

# **HANDOUT for The FASD Parenting Mindset™: Eight Habits That Will Upgrade Your Parenting from Stuck to Unstoppable**

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For 2019 Proof Alliance FASD Conference: Opening Doors to A Brighter Future  
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## **Keeping in touch**

Sign up for email newsletter and get free video trainings on how to praise traumatized children correctly at [www.PraiseForChange.com](http://www.PraiseForChange.com).

Email Michael at [michael@FASDElephant.com](mailto:michael@FASDElephant.com) for help or questions.

## **Four Key Messages from Today's Talk:**

1. Remember... We've been wrong about gravity, so what if we're wrong about what our kids' FASD behaviors mean? Or if a particular parenting strategy is wrong, too?
2. We all have fixed and growth mindsets. A fixed mindset keeps us where we are, and a growth mindset encourages us to improve. Think about FASD parenting and mindset.
3. The concepts of Positive Intelligence (PQ) - weakening our internal saboteurs and strengthening our sage perspective - will encourage a growth mindset.
4. We talked about eight habits that will support caregivers' growth mindset for FASD parenting. These are not quick-fixes, but build skills over time with practice.

## **Mindset**

Mindset is how we think about things - "The established set of attitudes held by someone" For our purposes today, mindset refers to whether one believes qualities such as intelligence or talent are fixed or changeable. However, we all have a mix of fixed and growth mindset.

### ***Fixed Mindset***

What you're born with is what you've got. Go with what you're good at, and avoid things you aren't good at. "Stay in your lane."

### ***Growth Mindset***

What you're born with is the starting point. You can develop skills and talent with time and practice. "If at first you don't succeed, try, try again."

## **Action Item:**

Where are your areas of growth mindset?

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These are areas of strength for you as a parent, and places to start building your resources.

### **Positive Intelligence** (by Shirvad Chamine)

The amount of time that your brain is serving you versus sabotaging you. It is related to whether your fight/flight system (brainstem and limbic system) is activated and doing your predominant problem-solving or whether your mid prefrontal cortex and mirror neurons are more online and helping you be creative with your problem-solving.

#### **Your Sage**

Your higher self, your wise mind, your out-of-the-box creative. Access and strengthen your sage with "PQ reps" by shifting your focus onto your body and/or your five senses.

#### **Your Saboteurs**

The main saboteur is your Judge. Your judge judges you, others, and circumstances and brings you into some version of fight/flight. Recognize when your judge is present and whispering in your ear, then label it and recognize that what it is saying is a lie. Your judge has one or more helper saboteurs that keep you stuck by lying to you: Avoider, Controller, Hyper-Achiever, Hyper-Rational, Hyper-Vigilant, Pleaser, Restless, Stickler, and the Victim.

Take a free online Saboteur Assessment: [www.positiveintelligence.com/assessments/](http://www.positiveintelligence.com/assessments/)

### **The Eight Habits for Unstoppable Parenting**

*Disclaimer: You will find that using these habits on a consistent basis over time will make improvements in your caregiving for anyone with an FASD or developmental trauma (such Reactive Attachment Disorder, PTSD, etc). They are not, however, a quick-fix. For help on building habits, the book Atomic Habits by James Clear has an excellent discussion and tips/exercises for building habits that support your success, whether it's in caregiving, other relationships, work or elsewhere.*

Habit 1: Strengthen Your Sage

Habit 2: Detach - Don't Take It Personal

Habit 3: Find Three "Gifts"

Habit 4: Gather Your Helpers

Habit 5: Still Your Mind (Stillness Is The Key)

Habit 6: Process with Those Who "Get It"

Habit 7: Set A Daily Intention

Habit 8: Parent with Goals in Mind

For more help in understanding these habits, why they are important, and how to implement them, please contact Michael at [michael@FASDElephant.com](mailto:michael@FASDElephant.com) or sign up for emails at [www.PraiseForChange.com](http://www.PraiseForChange.com). I will be starting a coaching class on building and maintaining growth mindset parenting for caregivers of kids with FASD in 2020 - sort of a New Year's Resolution type of six-week class to get you started.