

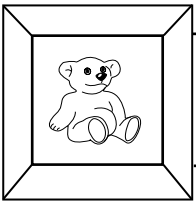
Love Gives Resiliency

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INQUIRY QUESTIONS

- How do relationships give you balance?
- How can we maintain strong layers of love?
- What is resiliency?

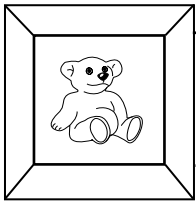




Conceptual Overview

LOVE CLOSURE

1. The love relationship is strong and enduring. It involves many layers of emotion and of sharing. It must withstand the changing emotions and lives of two people. A love relationship can withstand change because the layers of love are overlapping and complex. They are interwoven like a fine fabric, a brocade that changes with light and time, but whose pattern is three-dimensional and full of depth.
2. When a love relationship is working well, it is the most energizing, happy feeling you will know. Everything seems to go better and you seem to get more done for yourself and for others. By giving to others you energize yourself.
3. The biological tie between a parent and child adds another layer of love that can strengthen and give resiliency to the relationship. For most parents, caring for their baby gives them a feeling of fulfillment. Comforting a baby gives parents feelings of warmth and peace. Their connection to their baby opens parents' eyes to the wonder of learning, the joy of laughter, the excitement of their world. Their baby makes them feel needed. They give their wisdom and knowledge in order to provide guidance for their baby.
4. Keeping a positive love relationship strong requires finding a balance. Parents and children must balance all the layers of love. This means finding a balance between feeling supportive and supported, nurturing and being nurtured, and giving energy and gaining energy.
5. A strong relationship shares more positive emotions than negative ones. Find time to have fun together. Share goals, dreams, tasks. Explore and learn. Comfort one another. Give each other value.
6. Most of all, to keep a love relationship strong, you must make one another feel worthy. You must listen, understand, and trust. You must respect each other's needs and opinions and give each other space to be separate and individual. It means setting guidelines and limits for your life together.
7. Love is layers of sharing. Sharing implies give and take. Love means negotiation, performance, expectation, and fun. It is complex. It will be different for each of us, but a loving relationship is real, and it is beautiful.



Tools for Presentation

Terms to Understand

- **Resiliency**
ability to find balance, regain equilibrium, recover, or adjust easily
- **Virtual reality poster**
a poster made up of many colors, which at first have no clear design, but when studied will become a picture (sometimes known as Magic Eye posters)

Suggested Activities

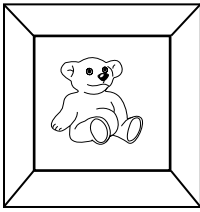
- There is no Demonstration or Interactive Session for this Closure Session. Additional cards or activities will not be required.

Other Materials & Supplies

- Virtual reality poster/Magic Eye poster, available at bookstores
- Wide masking tape
- Blindfolds

- #180 ▪ Topic Animal Artwork
- #181 ▪ Inquiry Questions
[also see page 343]
- #182 ▪ Life Is a Balancing Act
[also see page 351]
- #183 ▪ You Give Your Baby Balance
[also see page 351]
- #184 ▪ Relationships Should Give Balance
[also see page 351]





Instructional Plan

Outcomes

- Parents will recognize their stabilizing role in guiding their children through the first three years of developmental change.
- Parents will demonstrate skills of regulation, helping babies and toddlers balance extremes of emotion and behavior.
- Parents will evaluate how sharing joy and giving love gives resiliency to their lives.

INSTRUCTIONAL PROCESS



PRESENTATION OF CONCEPTS

INTRODUCTION OF TOPIC

■ **Love is layers of sharing** [see *Conceptual Overview #1 and #5*].

- Life is a balancing act.
- It is ever changing; we are ever adapting.
- Love gives us balance.
 - Have parents do a balancing task. Have parents balance on one foot. Using their free foot, move it to the right, left, front and back, up and down. Repeat, with another person's steadying hand.
 - Can each parent lift her head and look around?
 - When does each parent have the most confidence?

Now have two people try, with both balancing but holding hands.

- Does holding hands steady them?
 - Does one partner have too much power?
 - Does one partner dominate?
 - What happens?
- Hand out "Life Is a Balancing Act" [see pg. 351].
- Blindfold one of the parents and ask him to walk along a piece of straight tape on the floor. Try again, offering a steady hand.
- Repeat with two persons together, both blindfolded and holding hands.
- Does holding hands steady them?
 - Does one partner have too much power and/or dominate?
 - What happens?

KEY CONCEPTS

■ **Parents give their babies balance** [see *Conceptual Overview #4*].

- First, they must *listen* to know how to help.
- Then, they must *support*.
- Then they give *guidance* and *model*.
- Then they *regulate*.
- Then they slowly *let go*.

□ Use topic animal artwork to begin discussing resiliency.

□ Review the layers of love [see pg. 166].

Discuss how each layer of love can give balance to a baby or toddler.

Brainstorm how regulation is part of each layer.

- How does regulation lead to balance?

