



WHAT ABOUT YOU?

Amanda Purvis



EMPOWERED
TO CONNECT
CONFERENCE

It's tempting to make parenting all about our kids and ignore our own needs and history.

ACKNOWLEDGING WHAT WE BRING TO THE TABLE

- Current moment
- Historically
- Attachment lens

How we interpret behavior is directly related to how we were parented and the messages we received, whether overtly or covertly.



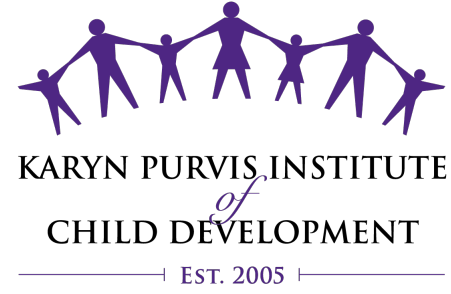
BUTTON PUSHING





“Pay attention to what you pay
attention to.”

CURT THOMPSON, “ANATOMY OF THE SOUL”



HELP KIDS HEAL

Number one way we can do that is
by working through our own
attachment history.



JOURNEY WORK

- **Fiercely honest**
- **Let go with compassion**
- **See my child from this angle:**
 - Watch them sleeping
 - Write down their stories
 - Look at pictures of them when they were little
- **Identifying our buttons: chasing the why**
- **Lean into, become curious about yourself**

"You cannot lead a child to a place of healing if you do not know the way yourself."

DR. KARYN PURVIS

RESOURCES

- “Attachment, Why it Matters,” DVD from the Karyn Purvis Institute of Child Development
- “Anatomy of the Soul,” Curt Thompson
- “Parenting from the Inside Out,” Daniel Siegel and Mary Hartzel
- Telling your story to a good listener who will ask you questions
- No interrupting
- No re-telling or re-framing
- What did you need when you were that age?