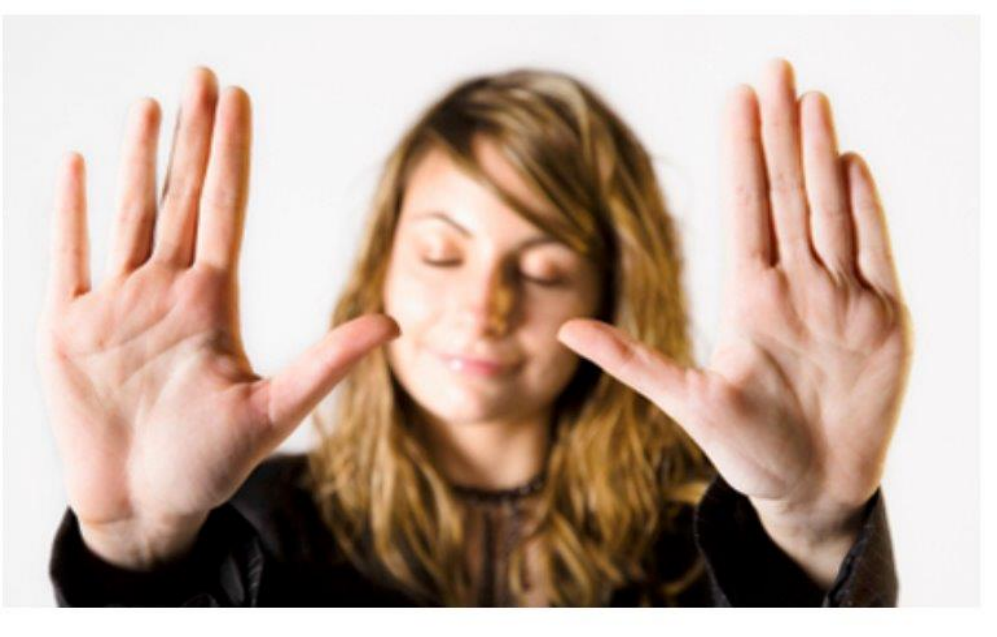
What do healthy boundaries look like?

-When you share your personal information it is in a gradual process

-Your physical and emotional boundaries are safe

-1) You can be assertive and are okay when others are assertive with you

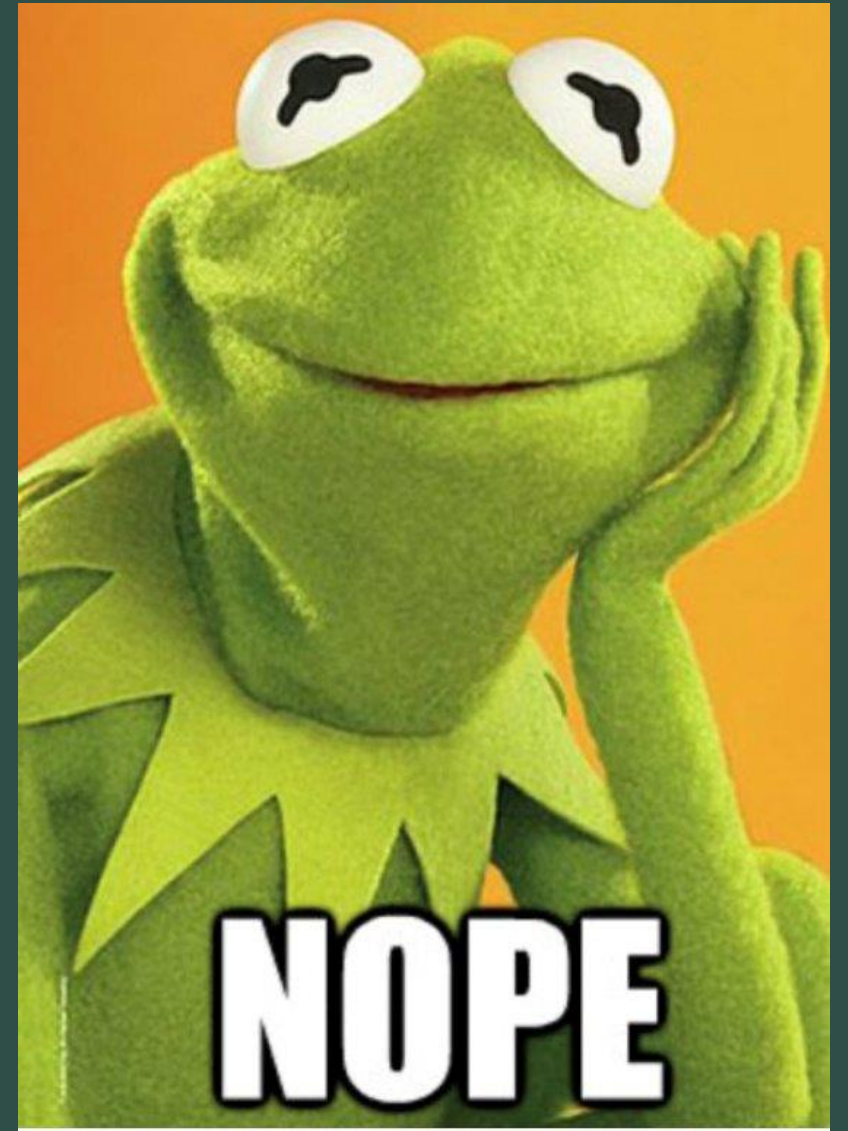
2) For example: Both parties can say "**yes**" and "**no**" and both parties will be okay with that response



