

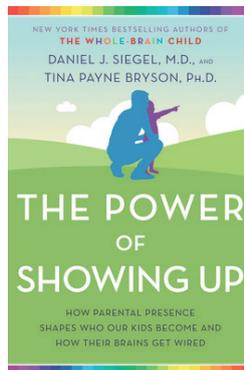


**THE POWER OF SHOWING UP: HOW PARENTAL PRESENCE
SHAPES WHO OUR KIDS BECOME AND HOW THEIR BRAINS GET WIRED.**

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THE BOOK

**The Power of Showing Up:**

How parental presence shapes who our kids become and how their brains get wired

by: Tina Payne Bryson, Daniel J. Siegel



INTRODUCTION

If you're a parent or involved with children on a daily basis, you'll know that raising children is one of the greatest challenges anyone can face. However, with their book, *The Power of Showing Up*, Tina Payne Bryson and Daniel J. Siegel remind you that the most important thing you can do is very simple; just show up.

With charm and care, Bryson and Siegel explain how to show up physically and emotionally for children and the difference it can make in their lives. Using impeccable research and clear anecdotes, the book's authors explain that children need the 'four S's' to grow into happy and functioning adults.

The Power of Showing Up teaches not only why these S's are so important but how you can implement them on a day to day basis. Never patronising nor judgmental, *The Power of Showing Up* is a must for all parents, teachers and childcare workers.



5 BEST QUOTES

"One of the single best predictors for how any child turns out ... is that they had at least one person who was emotionally attuned and present for them."

"Your reliable presence in the lives of your children can significantly impact the physical architecture and connectivity in their brains, creating mental models and expectations about the way the world works."

"When we can offer kids the Four S's, [safe, seen, soothed, secure] ... we help create what's called "secure attachment," and it's absolutely key to optimal healthy development."

"Science suggests – and experience supports– that when we show up for our kids and give them the experience of being seen, they can learn how to see themselves with clarity and honesty. When we know our kids in a direct and truthful way, they learn to know themselves that way too."

"Showing up for your kids is about being there for them, even, and maybe especially, when they're at their worst."



4 BIG IDEAS

In a nutshell, *The Power of Showing Up* is about being there for your kids physically and emotionally as much as you possibly can. In order to do this the best way possible, Bryson and Siegel outline the following big ideas.

1. ATTACHMENT THEORY

Explained in-depth in the book, attachment theory is explained as a psychological theory about how children act in accordance with how they are emotionally attached to adults. The goal is to form a secure attachment where a child seeks comfort with their caregiver when something goes wrong but can recover quickly to resume their activities.

This secure attachment is formed when a parent shows up consistently. Inconsistent or non-existent showing up can lead to less desirable attachment styles.

2. THE FOUR S'S OF SHOWING UP

SAFE

Your child should feel safe in your presence and be kept safe by you. If a child sees their parent as a threat, perhaps because they are often yelled at or hit, they become confused. Their brains are wired to see their parents as their safety net. If they are also afraid of their safety net, they can not make sense of this. This leads to future difficulties.

Likewise, if an adult is not a threat but doesn't offer safety, children can't process this. This leads to difficulties with self-soothing and trusting others.

SEEN

Truly seeing a child means seeing and accepting them for who they are and who they want to be.

Many children feel like their parents or teachers just don't get them. This is a clear indication these adults are not really seeing the child. 'Seeing' means knowing whether your son actually likes playing the sports you want him to excel at or being aware whether or not your daughter wants to do ballet.

A child who feels seen will be able to express herself without fear. Keep in mind, of course that no one can truly understand anyone else and that children will still have moments you can't understand. What is important is to make the effort.



4 BIG IDEAS

SOOTHED

Children need to know they can come to you with their problems and you will help them feel better.

Bryson and Siegel refute the idea that you must let children learn that life is hard. If a child has had a run-in with another child at the park, they have just learned that. They don't need you to reiterate it.

You are there to help them cope with how hard life can be through soothing. "Yes, I know how hard it can be," teaches your child much more clearly and empathetically than saying, "Life is hard, toughen up."

SECURE

When the other three S's are in place, you are set for the final S; security. A child who feels safe, seen, and soothed will become secure. They know that they have the support in you to get through life. Their safety net is there. This means they will be able to move forward and perform without their safety net without even realizing it. Because you showed up, they are secure in themselves and their ability to cope.

3. WHAT TO AVOID**THE OVERPROTECTIVE APPROACH**

While they need to feel safe, kids must still be able to make their own mistakes and learn their life lessons.

As a parent, you mustn't stifle your child and stop them from growing. You are there as their safety net for when they come crashing down, not to prevent them from climbing.

CODDLING

Your child is capable of doing wrong just as any other. They must face consequences and learn as they grow. And you must still be the boss.

4. NO PARENT IS PERFECT

Bryson and Siegel take great pains to point out that no one can be expected to achieve all of these ideas all the time. Every parent or caregiver will snap, break, and take actions that they regret. This is to be expected! What is important is to understand these moments and to make amends for them. There is nothing wrong with letting your child know that you made a mistake and that you regret your actions.



3 ACTION STEPS

In order to fulfil the potential presented in *The Power of Showing Up*, you need to follow these action steps.

BE PRESENT

This is more than just being in the same room. This means being there emotionally when they need you. Children need to feel they can come to you in any time of need.

A parent who is physically present may still not be emotionally present for their child if the child is not happy to seek out their parent's help and support at any time.

SEE THE CHILD FOR WHO HE/SHE IS

Children are individuals just as adults are. They have their own desires, strengths and weaknesses. Trying to imprint your desires on a child prevents them from succeeding and creates inner conflict.

Understand who the child is and how they function and you will better be able to guide them to independence.

REMAIN IN CONTROL

Both in yourself and over your kids. You can soothe, comfort and support while also being in charge and keeping them safe. This is also not possible if you don't stay in control of yourself. Becoming overly emotional and rash can work to your detriment.

Finally, Bryson and Siegel remind parents that you aren't and can't be perfect. There will be slips and you will act in ways that you aren't proud of. Use these times as learning tools and make sure to repair the damage with your child afterwards.



1 KEY TAKEAWAY

The Power of Showing Up has a very clear takeaway; it is vital that you show up for your kids.

This means emotionally and physically. Your children need to know that you are present for them and that you understand them.

By showing up for your kids, you teach them resilience and perseverance. They learn to face their fear, knowing that you are always at their back.

Show up for kids and support them for who they are. Be there for them when they need you and they will learn to cope without you.



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