

Empowering Lifestyle Made Easy

with Helen Brougham



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Welcome to the Empowering Lifestyle podcast your host is Helen Brougham.

In Today's episode:

I want to welcome you here today, thank you for coming. Many of you know me as the author of a book called *"Empowering You and Your Family."*

I'm also a massage therapist and I've been a massage therapist for over 20 years now. I do a lot of coaching and helping people through even their littlest issues because once we get what those issues are we can move forward.

So today we're talking about a very specific area and it's really important too. Anybody that's got a child; now I'm saying a child but I'm also for anybody that has issues that seem to hang around and you just keep making the same mistakes.

This one's specific because the question is "Is your child getting into trouble at school?" We all know what happens, even when we're at school ourselves, what happens when your child gets into trouble. Many of us have so many issues going on for themselves from their own childhood where our parents didn't have that information about going and talking to the teachers and sorting it out.

I can remember myself having an issue in grade 7 and my mum was called in. We had different teachers at that time and Mum actually talked to the English teacher but the teacher my mum needed to talk to was actually the math teacher.

So she had great intentions of how she was going to help me as a child, but what happened was that she didn't know that it was actually the math teacher she needed to speak to. So this happens all the time, but as a child we've got all this built up anxiety around our own child and what happened to us at school, like bullying or being blamed for something you didn't do.

All that is anxiety stuff, so you may have noticed that some parents are actually going to the school and they're all up in arms about what's happening. Because they don't know what's happening, they feel very fearful. Why parents are so concerned when they go in there is that they bring all that anxiety from their own childhood into helping their own child at school in the now.

So it's not that they are bad parents or what we put a name on it, it's really that we're bouncing off of our pain from our own childhood and we want to protect our child. We always felt like we weren't taken care of, so that's one side of it, and then there is the other side of, is your child getting into trouble at school?

When children got into trouble at school years ago, it was called they were naughty. You can run down the list on your hand about you know they want attention, and all of these other stories that were brought up.

But I want you to sit back for a second and really listen to what I'm going to tell you, because it is going to come from a different direction, one you may not have heard before. But if you just see how it fits with you and see how it would have fit for you when you were that child -- like I was struggling with math and thinking my mum's going to help me sort it out and I'll get going and be all right. So look from that area.

How it goes is you being the parent and saying and sitting down with your child instead of saying they are naughty, wrong, bad or want attention, I want you to sit down with your child or think about an issue when you were a child and go and hear your parents say, "What happened? What happened at school today?" Because there is so much going on we don't sit down with our children as we could.

The three things to look for, and to be with your child in that moment, is to sit down with them on their own, preferably in a nice place. Or go for a walk or go and be in a place where it's very neutral. The three things I want you to do after you sit down; the first one is listen, listen to your child, listen, listen, listen to your child tell you how it is for them.

Listen to your child as though it is you with your parents, totally focused on what you are saying or your child is saying, because children don't learn to not tell the truth because they're being hurt. They tell the truth because they are right there in that moment when something happened.

Now how many times have you seen a child where somebody has hit somebody and the person that gets hit retaliates and they get into trouble. Not the one that started it -- the one that started it is actually the one that could be having a problem. It's like talking to that child because that one has an issue going on that is why he is doing it to other children or whoever.

This is how the bully comes out, so when we listen to our child and we've focused on what our child is saying with a very loving heart because we're supposed to love our children unconditionally. Because this is how love looks; it's to really listen to your child. What you're going to hear is the depth of their pain and what's happening for them; and he did that and she did this, they're not doing this, they're not doing that, and they're not getting into trouble.

Meanwhile the ones that start things often don't even come into the picture; it's the child that retaliates. So when you're listening to your child and they're telling you all about it, keep listening because the more they get out what is going on for them, the more they get to verbalize what's going on for them.

And you would know in yourself that when you're being listened to, and you want somebody to really listen to you, you're not wanting them to tell you how to do it right then, you just want to get the whole thing out.

When you do that for yourself or your child gets it out and the other person is listening, you feel like you're loved and understood and somebody is really getting you.

After this podcast I want you to just go and think for a few minutes where has that's happened for me, where I really felt listened to? Because when we're not listened to, and you know this sometimes your girlfriends or your mates, they go over the same story over and over and over again; every time you see them is the same story, over and over again.

That's because they haven't been able to express the whole thing and somewhere when that happened they didn't get listened to, so they got stuck in the middle of what happened in that moment of not being able to say what happened for them. The moment we let them tell the whole story they feel really gotten. Gotten as in, "Uh, I totally understand what's happening for you."

In that moment it's like something just clicks. Sometimes it just seems so hard in that moment of talking about it, then suddenly your mind goes click, click, click. All of the sudden you'll start to see an opening to how you could do it differently.

Now as an adult we can talk to our spouse or our partners, but when it comes to children we've got to give them those little techniques to look out for. Another little tip about now is, "When somebody does this..." this is how they can newly work out what to do. We can say stuff like, Don't worry about them, find somebody else to play with."

