



Patty Wipfler: Tools for Connective Parenting during COVID times



Reaching over 300 million parents and with over 45 years of working with parents and children, Patty Wipfler is the Hand in Hand Parenting Founder and Program Director. This simple but powerful parenting approach nurtures the parent -child connection. Discover workable ideas, including “Listening Tools” designed to help parents heal their own stress and that of their children’s and ways to support your children’s inherent love of learning.

TOP EMBODIMENT TIP: Listening heals the hurt. Your child may pour out the hurt, you pour in the caring and the listening. This is a very powerful healing process that will turn around your child's behavior.

Connective Parenting: **Feeling stuck**

- See how reward and punishment work against connection.
- What happens when connection breaks? Feelings can explode as can adaptive and maladaptive behaviours.
- Explore what happens when a child cries. Why is feeling safe so important?
- What happens when you are a more **connective parent**? Why is controlling your child's behaviour not working?
- Discover the most important thing for your child.

Feelings: **You have the power**

- Did you ever wonder what children's emotions are for? It helps move them from being disconnected to connection.
- Why non verbal communication is as important as verbal communication.
- What allows a child to be their best self?
- Discovering your vital role in their healing process.

Neuroscience: **Eight lane highway**

- Discover how you develop your child's limbic system. What is happening in the prefrontal cortex?
- Understand how the various systems work within a child and understand the emotions of your child.
- In the eight-lane highway, what happens when you adjust the lanes? What can a child not live without?

An Embodied Child: **The tools**

- Learn how to guide a defiant child into a cooperative child. How as parents do we start to build that connection?
- How do you allow your children to open their mind? What does creating partnership do for both you and your child?
- Discover yourself to help your child discover themselves. How can parents also get help in meeting their needs?
- What heals a child’s hurt?

Resources

- ❖ **Books:** Listen: Five Simple Tools to Meet Your Everyday Parenting Challenges.
- ❖ **Website:** <https://www.handinhandparenting.org> Refer to free resources and slides on the website. 50% discount for conference attendees.



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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