

What Parents of Complex Kids Need To Know V2

Speaker 2: [00:00:00] Welcome to the Peaceful Parenting Podcast. I'm your host, Sarah Rosenzweig, mom of three young people, Peaceful Parenting coach, and your cheerleader and guide on all things parenting. Each week we'll cover the tools, strategies, and support you need to end the yelling and power struggles and encourage your kids to listen and cooperate so that you can enjoy your family time.

Speaker 2: I'm happy to say we have a great relationship with our three kids. The teen years have been easy and joyful, not because we're special unicorns, but because my kids were raised with peaceful parenting. I've also helped so many parents just like you. Stop struggling and enjoy their kids again. I'm excited to be here with you today and bring you the insight and information you need to make your parenting journey a little more peaceful.

Speaker 2: Let's dive into this week's conversation.

Sarah: Hey everyone. Welcome back to another episode of the peaceful parenting podcast. I'm so excited today to have Corey with me. Welcome Corey. Thank you for having me. So if you don't Corey, why don't you just introduce yourself for anyone who doesn't know you? [00:01:00]

Corey: So hi, I'm Corey Everett. I am one of Sarah's peaceful parenting coaches and I do a lot behind the scenes with her as well.

Corey: And I have two kids of my own and they are, I just said, I need to remember this. They are almost nine and six, six years old. And both of them are complex. All right,

Sarah: welcome. Welcome back to the podcast. Today we wanted to talk about the summit, which is coming up. Start it's coming up next week. It starts Tuesday, October 15th.

Sarah: And if you haven't already signed up for it, it's at reimaginepeacefulparenting.com/summit. And we're also put a note, a link to that in the show notes, but we really wanted to tell you all. Why we put this summit together and why it might be important and the themes that might be important for parents like you probably of complex kids what Corey and I always find is

that people who have more typical kids, or at least, like, Well, let me just say that again.[00:02:00]

Sarah: People who have more typical kids don't generally listen to parenting podcasts, read parenting books, search up things about parenting because their lives are like a lot more simple, right? Like their lives are a lot more simple and they don't find parenting obviously is stressful because of time crunches and demands on our families, but a lot of those things Are we've got, when you have a complex child, it's on top of all of those things, right?

Sarah: So Corey and I put this together. Well, Corey, why don't you take it? Why do you say why we put this together?

Corey: Well, we just, we've realized that when we're working with parents of the parents who come to us, there's just more going on. And a lot of our job is helping parents be stress detectives to try and figure out what is going on and how to best support them.

Corey: And so we realized that's our audience. You're right. The people who say you, my child needs to go to bed at night and just says, good night. And they go off to go to bed. Like that's not our people. Our people are like being like, [00:03:00] how do you get children to bed? So when you have those moments a lot during the day, those are our complex kids that we're just, there's just a lack of smoothness your day and we're here to help.

Corey: You smooth it out.

Sarah: Yeah, and also, like, as Casey Ehrlich, who's one of our summit guests this year who's at Peace Parents, and she talks about parenting PDA kids, she, she talks about how people come to her after they've read all the books and it just doesn't seem to quote, be working. Right.

Sarah: And Amanda Deakman talks about that too. She's another one of our summit guests who she's low demand Amanda. And she also talks about like I had these kids, I read all the books. It wasn't working. Like the book said, and I decided that I was a failure. And I think Casey also talks about that too, right?

Sarah: Like she talked about how she felt like she was doing it wrong and everyone was like, well, have you tried this? Have you tried, have you know, that, that old nugget when you say your baby's not sleeping and someone tells you, have you tried putting [00:04:00] them down drowsy but awake? Like, and it's like, yes, I've tried that.

Sarah: So I think a lot of parents who end up coming to us and who end up, Finding the summit helpful are people who feel like they're still struggling, even though they're doing all the things and that just might be part of the season of parenting that you're in, even if you are doing all the things.

Corey: Yeah, that's it. Exactly. And it's interesting because when I was thinking about us doing this talk today, I actually came to you over six years ago for that very reason. So I met Sarah when I was actually one of her clients over six years ago. And at the time there weren't as many books. But I had read every book there was, and it just wasn't, nothing was easy, and everything was still so hard.

