

CONNECTING
WITH YOUR CHILD
A SOMATIC APPROACH

CHAMELEON
COACHING

ABOUT ME

- Certified trauma-trained somatic, embodiment & mindfulness coach & facilitator
- I work 1:1 with adults & parents & hold workshops & retreats in Hampshire/Berkshire
- Bottom-up approach, helping people reconnect to themselves & each other & de-pathologise their experiences
- Late diagnosed AuDHD & parent to neurodivergent children in burnout

LET'S CONNECT

Facebook: @chameleoncoachinguk

Instagram: @chameleoncoach



WHAT WE'LL COVER

What connection, co-regulation and compassion are

Why we need them

How they influence our nervous system states

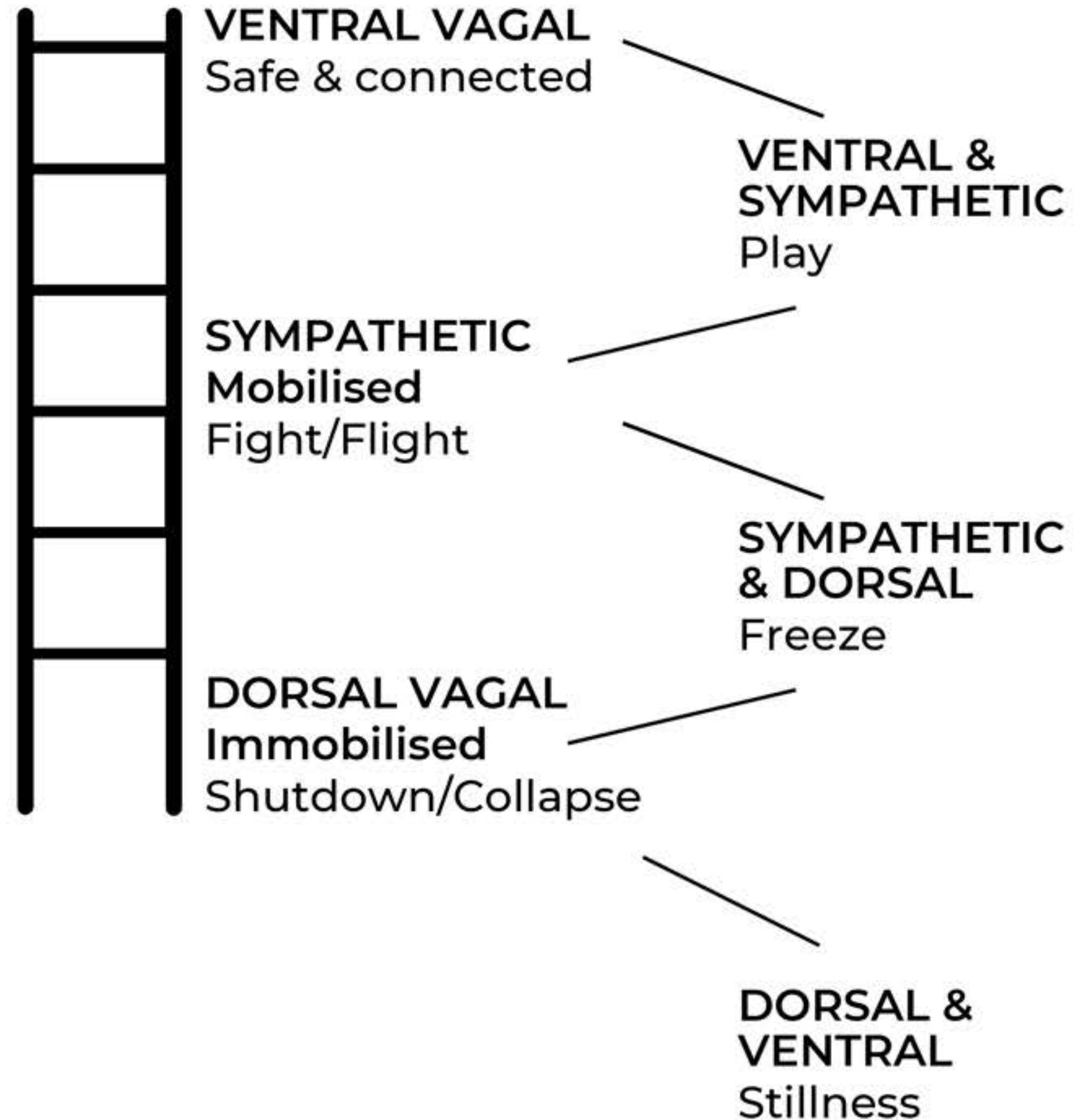
Ways to build them into everyday life

A group of eight people, four men and four women, are silhouetted against a vibrant sunset sky. They are standing on a grassy hill, holding hands in a line, facing away from the camera towards the horizon. The sky is filled with soft, golden clouds, and the sun is low on the horizon, creating a warm, glowing light. The overall mood is one of unity and connection.

