



Roma Norris: Raising Embodied and Emotionally Sound Kids



Roma is a somatic, trauma-informed, connection-based Parent Educator in the UK. Discover how to parent our children in an uncertain world to build resilience, and help them stay in touch with their emotions and their integrity. Understand how we can rewire our own parenting responses and learn some simple, pragmatic strategies to support your children so they become more resilient, confident and authentic.

**TOP EMBODIMENT TIP:** Listening Partnerships allows day-to-day support and growth when we are under stress.

Parenting with Hope:

- Research shows that anytime there is an improvement in education, or parenting practices toward more responsive parenting, there is a corresponding shift toward democracy. **Parenting is a global form of social activism.**

Feelings-Based Connection: **Encourage healthy emotional growth with safe connection**

- Our parenting interactions can create two responses from kids: one, of a child feeling apprehension, feeling bad, alone, an annoyance; or two, a child feeling delighted in, feeling loved, cherished and understood.
- It doesn't work to create this awful feeling in children. Kids are innately good with a heightened sense of morality.
- Children tune in to adults, and they need connection from people who see the best in them.

Stay Listening: **A way to cope with strongly emotionally releasing children and to build safety**

- Children's nervous systems are wired for connection and emotional release. Crying or tantrums are in-built recovery.
- Use a calm tone, validate a child's emotions, keep boundaries/upholding the limits gently, respond to a child's attempts to communicate. There is no need to reason, negotiate, or name feelings; instead, *validate their feelings*.
- Warmth and presence are beneficial for a child in releasing emotional states, and will build their limbic system healthily. If we ignore or shut down a child, we are encouraging other less adaptive states of being/uncertainty.
- **Listening Partnerships:** be a supportive listening partner for yourself

Left & Right Brain Understanding for Validation: **Right (feelings, needs, emotions) versus Left (thinking, naming needs)**

- Naming emotions engages the left brain, yet in these emotional instances, is not as helpful for a child as validating their feelings and the things they are fixated upon. Warmth and comfort build emotional resonance.
- **Special Time**, an effective parenting tool: 1. Announce to your child you have time just for them (i.e. undivided, delightful time); 2. set a container (i.e. use a timer), give kids autonomy in this time, and follow their lead for play; 3. be enthusiastic, delighted either by finding something in their chosen activity or in them themselves; 4. set limits only if it will hurt someone or break something.

Resources

- ❖ **Books & Courses:** Hand in Hand, More available via website below
- ❖ **Website:** [handinhandparenting.org/instructor/roma-norriss](http://handinhandparenting.org/instructor/roma-norriss)
- ❖ **Instagram:** [@hand in hand parenting](https://www.instagram.com/handinhandparenting), **Facebook:** [HandinHandParenting](https://www.facebook.com/HandinHandParenting); **Twitter:** [ListenToKids](https://twitter.com/ListenToKids);  
**YouTube:** [HandinHandParenting](https://www.youtube.com/HandinHandParenting)



❖ **References:** Parenting by Connection; Hand in Hand Parenting - Patty Wipfler; Dan Segal

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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

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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