Corey: And you're going to find that's a theme with every one of these talks, is almost every speaker can speak from personal experience of that feeling of doing all the things, and yet everything still being challenging.

Sarah: So you mentioned when you used to, when I used to be your [00:05:00] coach and I remember we tried all of the like peaceful parenting stuff.

Sarah: Right. And I think there always is a certain, when people shift to peaceful parenting, there always is a certain amount of like, okay, that works, that is working some, but that's not the only tool that we need. And we need to start looking like, well, what else is going on? Right. If you're doing peaceful parenting and after a few months It's still not feeling like, Oh, phew that was it.

Sarah: We just need to just shift our parenting style. Then you start looking for other things. And I remember in your case, it was sensory, right? That you, that we realized together that there was a lot of sensory stuff going on.

Corey: Yes. So for us, what really started to shift things was when we started to look at things through a sensory lens and we were able to start realizing there was more going on in this situation.

Corey: I, and One of the big things in this talk you'll see is Greg Santucci talks about sensory needs and a big theme in his talk that I can't wait for people to check out is how you can understand the difference between a child [00:06:00] who's dysregulated and a child who just has a temperament that has some things that need to be met in order to help them thrive.

Corey: And I have two children and I have one that is dysregulated. Super high energy and listening to a talk like Greg's would have actually just solved all of our problems immediately. Oh my goodness. Because he just needs to have, he's like a Labrador retriever puppy. He needs to have all of his exercise needs met.

Corey: And then he can really just settle down and do most things. And he, Greg does a really good job of talking about what does dysregulation look like? And we've learned since that our older child was dysregulated all the time. And so we needed to have a bigger team put together to help us. And I think there's so many talks that can start.

Corey: How can we speak to when you're stuck in that dysregulated state? How can we help? Many of the talks talk about that. I really loved Anne Maney's talk for that because I told Sarah [00:07:00] after I listened to that one, I was happy crying through the whole thing. It is the most hopeful, happy thing that you can listen to if you're going through a diagnosis process, but she just really talks about.

Corey: Understanding your neurodivergent child and then showing up and then parenting that child. And that's what really shifted things for us too, was really understanding the sensory components and all the other pieces of our neurodivergent child and meeting those needs. So if anyone needs a cheerleader, I feel like a lot of these talks are actually a really big cheerleader for getting more information so you know exactly who your child is and meeting those specific needs.

Sarah: Totally. And also cheerleader and validation in terms of like peaceful parenting being the right path, even if you might have people telling you, Oh, what your kid if you have a child who is easily dysregulated and somebody wants to slap like a oppositional defiant disorder. Label on them, right?

Sarah: And for folks who [00:08:00] don't know oppositional defiant disorder in the way that Corey and I think about it is it's not really a diagnosis. It's more of a, and we're not the only ones who think this, obviously. It's more of a description of symptoms of dysregulation. Right. And unfortunately, the mainstream approach to that is often punishments, right?

Sarah: Like consequences and quote, discipline. So I think that all the summit speakers that we, when we get into those sorts of discussions about meeting needs, it's so validating to hear all of these, And the difference is a lot of the experts are much more niched, right? Like, they're not just general talking about parenting, but talking about low demand parenting or parenting autistic kids or ADHD kids or sensitive kids or whatever.

Sarah: All of it boils down to all the principles that we teach in peaceful parenting. Like all these people who have come to these to these points of advice [00:09:00] and their like framework, it's all peaceful parenting.

Corey: Yeah, that's what we found so interesting is at the end of every talk is like, okay, so we got to just keep peaceful parenting and then it's just these little lens shifts, depending on where you're at.

Corey: So this is another big theme that I found is really interesting is. The word diagnosis can be really scary for people and I know I've worked with clients who really did not want to go down that path. They felt like it was creating some kind of box for their child. I would say most of these speakers are really pro diagnosis and are very positive about it and are in no way trying to put your child in a box.

Corey: However, I think what's really great about listening to all of them is they do have a consistent approach. So I feel like if you're a little nervous about diagnosis, Dive into some of the talks on these specific ones because you can still come out with all sorts of tools that you can try As you [00:10:00] get comfortable with thinking about all the different kinds of neurodiversity that's out there.

