



LISTENING BETWEEN THE LINES

BLAKE RACKLEY, PSYD

LICENSED CLINICAL PSYCHOLOGIST

ASSOCIATE PROFESSOR OF PSYCHOLOGY




JON MICHAEL

- VSD
- ASD
- TGA
- SVT
- JET
- Atrial Flutter
- Hemiplegia/hemiparesis

AMERICAN PSYCHOLOGICAL ASSOCIATION SURVEY OF PARENTS, TWEENS AND TEENS (2009)

- Tweens and teens were 2-3 times as likely to report headaches, sleeping problems, and disordered eating as their parents estimations.
- Tweens (8-12) and teens (13-17) were more likely than parents to say that their stress had increased in the last year.
- Only 2-5% of parents rate their child's stress as extreme; whereas 14% of tweens and 28% of teens rate their stress as extreme.
- Research has shown how parents often under report drug use, depression and sexual activity in their children; now we know they under report their stress levels as well.



45% of teens said they worried more, but only 28% percent of parents think their teen's stress increased;

26% of tweens report increased stress whereas only 17% of their parents perceive increases to have occurred








According to the BMH Medical Journal

Boys with CHD have more externalizing problems than girls.

Children who have undergone open heart surgery are prone to develop ADHD.





Some studies have shown that children with CHD may develop slower than their peers. Multiple surgeries when they are younger might make them hit puberty a little later.



What does this mean?

SO...WHAT ALL IS YOUR TWEEEN/TEEN GOING THROUGH?

- They are being educated on the playground more than you think.
- They no longer seek parents for information, they look it up on their phones.
- They are scared/embarrassed to talk to their parents.
- They do not have a firm grasp of their CHD and health.
- They want to be treated like everyone else, but also scared of independence.
- They are anxious and afraid. Many feel alone.

CONTINUED....

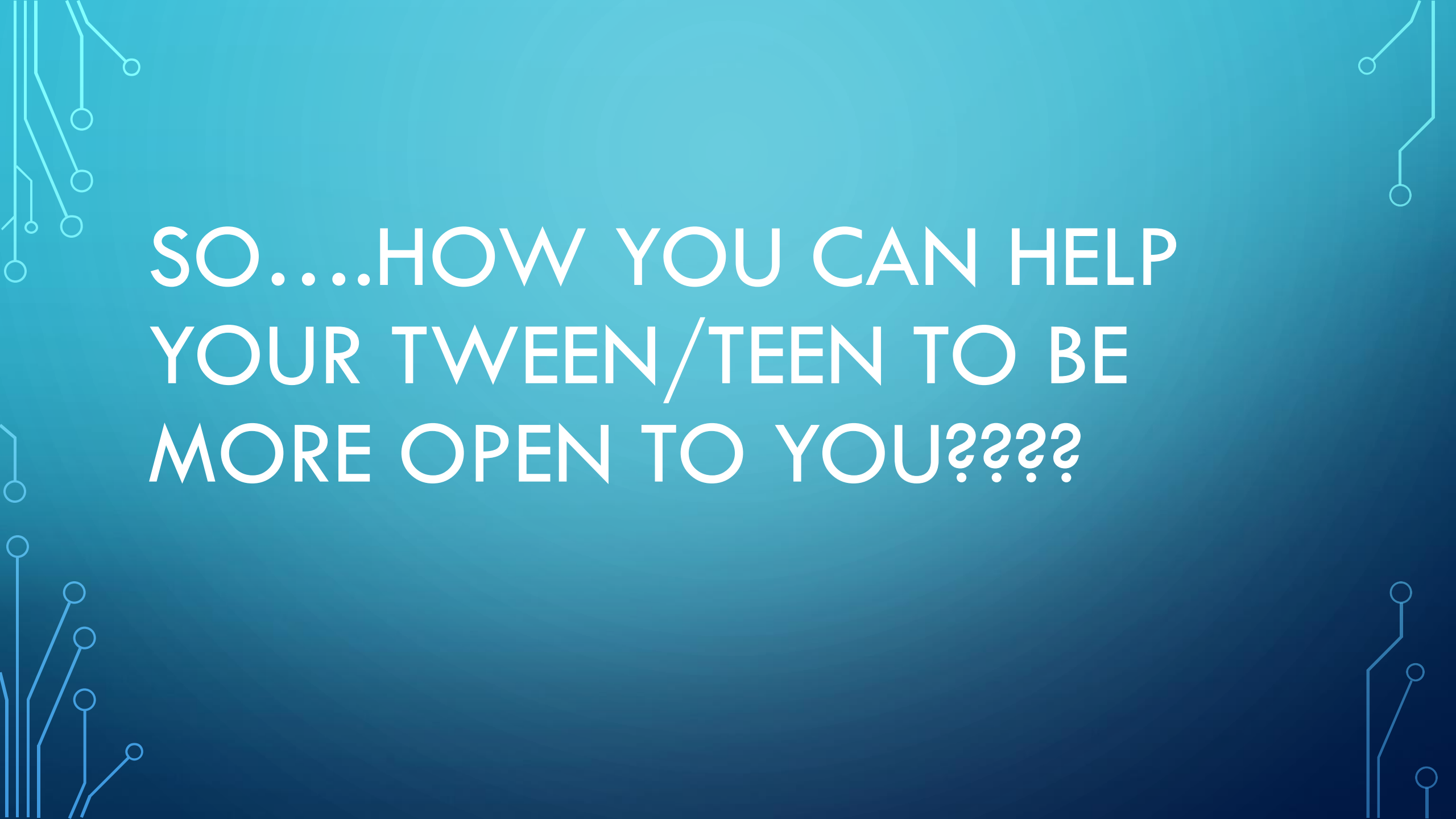
- Sometimes virtual friends are easier to make than face-to-face....beware.
- There is a world that many of us are not aware of that they escape to. (Books, movies, video games, Instagram, SnapChat, apps, music)
- Do not assume that just because they say they want to be alone that they want to be alone.
- They will not trust you if you talk to others or post things on Facebook.
- Faith and religious belief will be difficult for them at times.

