

WOC & Allies - EP74

Elaine Lou Cartas: Hey, legacy leaders. So I have my client and friend, Justine David. We are both a dress like Steve Jobs today, apparently wearing the black turtleneck. I'm wearing Patagonia, black, but anyways, so Justine is here. Justine is an occupational therapy graduate from USC. Go Trojans. I'm saying this sarcastically because my partner went to USC and all his friends.

Elaine Lou Cartas: So there's so much pride in that school. And, Justine shares her knowledge with educators and physicians through workshops and presentations on neurodiversity. Her office is located in Pasadena which I used to live in and I miss that town. And I know you work with a lot of parents and kids there doing parenting, coaching and trained birth doula, which I didn't know that by the way.

Elaine Lou Cartas: In

Justine David: my earlier years before I started my practice, I was doing birth doula but it's a lot of work. You're always on call.

Elaine Lou Cartas: Yeah, now and then what you came back from a trip. Where did you go? Justine? I went to Patagonia in Argentina, the jacket I'm wearing,

Justine David: it was amazing. Yeah, I really reflected on my life.

Justine David: It's 1 of those things when you're immersed in nature and you're like, wow, I feel small in a good way. That my problems aren't. So bad.

Elaine Lou Cartas: we should have probably done like a separate podcast episode. We could maybe like. put it in here because you went to Patagonia and then I went to Tanzania and when you're in nature, like you said, you're just like, why are we complaining about the problems we have?

Justine David: Yeah, it definitely gives you some perspective. Yeah. Yeah, but it was amazing. I love

Elaine Lou Cartas: to change gears. We're here to talk about how to be a gentle parent with boundaries and Ironically Justine was like wait, this is bugging me. I don't even know how gentle parenting started So based off of Google, I would actually love for you to share even based off your professional experience What is gentle parenting?

Elaine Lou Cartas: And why has it gotten popular recently and also gentle parenting is also known as conscious parenting too. So I'd love for you to share. Yeah, so

Justine David: gentle parenting was 1st coined by.

Elaine Lou Cartas: Sarah Smith,

Justine David: she's actually not a psychologist or a therapist, but a mother of 4 kids, and she just wrote a bunch of different books.

Justine David: 1 of them is coined as gentle parenting, but a lot of her theories and her strategies come from attachment theory, which became really popular around the 50s and 60s. And so what gentle parenting is essentially what it is, how can you respond to your child that has. Respect empathy also, instead of demanding or reprimanding, you're offering them choices to make better choices while ensuring that your expectations and your boundaries are still in place.

Justine David: And anecdotally, since the start of the pandemic, a lot of parents have come to me since they need a lot of help, figuring out, okay, what's really behavioral? What should I really treat? What should I really target? And What kind of language do I use? How do I redirect them in a way that I don't traumatize them?

Justine David: Or maybe I'm triggered. How do I stop myself from being triggered? a lot of what I do in parent coaching is helping them process all of that. this is, yes, this part, this behavior is behavioral and then this stuff is just them being for, or let's say, it's related to their sensory processing.

Justine David: how can you show them grace and compassion? Or is this like the hill that you want to die on? You got to pick and choose your battles here. So that's what I do a lot and parent coaching feel like. I don't know if I answered your question, but it was

Elaine Lou Cartas: not fun to answer it. No, it's okay. I don't know if I shared this story with you.

Elaine Lou Cartas: I am not a parent yet. I do want to be one, but I was. I was in Lake Tahoe. Did I tell you this story? Like in one of our sessions? Okay, I was in Lake Tahoe. My niece is maybe four at the time. There's three big Filipino families in a huge Airbnb. Three floors, right? Yeah. my cousin and her family, which includes my goddaughter, is in the first floor and I'm all the way in the third floor.

Elaine Lou Cartas: And As we all know, babies know how to yell and scream to get your attention. And I was able to hear all the way on the third floor. So I ran down and Ni Nang means godmother in Tagalog. And so I could hear crying and it was so instinctual for me. babies and kids are like Yi Hai. They're really short.

Elaine Lou Cartas: So I crouched down the same height as her, kneeled and I was like, what's wrong? She's mommy and daddy want me to put my shoes on. I do not want to put my shoes on. And we're about to get ready to go on like this very short hike. And it's not a stable ground. And then I was just very. I just spoke to in a very gentle way, but gentle parenting is I know you don't want to put your shoes on, but we're going to go outside and the ground is not even.

Elaine Lou Cartas: And if you run and walks, I know you love running. You might fall and get hurt and your mommy and daddy and me don't want you to get hurt. Do you want to get hurt? Okay, so we don't want you to get hurt. You don't want to get hurt. So can you put your shoes on? Okay. And then she just hugged me. Yeah.

Elaine Lou Cartas: Okay. I did it right. I did it right. Yeah. She hugged me. And then like my cousin, my Ate means like older cousin, older sister. She's what did you do? And I was like, you just have to talk to them, explain it. Not like a command. It's like micromanaging, like as a boss, right? Go do that.

Elaine Lou Cartas: And I'm like, I don't know why I need to do that. Go put your shoes on. Why? Yeah, and then you have to explain it to them. Yeah, no, it's

Justine David: true. and I think this is a lesson for most relationships is. you have to validate how they're feeling. You've got to meet them at their level. You have to use language that they're able to understand.