Corey: Totally.

Sarah: And one of my favorite talks was with Elaine Taylor Klaus. Who literally wrote the book on complex kids. And she and I talked about ADHD. And we talked about that, the whole idea of parents who don't want to get an assessment because they're afraid of the label, right? And she's, and she she said something I've heard lots of people say who are neurodivergent themselves, which is like, you will get late, your child will get labeled whether it's the right label or the wrong label is what we want to pay attention to.

Sarah: Right. Cause I know my daughter got labeled and when, before she had her ADHD diagnosis, she got labeled as like, attention seeking and not trying hard enough and frankly, probably annoying, by some of her teachers, because she was luckily she was persistent about trying to advocate for herself, but until they [00:11:00] understood the challenges that she was facing, they didn't see that as a positive.

Corey: Yes. And the other talk that talks about that too, is Karen Wilson. I think it's Karen Wilson. Yeah. Yeah. The neuro, the neuropsychologist. Yes. And she was so good at talking about how some behaviors can look very similar, but the underlying cause is different. So then how you can help that child is going to be different depending on what it is.

Corey: Right. And what's so funny about that is it's still always peaceful parent. Yeah. It's still always peaceful parent and be really nice to your kids. But there's just these, there are tweaks depending on what neurotype you're dealing with that is really specific. So that's why it's so helpful to have those labels.

Corey: I think she'll, you'll have to listen to the talk. I don't want to give it all away, but I think she uses the example of if your child's struggling with reading, there's like three things that she listed that if it's one of these three, the way you would go about it is [00:12:00] so different. Yes. And so I, I did feel that was a big theme is.

Corey: is not to be afraid of getting more information.

Sarah: Yeah, totally. And another theme is even if you don't have all of the information, trust your gut because you know your kid. That's another theme there too, right? Yeah. I love that. Yeah. And I think so many of us here, the kids should be this way or you should be doing this that it's so hard to really just tune into like, yeah, I know my kid and I know they're struggling.

Sarah: And they're not a bad kid. They're just really they're really struggling.

Sarah: Yeah. And so the other so. We talked a lot about the kids, those complex kids, but one other theme of the summit is the parents of complex kids and who could be complex themselves or just really under that stress and pressure of parenting a complex kid.

Sarah: So we really wanted to, one of my favorite talks in that area [00:13:00] was with Yolanda. Yolanda Williams of Parenting Decolonized, who talked about self care for parents of complex kids. And I love that she was talking to us about it while she was in the thick of it with a complex six year old and also caring for an aging parent.

Sarah: And really, like, she had such great thoughts on how to prioritize, right

Corey: In our lives. Yeah, her talk on that was so powerful because I feel like something that happens often in this community is you come to see these experts and they often tell you like, I used to have such a hard time and then I did all these things and now everything's beautiful and perfect.

Corey: And I think a reoccurring theme for a lot of the parents we work with is they're like, well, we are making progress. We're heading in the right direction, but things are still hard. And so Yolanda was really giving us space to, that's

okay. It's going to ebb and flow and that it's okay if you're still finding it really hard.

Sarah: Well, and I think that is a [00:14:00] general theme, too, from last year and this year, is that for parents, like, I, over and over again last year, I heard, I had emails, comments on the Facebook, in the Facebook group, about parents who are like, oh my gosh, I feel so seen. Like, I can't even tell you how many times I got that feedback, because I think so often it's like, you're doing this wrong, you're doing that wrong, if you were doing this right, your kid wouldn't be struggling.

Sarah: But I think that really one of the big reasons we put this together is so that. We would hear from all these experts, A, but B, like, hearing that you're not alone, right, and that you're seen and that you're what you're doing matters and what you're doing is going to have, I was going to say is working, but it's like we have to like zoom out and see like the long term lens.

Corey: Yeah, and that's actually a special part of the summit. Aside from the talks is that we have our free Facebook group, and we have a year round, but during the summit, it's a really special time because Sarah and I will be doing lives every day [00:15:00] at noon, and that's when everyone gathers, and it's just all these parents who are going through the same thing coming together and just feeling that feeling of we're all together, live, all together.

Corey: Also, not aside from just watching the pre recorded talks.