Discuss how regulation must be constant and gentle and how shared positive emotions increase balance and regulation.

□ Handout, or use as a poster, “You Give Your Baby Balance” [see pg. 351].

Discuss how parents are regulators.

- How does this lead to a child who can self-right or self-balance?

- Why is this called resiliency?

- Why is it important?

□ Handout, or use as a poster, “Relationships Should Give Balance” [see pg. 351].

■ **Resiliency comes from knowing you can self-right.**

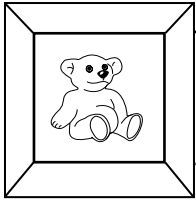
■ You can balance alone.

■ Then you can give a hand to another.

□ Using a virtual reality/Magic Eye poster, discuss how relationships can give new meaning to life, how they can pull superficial and confusing experiences together into a meaningful form.

- Has the baby done this for the parent?

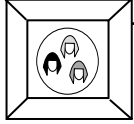
- Can the parent do this for his baby?



Topic Enhancers & Instructional Aids

Topic Enhancers

The ideas below are optional topic extenders. Parents may like to try them (as time and interest in a concept allow), or the parenting educator may use selected activities to help a parent explore a specific concept in greater depth.

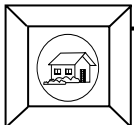


For a parent group:

- Parents review their journals and write again about any parts/topics that have now changed for them. Describe the changes. Do they feel more balanced? If so, how? Do they need a helping hand? Where will they reach for help?
- Parents each journal about his baby. Where does the baby need help to stabilize now? What feelings or behaviors seem extreme at this stage, if any? What are three ways the parent might be able to steady or rebalance his baby?
- Parents view a virtual reality poster and then each write about or discuss how with new skills things can change. How is life like these posters? [When you can see through the superficial, then the interesting possibilities of life emerge.]
- Parents watch the video of *Mary Poppins* and discuss how Mary often regulates and refocuses the children using shared positive emotions.
- Parents each read a chapter or more from *Your One-Year-Old* or *Your Two-Year-Old* by Bates, Ilg, and Haber.

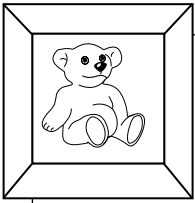
Suggestions for the parent educator:

- Develop a poster that lists conflicting needs and then shows how a relationship might balance or destabilize opposite needs, e.g., Attachment vs. Separation, or Exploration vs. Limits, Structure vs. Change.



For parents at home:

- Same as for parent groups (see above).

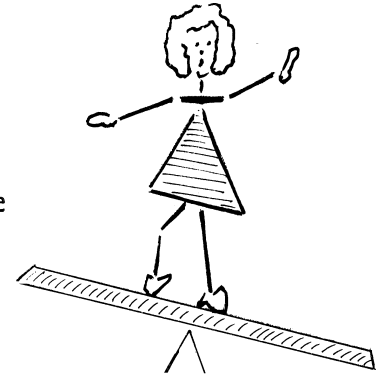


Life Is a Balancing Act

From the time we are born, we are seeking equilibrium or balance. We are self-righting, adjusting and regulating our feelings and behaviors and our sense of who we are and who we want to be.

This is what developing is all about. Development is bringing order to complexity. As humans, we never stop developing. There will always be new challenges, new energies, new discoveries. We will always be adjusting and regulating change, learning, problem solving, practicing — bringing order to what seems new and confusing.

To stay balanced often takes help. We gain a more stable balance when we reach for a hand to steady us. This is what relationships do for our lives.



You Give Your Baby Balance

A baby's first years are filled with constant change — changes in size, shape, movements, food, play, and schedules.



As the parent, you are your baby's stability. If you remain constant, he or she will have a steadying hand to gain or regain balance.

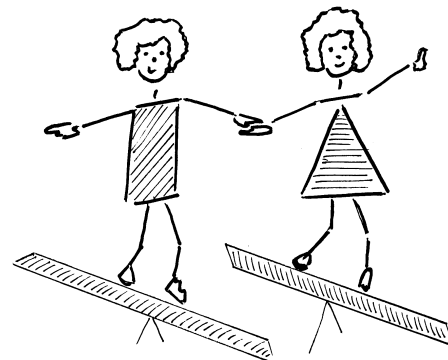
By regulating his or her extremes, you are bringing order into the baby's confusing and changing world. You are teaching your baby to learn self-control or resiliency. Soon he or she will be able to balance alone and to offer a "hand" to someone else.

Relationships Should Give Balance

They should make you feel connected and supported, yet ... accomplished and independent. They should not overpower or unsteady you, but give you a feeling of extra strength.

Love relationships make you feel worthy. They give you a sense of progress and hope to reach out, take a new challenge, and grow.