WE ARE WIRED FOR CONNECTION

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THE AUTONOMIC NERVOUS SYSTEM





SAFETY & CONNECTION

OUR NERVOUS SYSTEMS ARE CONSTANTLY SCANNING FOR THREAT & SAFETY IN THREE WAYS



01

AROUND US

Primarily through our senses: sight, sound, smell, taste, touch, proprioception & vestibular senses.

02

WITHIN US

Through our interoception (internal sense)

03

WITH EACH OTHER

Facial expressions, tone of voice, body language, breath, eyes, etc. And at a neurobiological level. Not just humans.



4 MAJOR PERCEIVED THREATS

Physical safety, including adults who do not feel safe

Perceptions in the unknown

Incongruence in the environment

'Shoulds' & unmet expectations

SIGNALS OF SAFETY

We are constantly sending & receiving cues of safety

When we send signals of safety, we extend an invitation to connect

When we receive signals of safety we feel an autonomic welcome and feel safe to move into connection and co-regulation



WE FEEL SAFETY & CONNECTION IN OUR BODIES

The little ways your body knows
you're with your favourite people:

the softening of the breath, the releasing of tension, the leaning towards, the warmth in our hearts, the ease in our nervous system - the way we can move more freely, laugh more lightly, lose our sense of time - safety in the warmth of their smile, the tone of their voice, the light in their eyes. The body knows.

@h.e.l.e.n.m.a.r.i.e

Choose people:

who feel like home, who let your nervous system breathe, who see you, who make you feel most you, who leave you feeling warm & cosy inside, who care, who see you as enough, who love the way you grow.

@h.e.l.e.n.m.a.r.i.e

choose relationships that:

feel safe to your nervous system. Genuinely care about you. Make space for your emotions not dismiss them. Bring ease not confusion and doubt. Honour both independence and togetherness. Inspire you. Offer understanding over judgement. Celebrate your growth. Support your healing. Feel reciprocal. Listen. Value connection. Respect your boundaries. Feel like home.

@h.e.l.e.n.m.a.r.i.e



CO-REGULATION

We need it to survive

We need it to thrive

Time in co-regulation, moving towards and being in Ventral Vagal, allows for reshaping/regulating the nervous system & neuroplasticity (how neural networks rewire themselves)

A lifetime need – over time we may be able to self-regulate more but our need for connection & co-regulation remains