LINK BETWEEN PARENTS' PROBLEMS AND CHILD MENTAL HEALTH AND ADJUSTMENT

- Quality of family life
- Parents' psychological problems
- Economic strife
- Marital discord
- Social support

PARENTS OF CHILDREN WITH CHD

- 40% of parents with children with CHD need some type psychosocial interventions to alleviate stress and reduce emotional and behavioral problems.
- Mothers had more severe symptoms of depression, anxiety, somatization, and hopelessness than fathers.
- Severity of child's CHD is associated with higher levels of depression and anxiety symptoms.

The background is a solid teal color. In the four corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

SO....HOW YOU CAN HELP
YOUR TWEEN/TEEN TO BE
MORE OPEN TO YOU????

AUTHORITATIVE PARENTING STYLE

PREDICTS ADOLESCENT SOCIAL, ACADEMIC AND EMOTIONAL COMPETENCE

- **High warmth, thoughtful authority, effective communication, psychological autonomy**
- Less effective styles include authoritarian/autocratic, intrusive, permissive, inconsistent, neglectful/rejecting and polarized styles (“good cop, bad cop”)
- Effective communication requires a calm mind to access a wise mind
- Discipline is effective only in the context of a mostly positive relationship

EMOTIONAL AND SOCIAL LEARNING ENHANCEMENT

EMOTIONAL INTELLIGENCE (SOCIAL AND EMOTIONAL COMPETENCE): A META-ABILITY WHICH DETERMINES HOW WELL YOU CAN USE YOUR IQ

- Recognize the feeling
- Understand the cause or core issue
- Label the feeling accurately
- Express the feeling (or not) in a constructive way
- **Regulate emotions** appropriately so that they can inform and enhance decision-making (*requiring “getting to calm” skills*)

C.A.L.M. TECHNIQUE FOR MELTDOWNS

- **C Cool down:** Self-soothe; don't talk; breathe; control yourself, without trying to control anyone else.
“Don't talk under the influence of dysregulated emotion”
- **A Assess options:** What are the issues? Would it be better to keep talking or postpone? Weigh the costs/benefits/risks of options. Engage your *thinking brain* with evaluative analysis.
- **L Listen with empathy:** When re-engaging with children about their outbursts and big mistakes, *ALWAYS* start with empathy—without any “buts”. Empathy does not mean approval or agreement.
- **M Make a plan:** Does this misbehavior mean that you need to re-think some parenting policy? What are the issues that contributed to it? Do you need to take other measures to help your child? (yourself?)

SOME THINGS TO CONSIDER FOR TEENAGERS

- Teenagers are trying to be independent, so they are going to talk back, disobey, get frustrated and mad and yell.
- They are so worried about appearance, but they need you to help with their identity.
- The scar on their chest runs deeper than you imagine.
 - They are worried about finding a significant other who will love them for them.
 - They are worried about what their friends will say and what their enemies will taunt them with.
 - They are worried what you will do if they tell you. (Don't be the crazy parent!)

CONTINUED

- You need to have open and honest talks with your tween/teen about sex, drugs, and the teenage years.

Do not be afraid!

- Take them camping away from tech.
- Road trip.
- Rites of passage.

- You need to talk with them in detail about their CHD. They need to know for future care.
 - Unless they understand, they will ignore symptoms.

