



The Parenting Iceberg

Above the waterline

What you can see:

E.g., whining, yelling, hitting, refusing, swearing



Under the waterline

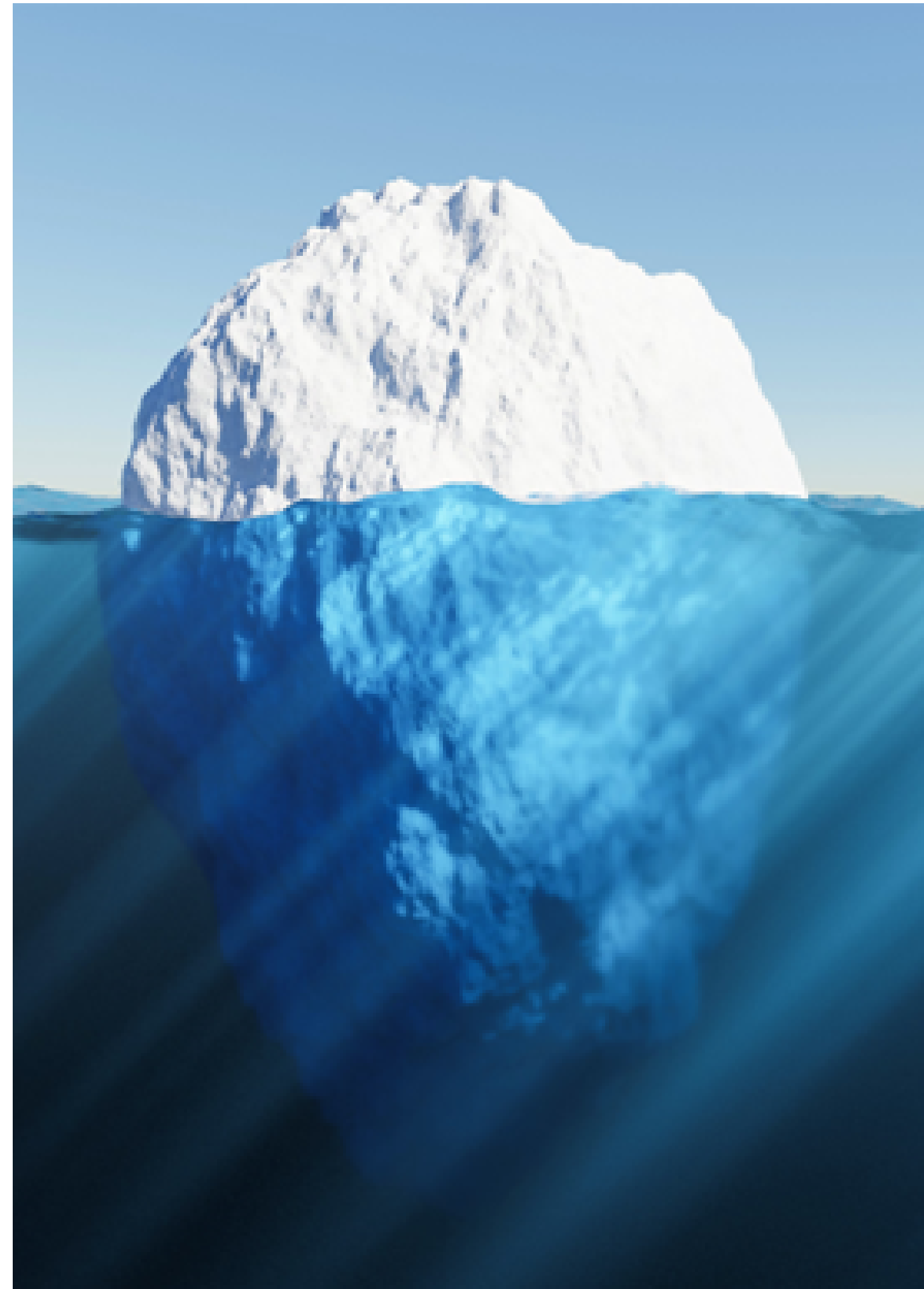
What you can't always see:

E.g., hungry, tired
individual development,
central nervous system
sensory overload



Some Key Areas to Consider:

- Social-emotional Development
- Sensory Needs
- Neuroception



Social-emotional development

- Brain development
- Emotional regulation
- Language and communication

All children develop along Individual trajectories

Distress reduces a child's capacity

The behaviour may be communicating:

- An area in need of development
- An area "under renovation" (teenage brain)

Sensory Needs

- Most people don't understand that we all have sensory needs
- Behaviours can be adaptive and useful

The behaviour may be communicating

- Over or under stimulation e.g., soothing or alerting
- Sensory diet needs

Neuroception

- There's a difference between intentional behaviour and a stress response
- Faulty neuroception happens
- Past trauma has an impact

It's important to prioritize relational safety and connection

The behaviour may be communicating that the child doesn't feel safe, even if they are "objectively" safe

Remember every child is unique
Tailor your approach to each child
Be kind and compassionate to yourself
while doing this

Become a detective:
Develop your understanding of your child
Develop your ability to read their cues in the moment