Identifying your boundaries lets you define what is you, what matters to you and what does not.

Healthy boundaries is about self-respect, having good self-esteem and allows you to have healthy relationships.

GET
COMFORTABLE
WITH THE WORD
"NO"



HOW TO
PROVIDE AN EMPOWERED "NO"
(VS. A DISEMPOWERED "NO")

"When we say "no" we
are giving voice to what we
care about and what we believe
in." -Dr. Vanessa Patrick



Our "no" to
others is about our beliefs,
values and what we stand for.



It is not about the other person.

How to Say "No" the right way

"I can't" vs. "I don't"

"I Don't"

Is *empowering!*

It means you are making a choice and following your own values/rules.

"I Can't "

- It is disempowering
- Demonstrates that you are not capable of doing something or there is an external source that is controlling you.

Values??



HUH?

DEPENDABILITY to be reliable and trustworthy 19 9/01	DUTY to carry out my duties and obligations 20 9/01
ECOLOGY to live in harmony with the environment 21 9/01	EXCITEMENT to have a life full of thrills and stimulation 22 9/01
FAITHFULNESS to be loyal and true in relationships 23 9/01	FAME to be known and recognized 24 9/01
FAMILY to have a happy, loving family 25 9/01	FITNESS to be physically fit and strong 26 9/01

