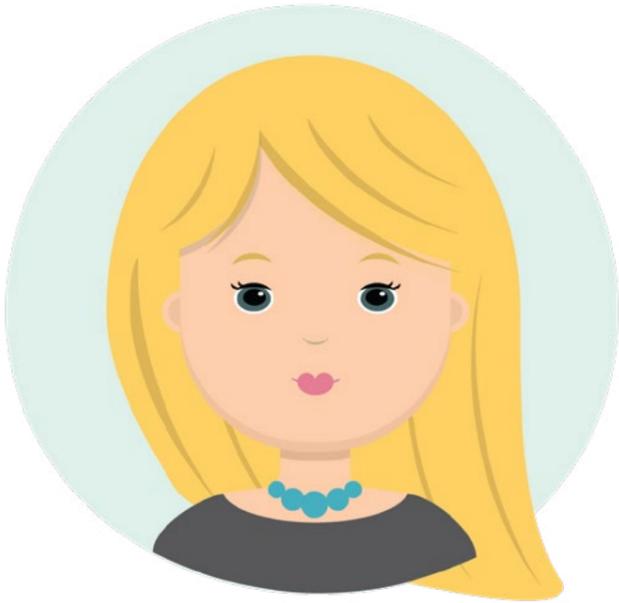


PARENT'S SURVIVAL GUIDE
EBOOK SERIES
MAY EDITION



Motivation
(BEATING THE BOREDOM)

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WELCOME!

The purpose of this ebook is to help support parents in this current, global crisis. The COVID19 pandemic has completely changed the world and has impacted most areas of life which has left most people feeling overwhelmed, especially families.

As two friends for almost 30 years struggle with their own lives in this crisis, we thought it would be beneficial to reach out to others, pool resources and apply our skills & talents to 'give back' to the community at large. Offering support to those in need come naturally to us both and is what has sustained our own friendship over the decades.

Julie is a well-known Parenting Coach & Consultant that specializes in children's behaviour & discipline. Serving families globally through private coaching, online workshops and large group lectures, she has become one of Canada's leading Parenting Educators and Experts. As a single Mother of one school-age son, she knows firsthand the difficulties that come with crisis in the areas of mental health, emotional well-being and financial challenges.

Alex is an extremely talented graphics artist whose eye for design and precision in artistic flare is one of the best in North America. From the exciting life of fashion design to professional, corporate projects, she is on a fierce path of creative arts and a super-cool trend-setter. As a dedicated wife and Mother to two school-age children, Alex is aware of the challenges of schooling from home, maintaining a work/life balance and trying to stay positive and calm in every change and situation that arises.

The theme of this first phase in the ebook series is **MOTIVATION!** We are providing some insight, strategies, tips and info that is useful to parents in the areas of home life, boundaries, challenging behaviour, anxiety/stress, sleeping and mealtimes as well as communication and connection with their children. At the end of each month, we will be starting off a new theme in the next phase.

**Stay safe & healthy! Stay home!
Stay connected!**

Julie Romanowski & Alex Radomski-Chau



MOTIVATION

The novelty of staying at home with the kids not in school has surely worn off by now. Boredom has sunk in and the irritation levels seem to be increasing by the day. It can be challenging to stay motivated and come up with even more activities, art ideas or games as we have been doing that for the last month already. Also, we still do not really know how much longer self-isolation will continue for making it difficult to plan and limited in thinking creatively.

A key part to staying motivated is **CONNECTION!** How we used to connect to the world and each other used to look different. With all the restrictions of self-isolation, social distancing and virus protection, our usual connections have been cut off drastically.

When we are connected, we feel alive and well. It *'fills our bucket'* and can re-charge our batteries. This is the springboard for motivation as it sparks creativity, joy and spontaneity, the key ingredients to beat boredom.

In this e-book we will discover the importance of connection and how to increase connections during these unprecedented times that is safe, healthy and effective.



MOTIVATION

(noun)

the reason or reasons one has for acting or behaving in a particular way.

the general desire or willingness of someone to do something.





MOTIVATION

WHY IT'S AN ISSUE

The problem of being bored or having a lack of motivation is similar for both adults and children. It is hard to constantly have ideas that excite us and have the energy to pursue them. We tend to look outwardly to fill this void such as the internet, food, substances, entertainment as well as much more. What we are really seeking besides a *'thrill'* is the need for connection and especially *'new and fresh'* connections as well as meaningful ones.

Nothing beats the power of human connection and it has many benefits that keep us healthy, calm, balanced and joyful. The problem lies with the fact that human connection has been restricted due to COVID19 pandemic leaving us all in prime position for boredom to sink in and that's where negative behaviours can increase. Getting creative and thinking *'outside the box'* around how we can connect to those we are not able to see in person right now as well as how to re-connect to those we are currently in self-isolation with is the goal and purpose of this eBook.