Sarah: Yeah, it's such a sense of community. And this wasn't, this isn't for the summit, but I was just thinking of one of our members posts last week, who she has a comp, a complex five year old and they've really trying to figure out like what's exactly going on with this five year old and they don't know yet.

Sarah: But the One of the teachers at her otherwise she finds otherwise supportive school pulled her aside and basically was like she's fine at school Like you just need to reach it She just needs more discipline and there were like six people in the Facebook group who were like including myself who were like That's bologna.

Sarah: Yeah. And you was like, that is bologna. It's called masking. We even had a talk last year and we had, we're revisiting some of the similar ideas about masking, but we had a talk last year in the summit called when your kid is fine at school, cause that's such a [00:16:00] thing. And it's like, if you don't have a community, that you can go to and say, the teacher just said this to me.

Sarah: Like, imagine like this, the shame spiral and self doubt that member would have been in if she hadn't had a whole bunch of people to say like no.

Corey: Yeah. And I think that's so hard as we, you and I've talked about this a lot. We love teachers. We absolutely love teachers. They do such hard work.

Corey: And we're very conditioned, even as adults, to just do whatever a teacher tells us. That's so ingrained in you from your school experience. And especially a lot of us who are discovering that ourselves are neurodivergent as adults, we have very distinct memories of being in school and trying so hard.

Corey: So hard to do what everyone's asking us to, and that being really hard. And so I feel like some of these talks were just so empowering to give you an idea of like, what are we looking for? In pushing back because this movement that's happening right now of understanding neurodiversity

Corey: it's [00:17:00] new. And some of the, some of this information is cutting edge and it's such a new way of looking at our beautiful complex kids and neurodiversity. And so a lot of the professionals in our life don't have a neuroaffirming lens. And so we do really have to be advocates and get, Oh, and that tells me about another one.

Corey: Some of the great talks about being advocates at school are so great because it's really hard to push back against teachers and professionals. And a lot of these talks are giving you the information you need and the permission slip and the confidence to go in and say, Hi, this is what my child needs.

Corey: And this is what's going on. And. It's so hard to do that. Yeah.

Sarah: I mean, you just shared with me after listening. I mean, I guess we didn't say this at the top, but you have listened to all of the summit talks at this point.

Corey: I felt like I was able to go into this meeting and just feel so much more confident because the summit interviews keep on telling you, I think a really important theme and you [00:18:00] named this too, is believe in yourself and your child.

Corey: And Sarah and I've talked about, it can be a little tricky being a peaceful parent because sometimes being a peaceful parent means that it's not as obvious when your child is struggling.

Corey: It's not as obvious, and unfortunately, sometimes to get the supports you need in the places outside of your home, it's The kids that have the highest level of need, right?

Corey: And sometimes our kids who are peacefully parented, their need isn't as obvious because we're working so hard at home to meet all of those needs. And so I found that was something that was really helpful. A big takeaway from Casey's talk is we have to learn that we don't need any of these professionals to validate for us what we know to be true about ourselves and our children.

Corey: And when we are engaging with any professionals, schools, pediatricians, any of them, we [00:19:00] need to go in having validated ourselves. And having that confidence to communicate with everyone.

Sarah: I love that. I think another thing that I was just thinking about the talk with Linda Murphy about declarative language, and I was just thinking about how there's so many different levels of this work.

Sarah: There's so many different like layers to this work, right? Like there's like the surface, like learning in the talk with Miriam Miriam Muneer, who was talking about breaking generational cycles. She's a trauma informed parenting coach. And she was talking about breaking generational cycles and the first level.

Sarah: Is learning new skills, right? Like she talked about teaching parents literally like that. What to somebody who's more experienced in this world might, you might be like, well, duh, that's like level one, but like teaching, giving choices, but some people don't like are starting with that level of like skill building as the in parenting skills.

Sarah: Right. But then once you get the, once you have like those [00:20:00] more of like the techniques and skills, then there's the. Deeper meaning which is what I was going to talk about talking to Linda who's teaches declarative language and Vivek to like the whole Idea of what kind of relationship do you want to have?

Sarah: It's a different way of being With your child when you start to get deeper into this and it's a different way of communicating and it's a different way of Thinking about the relationship and I think all of that is even more important when you have a complex kid who's more sensitive or strong willed or neurodivergent or spirited.