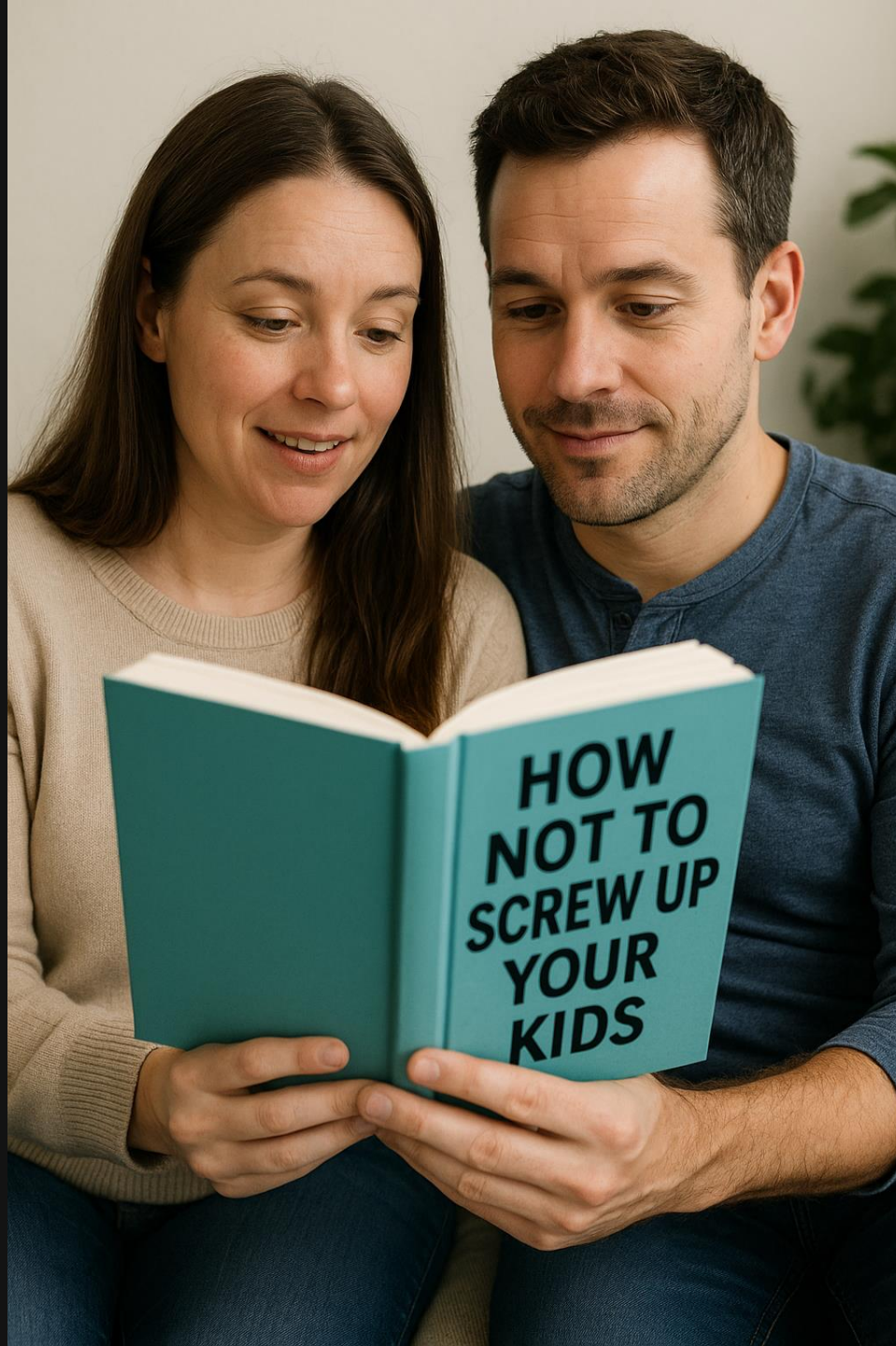
Examples of Values

StephBogleCC@gmail.com

To take an empowered stance use :

- "I don't...."
- "I never..."
- "I always..."
- An empowered "No" needs to be direct and concise.





Do you know your ACEs score?

Adverse Childhood Experience Questionnaire for Adults

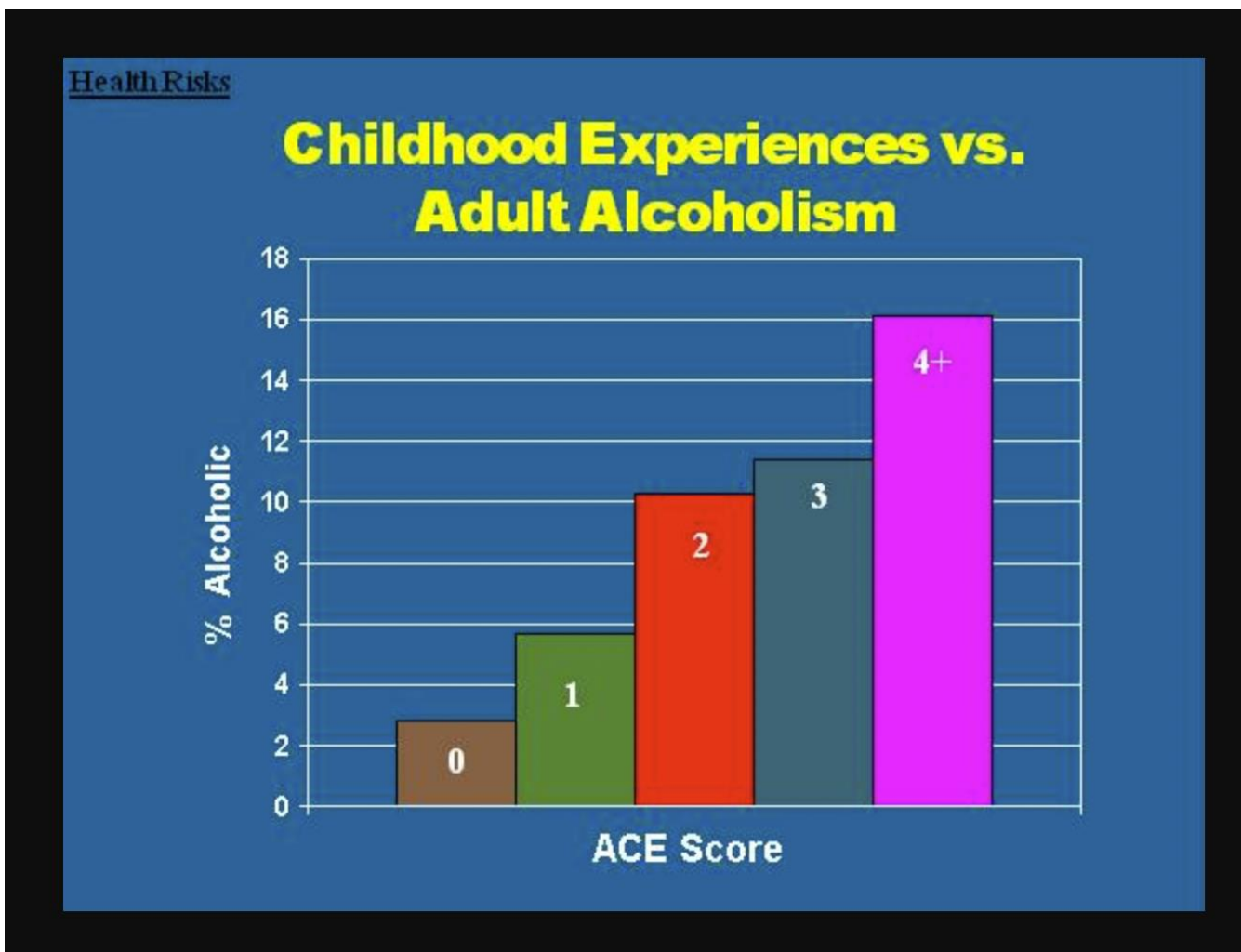
California Surgeon General's Clinical Advisory Committee

