
Q&A Call #4, Special topic: Parenting with Seth & Mara

(00:37)

I am a 2017 alumni. I'm teaching art therapy, which includes neuroplasticity. I use condensed SBSM lessons to relax the nervous system. What are the most valuable lessons to teach kids in a simple format for a basic foundation? I'm using orientation sprinkled with forms of containment.

(04:27)

Parenting oneself hurts so much. How does it not hurt so much? Consistent presence, through the kidney adrenal lesson, was an approach, I could come closer to that. But there is a lack of trust in myself. I cannot defend and save myself. And that I betray my young self too - it feels sometimes like backstabbing. And in that despair I feel an inner dependency that seems like an addiction. How to approach this? It feels so absolute. I hope it makes sense, what I mean.

(12:27)

The next call is about parenting, so I think this might interest many moms. I had a C-section, so obviously my system didn't complete the procedure of giving birth. Is this program gonna help with that?

(19:14)

I've gained more regulation, plus I have a lower tolerance of abuse from my family, plus currently am no-contact (after trying to healthfully relate to my family, with no success). I spend time with my boyfriend's parents, plus weirdly feel guilty that I am enjoying being around them, who treat me with attuned kindness. I do miss my mom. Can I grow so much regulation that I can tolerate being around my toxic family and just accept them, or is the healthy choice to continue no-contact? Why do I feel guilt?

(27:18)

Hi! My 11 year old son sometimes (not often) goes into freeze at home. We stay with him, try to give him what he needs. When freeze lifts, he starts yawning, orients, and often he initiates some form of play. He says his needs in freeze are fully met. Is it bad that he gets strong freeze reactions? Are there ways working with prevention so he doesn't get there, or more specific for the situation in freeze? He was born through a not-acute cesarean section. Is that important to work with, and how? Thanks!

(33:19)

I am considering when to start having kids. I'm curious, are there any ways in which becoming a parent benefits our nervous system? How do we know when we're ready (from a nervous system perspective) to start trying to have a baby? Do you have any advice for how to prepare for parenthood?

(38:50)

My 7 year old pathologically demanding, avoidant son is in severe distress and needs near-constant caregiving. We un-school and co-sleep. He has physically violent melt downs when he doesn't get his way. Due to increasing distress, we've started allowing unlimited supervised screens, which is in all waking hours (he'll choose it over anything else). He has early developmental and intergenerational trauma. Could screens help him regulate over time? What else can I do to help him recover more regulation?

(44:00)

I was totally unaware of my childhood traumas until I was around 30. Then a psychosis hit me. My children were then; 0,5 and 3,5. The psychosis was sort of the start of my healing journey. A slow one! Now my kids are 17 and 20. I am worried about the impact my unregulated NS and illnesses (psychoses (one), depression, fatigue...) has had on them. I have broken many circles

and been holding myself together, but I know my unhealthy inside has impacted them. What can I do to help them now?

(51:31)

I was born with an emergency caesarean section and have this impulse of trying to move forward in my life but also a sensation that my nervous system doesn't have an imprint on how to do it, and I easily get stuck. I remember that Seth has mentioned that you can do birth pushing exercises, can you explain a bit more how?

(57:03)

Hi! A few weeks ago on a family trip, I had a stressful experience at a waterpark. When I went down a fast slide with my child, everything went wrong and I ended up in a “fight or flight” state afterwards. I call these my “Mr. Bean moments” - unexpected, awkward reactions in new situations. How can I work with not getting so stressed when these moments happen?