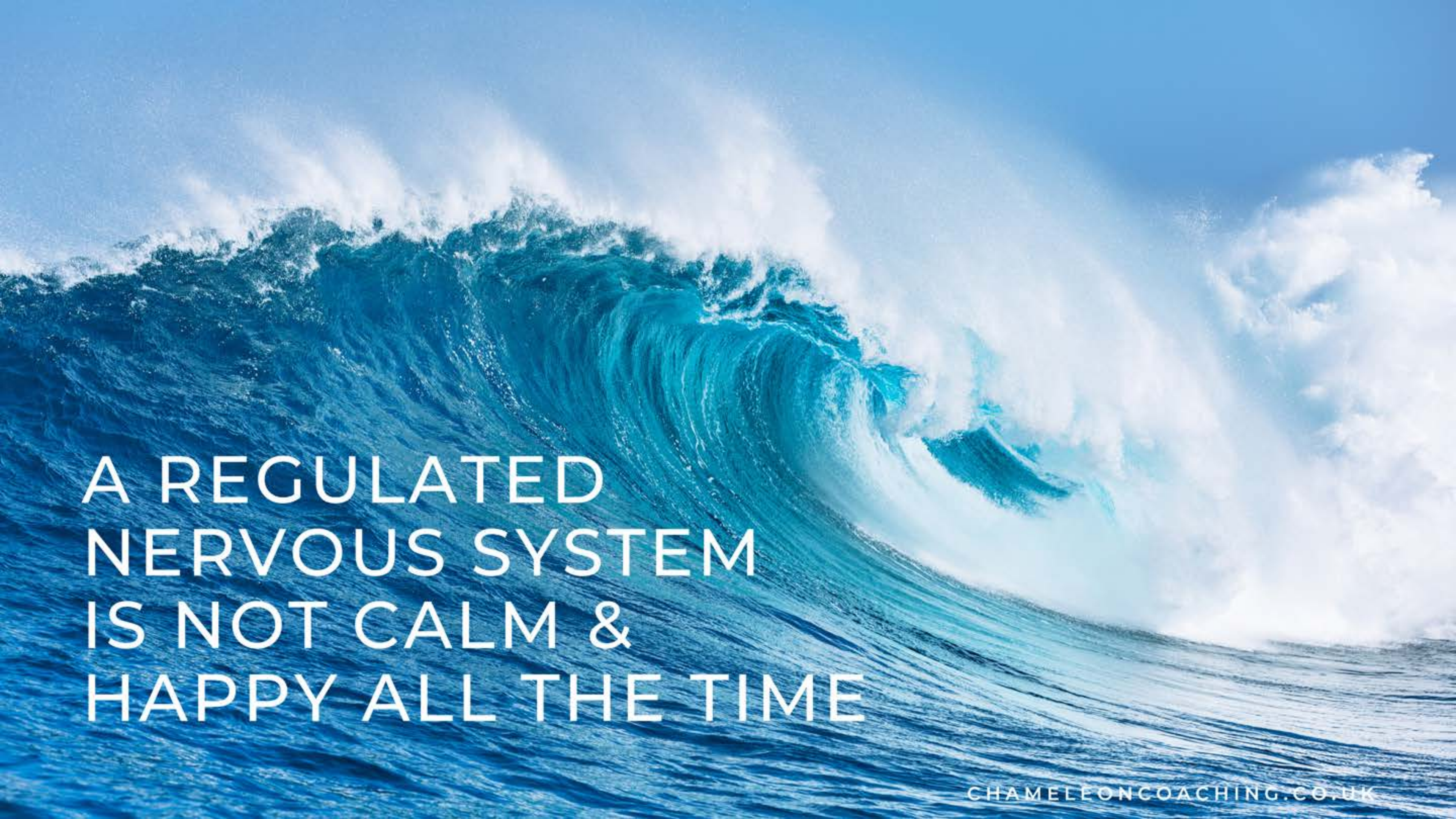
Dance of co-regulation

SELF-REGULATION

Self-regulation comes from
co-regulation but doesn't replace it

Self-regulation needs to be modelled
to us – it's not age dependent



A large, powerful ocean wave is crashing, creating a massive wall of water and a thick spray of white foam. The water is a deep, vibrant blue, and the sky above is a clear, bright blue with scattered white clouds. The wave is moving from left to right, and its crest is beginning to break, sending a large plume of water and foam into the air.

A REGULATED
NERVOUS SYSTEM
IS NOT CALM &
HAPPY ALL THE TIME

The background of the image is a dense, overlapping field of hearts in various shades of red and pink. The hearts vary in size and are scattered across the entire frame, creating a textured, romantic feel. The colors range from deep red to very light pink, with many intermediate tones. The lighting appears soft, giving the hearts a slightly three-dimensional, matte appearance.

IT STARTS WITH US

SOMATIC CHECK IN



HOW AM I DOING RIGHT NOW?

HOW DO I KNOW?

WHAT DO I NEED IN THIS MOMENT?



SOMATIC PRACTICE: COMING BACK TO YOURSELF

IN THE EASY MOMENTS...

No one-size-fits-all – find what works

Think about micro-moments that don't need extra time or things

Being not doing

Body-centred

Mindfulness (anything that brings you into the present moment, tiny pauses)

Use your senses, breath, movement, self-touch, sound, vocalisation

Nature

IN THE NOT-SO-EASY MOMENTS...

**A dysregulated child needs
a **CONNECTED** adult not a
CALM adult**

Model regulation for
emotional congruence

Activated but connected

Be WITH them & validate





BE YOURSELF



ABCCC OF CONNECTION & CO-REGULATION

AAWARENESS

BBEING

CCURIOSITY

COMPASSION

COLLABORATION

AWARENESS

What do you
notice?

Can you notice
without
judgement?



BEING

Can you be more
present & attune to
them?

How can you connect
more deeply?

Can you be regulated
ENOUGH?

How can you support
yourself & regulate
your nervous system?



CURIOSITY

Can you get curious
about what might be
happening for them?

Look beyond the
behaviour...

Can you also get
curious about what
might be happening
for you?



COMPASSION

Derived from Latin,
refers to how we're
with (com) suffering
(passion)

Can you meet them
with compassion?

And also practise self-
compassion?



COLLABORATION

Explore regulation and co-regulation techniques together

Work collaboratively and get creative

Tune into what feels intuitively right for you and your child?

Advocate for them and help them build a positive self-identity and self-advocacy skills



5 SENSES

Visual

Auditory

Olfactory

Gustatory

Tactile

3 HIDDEN SENSES

Proprioception

Vestibular

Interoception

Seeking and avoiding

Fluctuating

Key factor in regulation

MEET SENSORY NEEDS



MOVE IT OUT

DEMANDS & EXPECTATIONS

Actual and perceived demands & expectations, internal and external

Can you check in on your expectations & demands... are they really yours? Are they important in this moment?

Can you embrace your humanity?

Notice what's going on for you... are you feeling regulated enough? Can you come back to yourself and check in?





SHAME KEEPS US STUCK

Shame creates beliefs around who we are – I'm a bad person, I'm not good enough, I'm useless, I'm lazy

We can't shame ourselves or others into behaving differently – it just keeps us frozen in time and become more disconnected from ourselves and each other

Linked to Dorsal Vagal immobilisation – shutdown, hopelessness, dissociation

The background of the entire image is a bokeh effect consisting of numerous out-of-focus circles in various colors including pink, orange, blue, teal, and yellow, set against a dark blue background. The word "GLIMMERS" is centered in the upper half of the image.

GLIMMERS

TINY MOMENTS OF JOY, CALM, COMFORT & EASE
CUMULATIVE EFFECT. NOTICE, FEEL & COLLECT THEM



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