Our relationships and experiences—even those in childhood—can affect our health and well-being. Difficult childhood experiences are very common. Please tell us whether you have had any of the experiences listed below, as they may be affecting your health today or may affect your health in the future. This information will help you and your provider better understand how to work together to support your health and well-being.

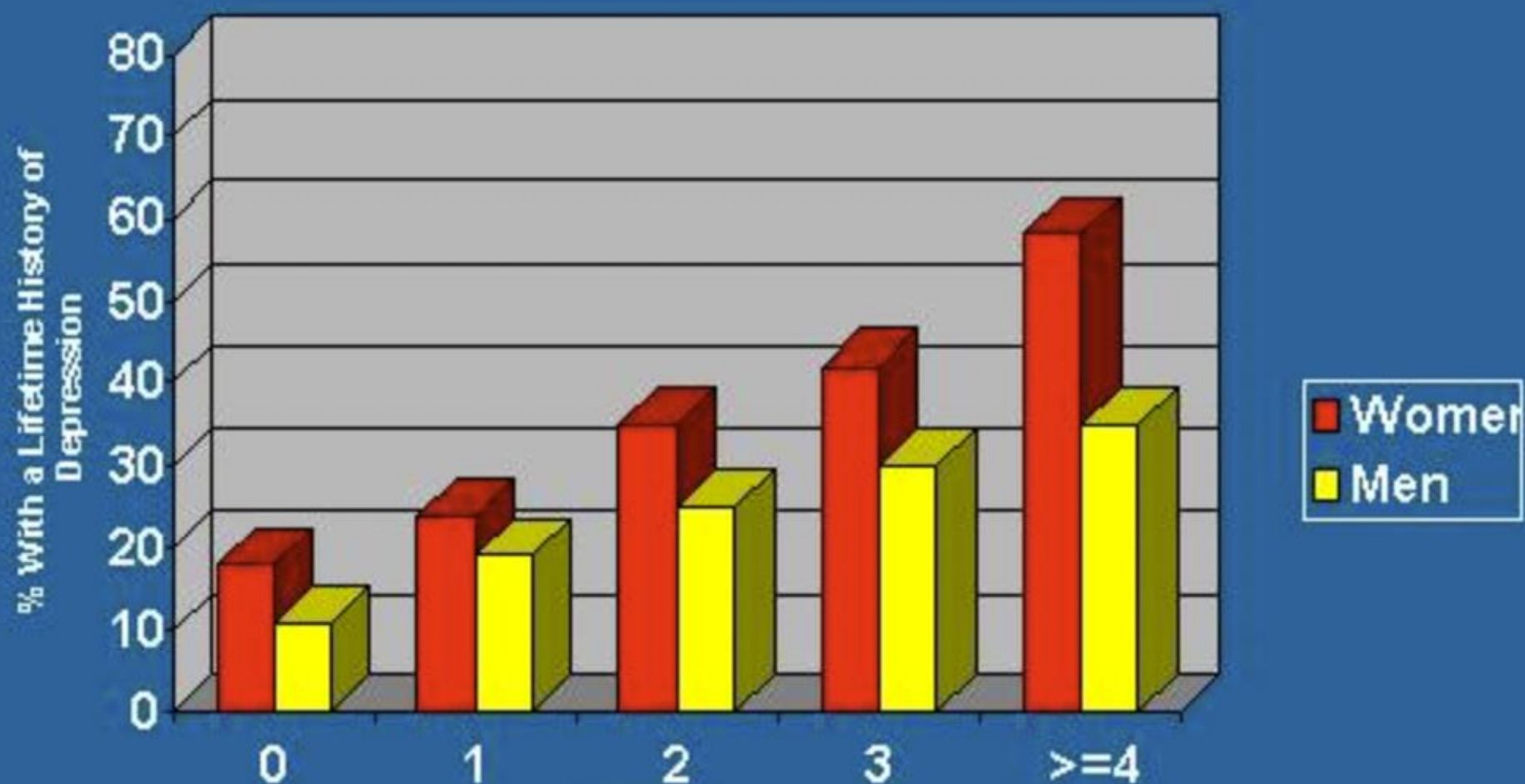
Instructions: Below is a list of 10 categories of Adverse Childhood Experiences (ACEs). From the list below, please place a checkmark next to each ACE category that you experienced prior to your 18th birthday. Then, please add up the number of categories of ACEs you experienced and put the *total number* at the bottom.