SIBLING CONSIDERATION

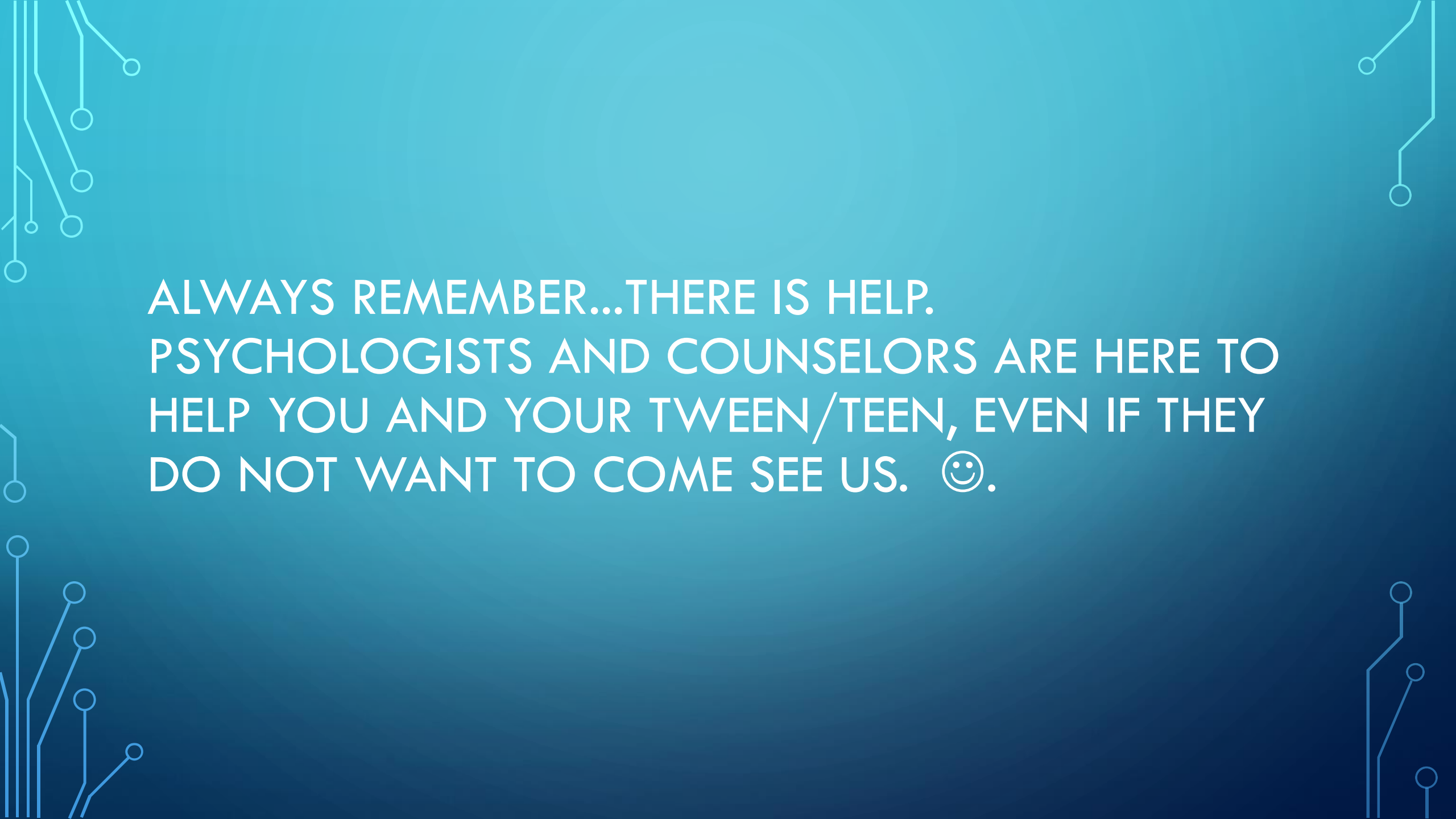
At some point, more CHD children will have a sibling.

Don't forget that with all of the doctors' appointments and therapies that you have another child at home that needs just as much attention.

- There is often jealousy with your CHD child and sibling that goes both ways.
- Time must be spent equally with your children, separately with your children, and together with your children.

SELF CARE CONSIDERATIONS

- You deserve to get away.
- You deserve a date night.
- You deserve to choose to do things a part from and away from your child.
- While yes in some regards your children are fragile, they are also resilient.
- If you are tired, stressed, overworked, taxed, and on your last nerve, you will parent just like you feel.
- You deserve to take care of yourself.

The background is a solid teal color. In the four corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

ALWAYS REMEMBER...THERE IS HELP.
PSYCHOLOGISTS AND COUNSELORS ARE HERE TO
HELP YOU AND YOUR TWEEN/TEEN, EVEN IF THEY
DO NOT WANT TO COME SEE US. 😊.