

PARENTS PODCAST



Main Ideas

Think of trauma in terms of surprise, not severity.

Have conversations in the context of community—don't try to do this alone.

View your relationship with your child as a culture you get to create and cultivate over time.

Taking a personal inventory of how we deal with pain allows us to be more present to our kids and more grounded as a parent.



Three Tips

Fear, sadness, and shame. Oftentimes, an infection can become more problematic than the wound itself. Trauma is like an infection and some of its symptoms are fear, sadness, and shame. If your child is having a response with a disproportionate amount of fear, sadness, or shame, approach with curiosity to discover what's underneath.

Trauma is a response. When it's properly understood, trauma is not an experience—it's a response that codes our brains, informs our expectations, and affects our view of the world. That reaction can be very personal based on the unique level of shock or surprise a person experiences. So it's not necessarily the severity of the event itself.

It's a 10 to them. As parents, we work hard to build a world in which our kids don't have to experience the same triggering and painful experiences we did. As a result, a level 10 hurtful event for them may be very different from a level 10 event for you. We cannot try to deal with their pain in the same way we deal with ours.



Discussion Questions

Take a personal inventory. How do you deal with pain? What are your natural responses?

Do you view your relationship with your child as a culture that can be created and cultivated? How can you begin, or continue, seeing your relationship in this way?

Take time this week with your community, your spouse, and yourself to share your vision for what a vibrant culture could look like between you and your kids. Consider how that space would be for your child. How would it be seen by others?



Next Steps & Resources

Don't do this alone. Engage in biblical community by joining a LifeGroup and working through these questions together. You can find a group near you at go2.lc/lifegroups

Start working through the self-paced trauma workshop to help you understand your own trauma and have healthier conversations with your kids at www.matthiasjbarker.com

When we get healthier, our families also reap the benefits. So take the time to go deeper into your personal inventory about the ways you naturally respond to pain.