1. Did you feel that you didn't have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you?	☐
2. Did you lose a parent through divorce, abandonment, death, or other reason?	☐
3. Did you live with anyone who was depressed, mentally ill, or attempted suicide?	☐
4. Did you live with anyone who had a problem with drinking or using drugs, including prescription drugs?	☐
5. Did your parents or adults in your home ever hit, punch, beat, or threaten to harm each other?	☐
6. Did you live with anyone who went to jail or prison?	☐
7. Did a parent or adult in your home ever swear at you, insult you, or put you down?	☐
8. Did a parent or adult in your home ever hit, beat, kick, or physically hurt you in any way?	☐
9. Did you feel that no one in your family loved you or thought you were special?	☐
10. Did you experience unwanted sexual contact (such as fondling or oral/anal/vaginal intercourse/penetration)?	☐
37	
Your ACE score is the total number of checked responses	

All of these graphs come from “The relationship of adverse childhood experiences to adult health, well being, social function and health care”, a book chapter by Drs. Vincent Felitti and Robert Anda, co-founders of the ACE Study



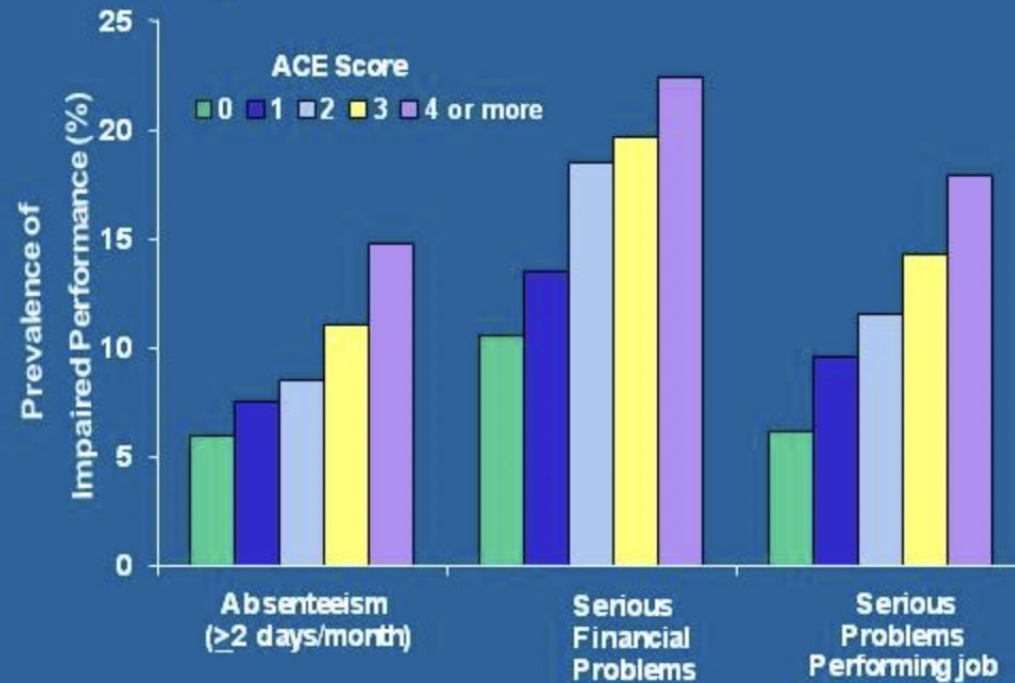
Childhood Experiences Underlie Chronic Depression



-
- <https://acestoohigh.com/got-your-ace-score/>

Social function

ACE Score and Indicators of Impaired Worker Performance



-
- Individuals with ACE scores of 6 or more have been shown to die on average nearly 20 years earlier than those without ACEs.