Sarah: So I think it's just, I just love how you can go with all of this stuff and like a personal development. It's almost like a personal development mission.

Corey: Yes. Yes. We took a quote from Vivek from the podcast that we just released last week. And he said something to the extent of that this type of parenting is not conventional parenting done gently.

Corey: It's a [00:21:00] whole different way of thinking about things. And I feel like that really sums up what this conference is doing is it's giving everyone different layers that they want to go into for just re imagining. Totally.

Sarah: Yeah. And I mean, that's a big fear that I have I've talked about this before.

Sarah: And even I think on the podcast is that there's so many people out there talking about gentle parenting or peaceful parenting, or you want to call it, which is fantastic. But I think sometimes people do get confused about exactly what Vivek said, it's like, no, you're not trying to control your child just in a nicer way.

Sarah: Like it's about stepping like, okay, I'm going to give them I'm going to take this thing away from them, but I'm going to give them lots of empathy. Well, you start by thinking like, do I need to take this thing away from them? Right. And it's just like a whole different way of looking at that control adult centric Viewpoint and habits that we have in this culture.

Corey: Yes. And I, I think maybe what the summit is it's giving you a whole bunch of [00:22:00] permission slips. Yes. Where you're going to go to all these different talks and like, what permission slip do I need today? I need permission to be able to let go of this today. And so I think that's what parents are going to get.

Corey: Cause a lot of what this is. is letting go of what society is telling us we're all supposed to be doing, and having the courage to think differently about our relationship with our kids.

Sarah: I love that. Permission slip. That gives me an idea for next year. Is that in the summit last year and this year, I'm asking all of the summit guests what's one thing parents can stop doing or start doing to love whatever their topic is.

Sarah: Next year, maybe I should ask them if we do it next year, I should ask them, like, what permission slip do you give parents?

Corey: Yes, I think that'd be wonderful because I think that's what we all need when you're doing something that's so radically different than how you were raised. And it's funny, it's also radical from what society is still saying we should do.

Corey: You and I have been joking a lot lately that when we [00:23:00] talk about what it is to be a peaceful parent, it basically comes down to, let's just be nice to our kids. Yes. I didn't know we'd need a permission slip for that, but we do. Yeah. So that's what this

Sarah: is a rallying call for. Totally love it. So for anyone who hasn't signed up yet for the summit I hope this has piqued your interest and that you go over and grab your free ticket at [reimaginedpeacefulparenting](https://reimaginedpeacefulparenting.com).

Sarah: [com slash summit](https://reimaginedpeacefulparenting.com). And just so you also are prepared when you sign up, it's totally free to sign up. And after you sign up, you'll be given the opportunity to upgrade your ticket to the VIP all access pass. And what that means is that you will get ongoing access to all the recordings, whether they're videos, or I also have them in podcast format so that you can listen to them after the week of the summit.

Sarah: So the recordings are all going to be up each day's recordings will be up for 24 hours and available for you to watch for free. So before you even sign up, think about, do I want to Upgrade to the all access pass, which you'll be given the [00:24:00] opportunity. And if you do that, you'll also get bonuses that were provided by a lot of our guests, like some really fantastic bonuses.

Sarah: I don't know if you checked out the, I don't think you have yet. One of the latest bonuses that we added was Yolanda has given us this beautiful journal, a self care journal for parents that she created. There's courses, discounts, all sorts of things in the past. Hope you see us, hope that we'll see you and you see us in the summit that starts on Tuesday, the 15th, [reimaginedpeacefulparenting](https://reimaginedpeacefulparenting.com).

Sarah: [com slash summit](https://reimaginedpeacefulparenting.com). Thanks, Kori. Thank you. We'll see y'all next time.

Speaker: Thanks for listening to this week's episode. I hope you found this conversation insightful and exactly what you needed in this moment. Be sure to subscribe to the show on your favorite podcast platform, and leave us a rating and review on Apple Podcasts. Remember that I'm rooting for you. I see you out there showing up for your kids and doing the best you can.

Speaker: Sending hugs over the airwaves today. Hang in there. You've got
[00:25:00] this.