That isn't a talk to help them, that's kind of fogging them off and expecting them to figure it out on their own. When a child has to figure it out on their own, they will get stuck in that moment and that will become the new behavior. Sometimes when that happens their whole behavior will change. They'll either go louder or quieter and you'll go, "Gee, she is really quiet today," and not think any more of it because you just don't know.

The moment you know that your child comes home from school and they are very quiet or something, and that is way over the top of normal what your child normally is like, you can know that is the moment you stop doing what you're doing, no matter how important you think your job is.

You go and be with your child, because that's the moment when something happened at school and they can't figure out what to do about it because they haven't had that experience before.

Now you can go back through your own life, when you had that car accident, did that change you? Did you suddenly do things differently?

When you're in a car accident you'll look around more than ever before, and every little 'rrrrr' with a car, you will cringe. It's the same with small children, all the way through. If they have behavior changes one way or another, you know something's going on. That is your trigger for going and spending those few minutes or an hour, whatever it takes, to be with your child.

They will know you'll be able to help them by you listening, listening and listening, letting them talk it all the way through. Then when they're ready say, "What do you think now that you could do that, would help you tomorrow when you go to school?" That's just the question for them to open up; know that there is another way I can do this.

You can pop in little things that can kind of, "Well you know, when they do that, instead of you feeling like you have to do it their way, think how you don't need to take on what they are saying or you don't need to put yourself in that place again." Your child will actually work it out really easily, knowing what they need to do when they get into that moment, because you've given them a talk.

The more little talks you give them, the easier it is for them, but only say it once or twice. Because we might need to tell our children over, over, and over again what they need, but in the moment of these situations your child only needs to hear it twice. And then let it go because in the moment them needing that at school, they will remember your voice and go, "Oooohh that's what mum said, that's what dad said, I can do that, I can see how that fits in.

Yeah I can see that!" This is the most empowering thing that you can give to your child because if you go back and have a look at some of your young age group, ones where stuff happened at school, you'll notice that you didn't have any talks to actually work it out. Often we keep making the same mistakes; you're probably still making the same mistakes in your adult life and thinking, "Why am I back here doing this again?" This is really what's been happening.

Now I've got one from a lady in my clinic and it was really interesting that she came to me. She was saying her son was 5 and you know he hadn't yelled at her or anything up until this point, but this day he started yelling at his mum and he starting raising his hand at her and he was starting to get "rrrrr" kind of that really angry look. Ehen she came to me she said, "Can't understand it why is he hitting me now? Why is he doing all these horrible things? He's never done it before!" I said to her, "Okay so where has your son been? He's been watching you and somebody's been yelling at you.

Somebody's maybe in the street; there is somewhere where he got to see how to do that to you. It was okay because they did it in front of him, and he actually learned those things off of what's happening in the environment. They don't know which one is ok to do and which one aren't ok.

They just test them all out, like they bring all their behaviors home because some other child does it, and they bring it home and they test it because that person can do it, so I'll do that.

But then they quickly find out that one's not working in my family, or that works, and so when it's like this child got to see it was ok because somebody else was doing it to her.

The main part about it was she thought about it, and all of the sudden she realized that her brother had been at her house the day before and he was loud and he was yelling and he was shaking his hand. It wasn't actually to his sister but it was actually about something that happened to somebody else.

He was just really frustrated and upset and so she went, "Ohhhh my goodness, he was watching us when that was happening!" And of course he thought it was okay, so when she went home that night, she was telling me a few days later, she said she'd talked to the son about what had happened and he stopped doing it immediately.

Because he then got to understand that it wasn't the behavior of their family. This is what you can block from not continuing. If that mum hadn't gotten that, do you think she would have been stressed every time her 5 year old was coming near her he'd hit her, or yell at her, how upset she would have been? But on another level that little boy would have felt, there is something wrong with this, it doesn't feel right. He would start to get that anxiety too.

This is where this is really exciting -- to be able to unlock these things and have harmony back in your house. This is how you can unlock so much, just by knowing these little techniques. So don't put a name on what everybody else puts a name on, have a look underneath and start to listen and watch.

You'll start to put a smile on your face when you actually get what's going on. In the process, you'll help yourself, your children, your mum and dad, your grandparents, uncles, aunts, brothers and sisters. It's a lovely little technique and it works really well.

If you've got a story about anybody in your family; she's like this or he's like that, I want you to have a look and use this technique and see what's really going on. Maybe you need to sit down and listen and see what's really going on.

So this is the podcast for today. I've had lots of fun bringing this one to you. So now head on over to Facebook and leave a comment, and if you really love this podcast, please "Like" our page. If you'd really like to ask a question, we've got the podcast and we've got the blog, so we'll bring up these different questions you're asking. I really look forward to having lots of fun in the future, so bye for now and I'll see next in the episode!