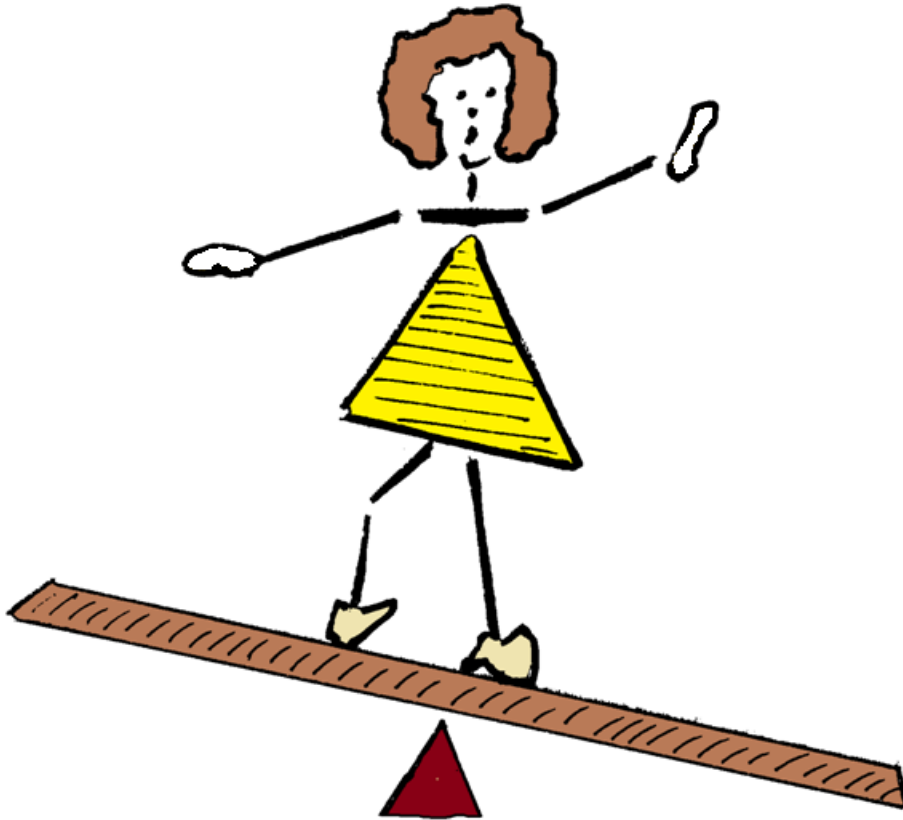
Now, you are ready to start your new relationships ... with your Baby ... your Family ... your Friends.





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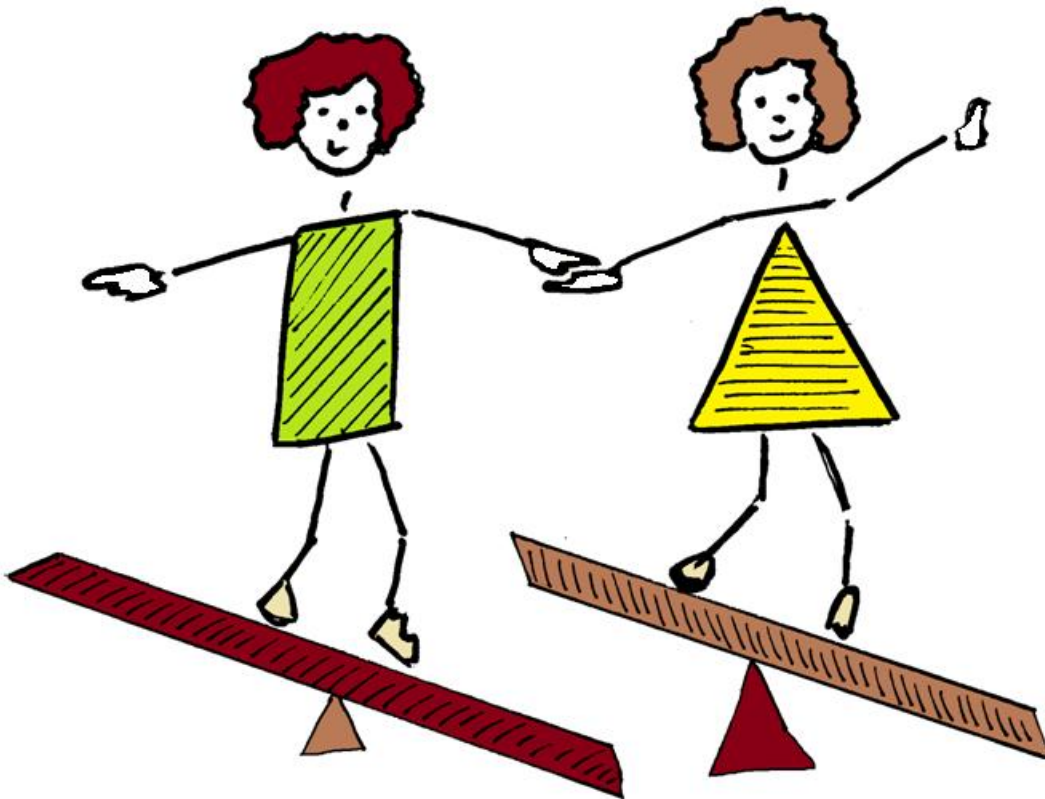




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