“

The most
important
things in life
are the
connections
you make with
others.

— *Tom Ford* —





MOTIVATION

CONNECTING TO ONE ANOTHER

The most important aspect of connecting to others during social distancing is not connecting through a variety of different ways like over the phone, in person, or online. What really makes a huge impact and big difference is about connecting to others in a variety of circumstances, especially when that person is **VULNERABLE**. It really is about the quality of connections that matters most. Each person and family will come up with what works best for them. There is not a *'one-size-fits-all'* method for this because every person and situation is unique. On page 9, we will explore what type of connections would be most beneficial to everyone through a simple exercise.



“ Staying
VULNERABLE
is the risk we have
to take if we want
to experience
connection.

———— *Brene Brown* ————



MOTIVATION STRATEGY

Ways to CONNECT further with children at home

There is a hidden ‘*hot spot*’ of connection that most people do not tap into. Either because they do not know it exists or they do not realize the benefits. During happy and calm times when everything is going well, it is easier to connect to others through affection, listening and spending time together. The opposite of that is when things are not going well and in times of distress, it can be challenging to even want to stay near the frustrated or upset person never mind listening or spending time together. The habit is usually to pull away or leave the person and hold a grudge when they are upset with us, not listening, or not accepting our help. However, this is where the ‘*hot spot*’ is. The opportunities to connect are within those times of another person’s distress, anger and frustrations. Sometimes when it is too heated, a few extra minutes may be needed so that it does not get more escalated but be observant of the **VULNERABILITY** that arises once the upset subsides and the person starts to regulate themselves. When we create ‘*space*’ for this person or welcome them in when they are the most **VULNERABLE**, it is a beautiful form of connection that has a tremendous and positive impact.

Try not to avoid this precious opportunity and take advantage of this under-used approach. Most people, especially children, perceive this as being fully accepted and loved by that adult even though the child knows that they were not feeling or acting their best. This is a great way to demonstrate love and connection.

WAYS TO CONNECT:

- Affection – hugs, kisses, snuggles
- Helping a child de-escalate and calm down
- Staying neutral during a child’s distress
- regulating ourselves and staying calm
- Listening to the child
- Spending time together
- Playing together
- Talking/discussing things together
- Re-assuring a child – “you are safe & loved.”





MOTIVATION

HOW TO IGNITE THE MOTIVATION SPARK WITH CONNECTION

REFLECTION EXERCISE ON CONNECTION AWARENESS

1. Make a list of people in the first column who you see on a regular basis whether it's family members, loved ones, colleagues, co-workers, teammates, friends, neighbours or people in your community.
2. Write in the second column, how you used to connect. For example: holding hands, hugging/kissing, face-to-face talking, touching, sat beside etc....
3. In the third column, write how you connect now (during self-isolation/ social distancing).
4. You will notice that some are still the same and some are completely different. Circle the one's that are different and spend a few minutes to reflect on these differences.
5. Then in the last column, write ways you could connect better – if you want to. This could be the very spark to increase motivation!
6. Use the paragraph below to write out any thoughts, discoveries or ideas that come to mind. There is no right or wrong way of doing this exercise and it is meant to ignite creativity and motivation.

Person in your life	How you used to connect	How you connect now	How you can connect better



MOVING THIS FORWARD INTO THE FUTURE



We hope you enjoyed the May edition of the 'PARENT'S SURVIVAL GUIDE' e-book series called MOTIVATION. There are several ways to further your learning with this topic or any other pertaining to parenting, child behaviour, discipline or development.



- 1. COMPLIMENTARY PHONE CONSULTATION** - Contact us via email, phone or text to arrange a complimentary phone consultation to discuss any questions you might have or services that may benefit you.
- 2. CUSTOMIZED PLANS** - Find out how to receive a customized plan that is exactly right to you and your personal situation based on the information learned about the method.
- 3. STAY CONNECTED** - Let's keep our connection going and stay in touch! Join us on our social media sites where we share tips, inspiration & news OR sign up for our free e-newsletter that has new info, articles and upcoming events.
- 4. SHARE YOUR EXPERIENCE** - Let your friends, family, colleagues and social contacts know what you learned, how it felt and what you did so they too can have an opportunity to participate as well.
- 5. VISIT THE WEBSITES** - There are two websites we welcome you to come and check out. They are filled with info, blogs, articles, resources and services that suit every person and budget. www.julieromanowski.com www.missbehaviour.ca



Thank you

THANK YOU to all of you who have participated. I am so grateful to be able to share this information and experience this e-book series with all of you. It is one of my greatest passions to work together as a team for the same common goal of helping children develop, grow and thrive. An awesome way to help make this world a better place.

Looking forward to **CONNECTING** with you soon again.