- <https://acetoohigh.com/got-your-ace-score/>



Adverse Childhood Experiences (ACEs)	Counter-ACEs
Physical abuse	Liking school
Verbal abuse	Teachers who care
Sexual abuse	Opportunities to have fun
Physical neglect	A predictable home routine
Emotional neglect	Feeling comfortable with yourself
An alcoholic parent	
A family member in jail	Having a caregiver whom you feel safe with
The disappearance of a parent through divorce, death or abandonment	Beliefs that provide comfort
A family member diagnosed with a mental illness	Having good friends and neighbors
A mother who's a victim of domestic violence	

Referenced from [https://www.ajpmonline.org/article/S0749-3797\(98\)00017-8/pdf](https://www.ajpmonline.org/article/S0749-3797(98)00017-8/pdf) and <https://www.sciencedirect.com/science/article/abs/pii/S0145213419302662>



When adults consistently care for children and offer support, kids feel safe and secure. They trust their caregivers will lovingly meet their needs. This feeling of security is good for their brains and bodies.



Eating healthy food



Getting a good night's sleep

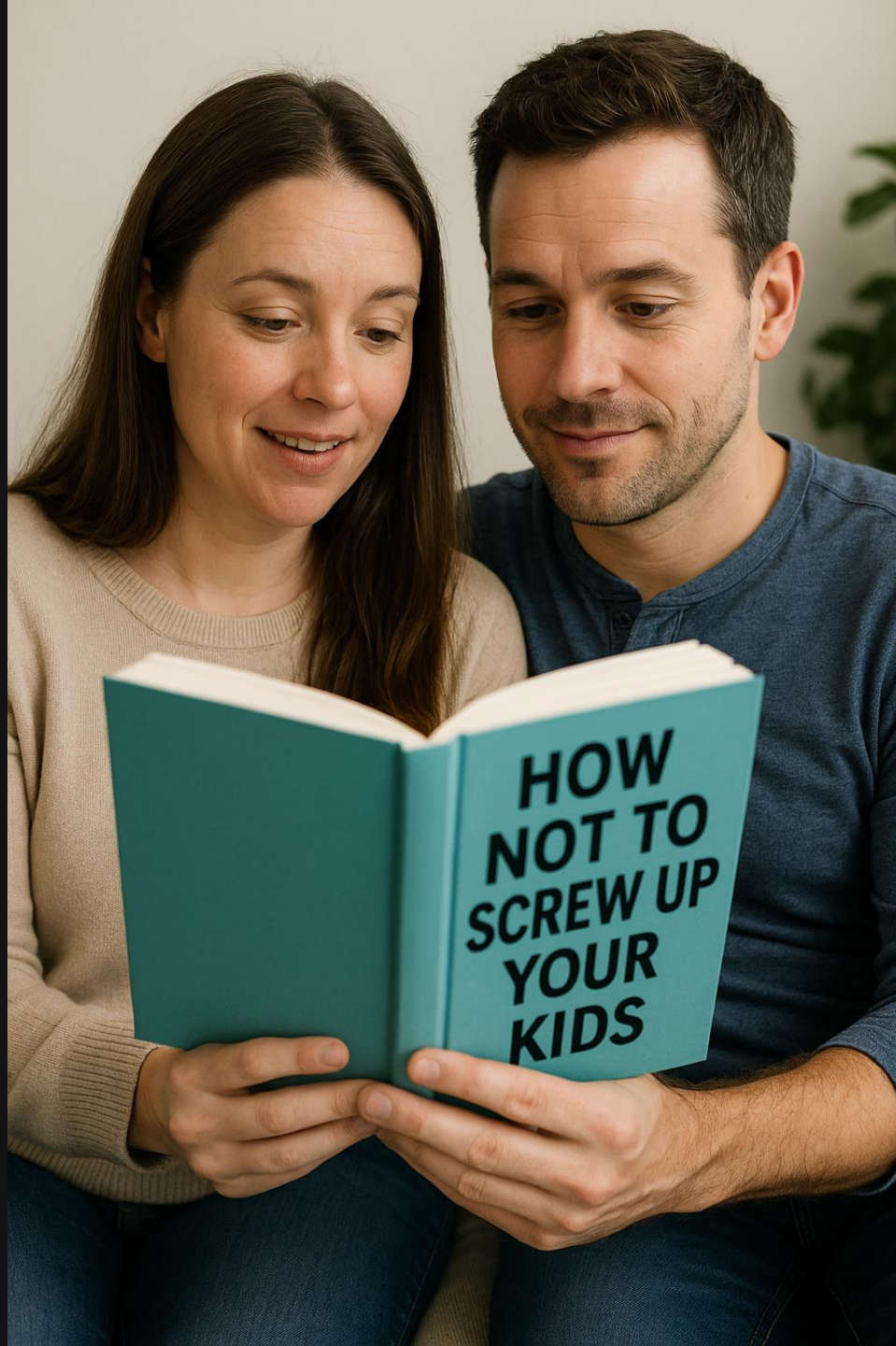


Practicing mental health support when needed



Practicing mindfulness

Together, all of these important things can help





"I believe that if we want meaningful, lasting change we need to get clear on the differences between shame and guilt and call for an end to shame as tool for change. "

- Brene Brown



“Do you really want to go out looking like that?”

