



Angela Hill: Orienting Towards Goodness for Parent-Child Co-Regulation



Angela is a dancer, parent, and educator, offering tools for community building, inclusion and social change. Listening to your body and following its impulses can help re-orient toward the goodness and safety that you find when authentically connecting with your child. Co-regulation is the key to building a lifetime of resilience for our children. Discover how to regulate ourselves and offer our presence as an anchor for their storms, and repairing as needed when we are unable to regulate in time.

TOP EMBODIMENT TIP: Follow your impulses. Listen to your body. Look at your children as when they were delicious babies. Find ways to enjoy them as they grow. Develop your own loving parent voice in your head.

Co-Regulation:

- Parent and child are both learning to regulate in relationship.
- Listen to the body to find safety and connection.
- Include movement as a tool for building connections.
- Parents pass on generational autonomic profiles through interactions, children mirror parents.

Building Resiliency:

- Move through impulses of reactive shut down to move to connection with the body.
- Toggle back and forth from contraction to emotional safety/expansion to create pathways.
- Mobility and adaptation is essential for well-being.
- Stress responses keep us alive.

Intentional/Spontaneous Resources:

- Internal/external, autonomic and environment and awareness of what is missing.
- Spontaneous glimmers- take us to safety and goodness, helping when unpleasant or intense.
- Find what helps you shift out of stuck: dance, run...do it with your children at times, rewiring intergenerational patterns.

Resources

- ❖ **Website:** [rewireforparenting](#)
- ❖ **Facebook:** [Kinnect](#)
- ❖ **Linktree:** [angelahill](#)
- ❖ **References:** Somatic Experience Method, Deb Dana, My Grandmother's Hands, Resmaa Menakem, Peter Levine, Somatic Experiencing, Marion Rose, Inner Loving Presence Process



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors”. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love.

#LoveAndRage explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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