

The “Adults Supporting youth with challenging pasts group” provide caregivers with the skills to help children who have experienced trauma or “just” had difficult lives growing up. We coach caregivers about skills that will guide you to help children begin the process of healing from negative life events.

We know that any child can try your patience, but parenting a child who has experienced a challenging past is significantly more difficult.

We understand you come to us from many backgrounds and beliefs. We do not dictate to you or say, “you are doing it all wrong.” Instead, we coach you on how to use proven intervention methods, you may not have learned in your family of origin. These skills will help the caregiver to raise a child who is struggling to deal with their negative life experiences whose memories evoke upsetting feelings in the moment that triggers the “in the moment” bad behavior. Remember, a child may act “way out” of what you consider appropriate behavior so we explain how to understand this outburst and then how to cope appropriately. (for you and the child). We then ask you to go home, try the new skills we are teaching & then return to discuss what works or is a struggle.



GENERAL INFORMATION

Neither you or your child need to be a Lake County resident, nor a client of Crossroads Health to participate in any Love & Logic group.

The Adults Supporting youth with Challenging pasts group runs for **8** consecutive weeks.

Time: Wednesdays from 5:15 pm - approximately 7:00pm
It's essential to arrive on time to check-in **each week**. Please contact Lyle if you cannot arrive on time.

Place: 9220 Mentor Ave.
Mentor, OH 44060
Room 304 (Right corner of Plaza)

Fee is \$60 for Lake County residents and \$70 for non-residents. Payment can be **cash or check** only for each household for the entire group.
If parents are not living together, each pays their own fee.
Please talk to Lyle in case of hardship.

Free childcare is available if you need it. Children are taught improved socialization skills in a room separate from the adults.

Please note, it is critical that you arrive on time so the childcare provider can escort your child to their room. Those arriving after the start time of the adult group may have to wait with their child in the lobby until a provider can escort your child to that near by room.

From the developers of
Parenting with Love and Logic.®

ADULTS SUPPORTING YOUTH WITH CHALLENGING PASTS®



Group Topics

The adults supporting youth with challenging pasts group coaches caregivers on how to utilize a new set of skills to help them parent children who have experienced challenging pasts.

You learn:

- We teach ways to recognize how a child perceives & reacts to their feelings associated with their life experiences. We then coach caregivers real life ways to help the child cope and heal.
- You may have noticed your child having a melt-down over the "littlest" thing, which we know is often connected to their bad life experiences. Therefore, we discuss how trauma affects the brain, after which, we explain why & how it affects the child's behavior later in life.
- We teach caregivers ways to not only understand why a child "acts out" (often for no apparent reason), but then how to appropriately respond (without inadvertently escalating a tense situation which we call "adding gas to the fire.")
- We teach ways to recognize [and deal with] how a caregiver AND the rest of the family can be (are) affected by living with a child who has experienced trauma(s).
- We emphasize the importance of developing healthy relationships so a child can feel safe in the moment and thus begin the journey to healing.



Group Topics

- We coach you how to respond to an upset child. Caregivers are taught ways to respond properly even when you are on your last bit of patience and energy. Remember, how you respond is closely watched, then often imitated by your child, so modeling property anger and emotions control is essential. We coach you on how to not accidentally escalate a tense situation.
- We educate caregivers about how a child's age of development (chronical age), their emotional maturity and any physical and/or other diagnosis affect their current behaviors.
- We coach caregivers on the **critical need to appropriately handle their own emotions even when "stressed to the max."**
 - Parents are coached to recognize when they are getting upset & then utilize improved skills to make good choices rather than having an "adult temper tantrum."
- We coach the adult on how to avoid lecturing, "nagging" and "constant" reminding.
- We provide practical ways to set appropriate limits and enact logical consequences.
- We suggest ways to work with the child's other parent even if you are not on the best of terms.
- We coach adults on how to respond in an empathetic manner rather than using (unintended escalating phrases) that tend to upset the child even more, as well as the adult.

Group Topics

- We teach caregivers how to recognize when a child is starting to escalate so you can respond in a way that does not further escalate the child, or the adult. (As a bonus, we also help the adult to learn how to recognize, and deal with their own "stuff" when they are "stressed to the max" and on their own last ounce of patience.)
- We coach you on how to respond to an angry child. Obviously, the adult does not like the child's bad behavior, so the adults are coached on ways to respond, calmly and on how to set logical consequences to deal with the child's misbehavior instead of reacting in a way that inadvertently escalates the child (and you).

See Lyle Morris for information on the other Love & Logic© "basic" parent skills enhancement group which coaches caregivers on how to improve some of your existing parenting skills and learn new skills to deal with the child who is "just" not behaving as you may have dreamed they would behave when they were a baby.

To talk to Lyle regarding any Love & Logic© groups, call him at 440-255-1700 Ext 561.

Crossroads Health also offers Early Childhood Services for infants to 5-year olds. If interested in these services, please contact 440-358-7370.