“You let your teammates down during that game.”

“Why can’t you get good grades like your sister?”

“Why do you hang out at home all the time instead of going out like other kids?”

“Why are you crying? It’s not that bad.”

Harvard health

Studies link shame with increased risk for depression, anxiety, self-harm, and even suicidality.

Nikolić M, Hannigan LJ, Krebs G, Sterne A, Gregory AM, Eley TC. Aetiology of shame and its association with adolescent depression and anxiety: results from a prospective twin and sibling study. *J Child Psychol Psychiatry*. 2022 Jan;63(1):99-108. doi: 10.1111/jcpp.13465. Epub 2021 Jun 16. PMID: 34132398; PMCID: PMC9292396.

Sheehy K, Noureen A, Khaliq A, Dhingra K, Husain N, Pontin EE, Cawley R, Taylor PJ. An examination of the relationship between shame, guilt and self-harm: A systematic review and meta-analysis. *Clin Psychol Rev*. 2019 Nov;73:101779. doi: 10.1016/j.cpr.2019.101779. Epub 2019 Oct 30. PMID: 31707184; PMCID: PMC6891258.

SHAME vs. GUILT

Understanding the difference

SHAME

Shame is feeling bad about yourself as a person.



I AM BAD.

GUILT

Guilt is feeling bad about what you did.



I DID SOMETHING BAD.

WHAT TO DO WHEN YOU EXPERIENCE ...

SHAME

- Exercise self-compassion.
- Recognize shame as a survival tactic.
- Seek healthy connections with others.
- Talk to your therapist.



GUILT

- Admit you are wrong.
- Take responsibility.
- Seek forgiveness.
- Change your behavior.



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Is this something they can change?

Is it important that they change it?

Is this a good place and time to say anything?

Do they want to change this behavior?

Is there a better way of changing this behavior? –**Claire McCarthy, MD,**



Wait!? What
about those 3
things???

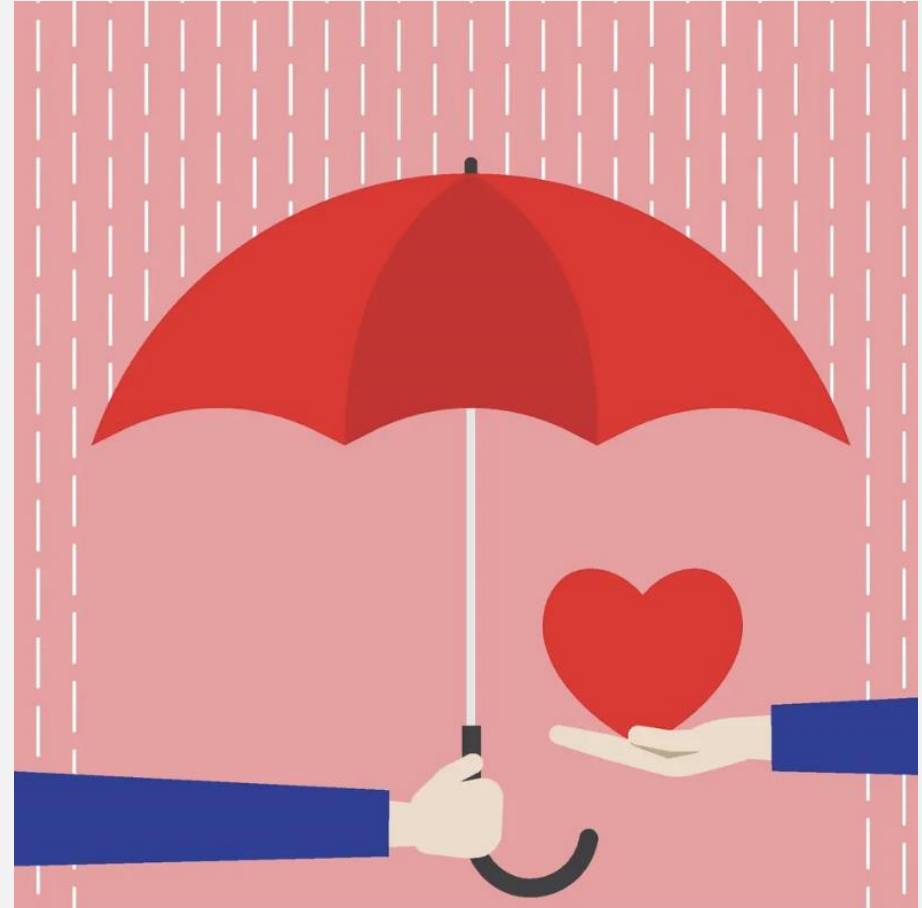
**NOT SURE IF I SHOULD GIVE UP
BECAUSE IT'S TAKING SO LONG**

**OR IF I SHOULD KEEP WAITING BECAUSE
I'VE PUT IN SO MUCH TIME ALREADY**

SAFE

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-
- **Safety = A state of being in which the nervous system can rest, relationships feel secure, and behavior is guided by connection – not fear.**





SEEN

- Seen = The experience of being emotionally understood, attuned to, and accepted for who you truly are – not just what you do.

