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## Q&A Call #6 - Special Topic: Parenting with Seth

### Common Themes:

- Parenting
- Early Developmental Trauma

This section addresses the following questions:

(00:00)

**Question:** "Please can you talk about how we might support an older teen with complex trauma, including EDT and lots of toxic shame, who's cycling between fight, flight and deep freeze/collapse energies. Should we be holding boundaries in the same way? Eg around chores/work, etc. Or prioritising safety/connection building to begin with?"

(05:15)

**Question:** "My brother, as an older father, co-parents his two children. He's had a number of difficult court cases about the arrangements but now all is sorted. He has EDT as do I but has moved through it very differently. His parenting amazes me, he's open and honest with them and they talk a lot. The children are genuinely delightful and seem very balanced. But his 10 year old daughter has frequent stomach upsets with vomiting + headaches. She's seen the doctor who isn't concerned. Can I help somatically?"

(09:26)

**Question:** "I find it difficult to act in a good way with my child (preschool age) when there is behavior of aggression/violence, for example hurting their sibling. I know that there is also

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healthy aggression, but hurting someone else is a boundary. I have tried different strategies but so far this has not been satisfying for me. So I am looking for help on how I can deal better with aggression in my child.”

(15:25)

**Question:** "How can I support my child through necessary medical procedures (especially when they are preverbal)? What to do if she absolutely hates necessary physio exercises (to prevent further medical interventions) and physically fights back? Thanks in advance!"

(19:48)

**Question:** "When my daughter was born I slowly discovered developmental trauma, involving chronic shock & attachment trauma. My daughter is 18, verbally fighting with me like a tiger. My system collapses, and she hates it, I do not have enough capacity to hold space for her. Although I try, she sees my collapse first and judges it. Her growing up goes much quicker than the growing of my regulation. How to reduce the panic inside, and the feeling of failing completely at being a 'good enough' mum?"

(26:09)

**Question:** "My 5 year old daughter and I experienced in-utero and birth trauma. She was born 9 weeks premature. As a result she has progressively presented with a dysregulated nervous system. She struggles with safely expressing her physical and verbal aggression toward me. How can I help my daughter move her aggression out safely so it doesn't drive the activation deeper in her system? What are specific labs that may better help me work with my own activation in those moments?"

(31:51)

**Question:** "Love these Q&As. This is my second SBSM, and I did 21 Days, and am wondering what I can work with for neuropathy in legs and feet. I was born in 1941 during the war and both my parents had their own traumas. I also (surprise surprise) had EDT experiences but can only remember a tiny beginning bit, so I'm guessing my legs are frozen because I wanted to run away from it all. Grateful for any suggestion you have."

(36:51)

**Question:** "My child sees me have meltdowns regularly. I have CFS (all the syndromes stuff). Extreme guilt around not having the capacity for much 'stuff'. We have good co regulation when reading together, quiet time. Advice on talking to a 9 year old about what I don't have capacity for?"

(39:28)

**Question:** "I need to travel soon and am already dreading it. I've avoided longer flights for years. I'm not afraid of flying but find it really unpleasant to be stuck with strangers who don't make contact but seem to be observing me in places such as airport halls while having to appear "normal", calm and composed but actually exploding from anxiety, having digestion issues... I'd be grateful for advice on how to prepare, stay calm, "busy" and present or what to do if I get overwhelmed."

**Note:** The following two questions are answered in the supplemental Q&A video on the replay page.

(00:02)

**Question:** "I have EDT and was bullied as a teenager. My eldest son is now 14 y.o. He has friends, but is not the most socially adept person and will have periods without so much social

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contact. He's a normal boy, he just needs a bit of extra support. I get triggered with him being alone or when I hear him being a bit socially awkward. These are my reactions, but they get in the way of me being the support I want to be for him. Do you have any advice on how I can better handle this?"

(03:34)

Question: "Sometimes, my younger daughter (7) gets a rash on her inner elbows. Last summer she got a rash on the whole body (doctors did not discover the reason, they said it is because of the previous inflammation, something like cleaning the body). She is generally healthy, not allergic to anything, so we tested her. Any ideas? And my older daughter, 10, grinds her teeth while she sleeps, a lot. Any ideas how I can help/support them? Thank you."