Supported

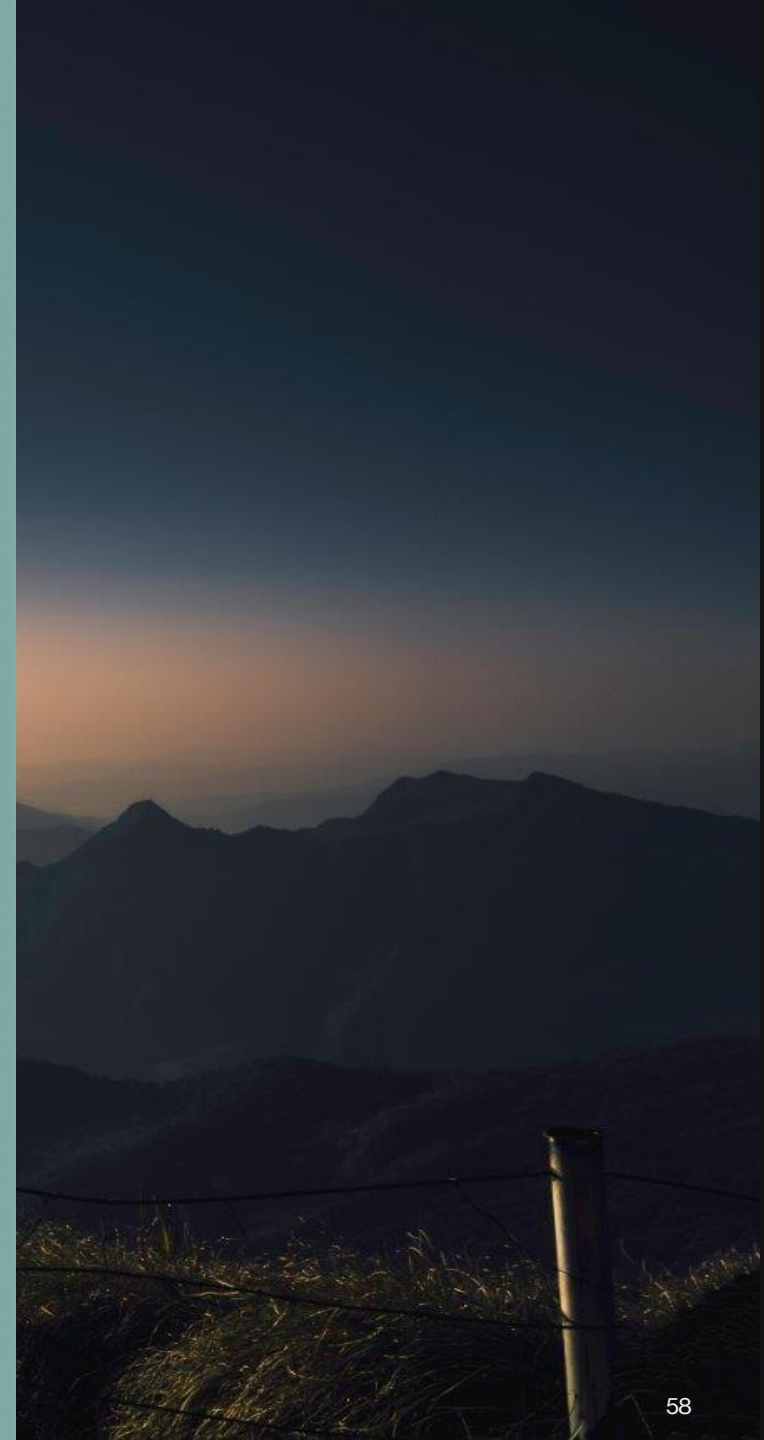
- Supported = The ongoing presence of a caring, responsive adult who helps a child face challenges, regulate emotions, and grow — without shame or pressure.





Safe, Seen & Supported

Relational conditions that unlock
growth, learning, cooperation, and
healing





Q & A

Mental Health Helpline 24/7 -1-877-303-2642 (Toll free)

Access Mental Health 403-943-1500

Distress Centre 24/7

Text Support: 403-266-4357

Phone Support:403-266-4357

StephBogleCC@gmail.com



You don't need to paddle alone

Thank you