Justine David: Also, if they're like, completely dysregulated, right? And they're having a tantrum or crying, you have to work on consoling them 1st, before you give them a directive. Otherwise, they're not going to fully process it. Same thing if you're talking to your partner or your employee or a colleague or something like that.

Justine David: If they're

Elaine Lou Cartas: stressed out. Are we about to do therapy right now? Not just to be a parent or you'd have a partner, even family members. Yeah. Yeah.

Justine David: And like children are learning these life skills, these social emotional skills by you as their model. And so right. So we essentially validated how he felt. You gave her a reason why it's important. And then you asked her a question and to even make it more like gentle parenting, you offer choices. So it's either you could put your shoes on or I can help you. What would you like? So it doesn't turn into a yes, no. It's okay, either or, but either way, The boundary is, or the directive is we're all going on a hike.

Elaine Lou Cartas: So talk about the regulation piece, right? Because whether we are a parent or not we noticed that. Our partner or our kid or a family member is unregulated and we're also probably unregulated. So how can we be there for that person when we're probably not ourselves?

Elaine Lou Cartas: Yeah,

Justine David: so I train parents and this actually comes from a, lot in there. Okay. When I'm about to, or when I'm noticing that I'm dysregulated, right? Can I halt, which is an acronym for, am I hungry? I'm probably angry. I should probably eat a snack before I have this tough conversation. Am I angry?

Justine David: Okay. If I am angry, right? And then the red zone, can I take 10 deep breaths? So then I come back to the green zone or the go zone, right? Look

Elaine Lou Cartas: up zones of regulation, by the way. Zones of regulation. Yeah. I learned this from my, therapist, but continue. Sorry. Yeah. And

Justine David: then the L stands for lonely. Maybe, they're acting out or this person's acting out because it's a bit for connection and that's the way they can, get your attention or tired.

Justine David: have you not slept regularly this week? Maybe it stems from that. Maybe you should take a breather, a pause, right? Maybe wake yourself up. If you're feeling tired, glass of water, a cup of coffee and learn how this conversation. And so I think parents really need to notice if they're dysregulated because their job.

Justine David: And, the job of your partner is to offer you co regulation, the same way when you're super stressed out, you don't need. All these solutions right away, or these strategies right away, sometimes you just need to vent to your partner, or you just want to feel heard, which is great,

Elaine Lou Cartas: do that first.

Elaine Lou Cartas: I even do this right in my coaching session, but a reminder for people when you notice your partner, a friend, a family member, your child venting sometimes I know we live in this Western culture of we need to fix it problem solver. Yep. But you could do a simple question of. What do you need right now?

Elaine Lou Cartas: Is it helpful for you to share or do you need a solution? What do you need? The other way around, too, if you're venting to someone, I actually say this sometimes to my partner. I'm like, Hey, I just want to vent, but I'm not looking for a solution. I'm just venting. Yes. Yes. even let people know what you

Justine David: want.

Justine David: Yes, I think that's or, we're talking about this within the context of parenting. Sometimes you can't be asking your 4 year old or 5 year old an open ended question when they're dysregulated, then you have to label their body awareness. For that. Oh, I noticed that you're super angry because they are not you're punching a pillow or you're making up.

Justine David: Do you wanna hug or Hey, let's go to the kitchen and just get a sip of water. So you're actually facilitating the self-regulation. Ooh, uhuh, . And then it's also context dependent, right? Hey, let's go pet our dog. You can't really do that in a classroom setting. Then sometimes I'll go into the school and say okay, these are the school or the classroom approved strategies to help so and so calm down.

Justine David: this is how you say it. Or this is the language that I found worked for this. And then you'll just write all the script down, send it in an email, right? Have me follow up is working. It's not working. How can I best for you? yeah, I think it's really important to focus on regulation for.

Justine David: Even when we're doing occupational therapy, right? If you're high arousal, you have no attention or poor attention and you're bouncing from thing to thing. let's work on getting your attention there 1st, right? Getting your emotional regulation there 1st and then you're more likely to do things that are more challenging.

Justine David: the clients that we see how, sensory processing issues, water challenges, right? using their hands or using right. Bigger muscles in our body to do coordinated movements, really tricky for them. So unless you work on regulation first, there's no way you're going to do anything that's challenging.

Justine David: So

Elaine Lou Cartas: you gave some examples. What are some scripts you could provide to parents when they notice their child or niece or nephew being unregulated? Like I love what you just said

where, what would help you right now? Do you need a sip of water? Do you want to talk about it? Yeah. what are scripts or things that parents can do?

Elaine Lou Cartas: Awesome.

Justine David: I think a common one would be right narrating their feelings and then providing them a closed ended question. Can you give an example? They're like, I notice you're super sad right now because mom just left. Can I give you a hug or hey, let's text them, once this alarm turns on.

Justine David: Oh. So that's like a common one. Or another script would be, and this is the part where there should be some nuance, because depending on the individual, their child's, sensory processing and their personality and their temperament, some of the things that might work for 1 child. Doesn't necessarily work for another 1.

Justine David: for example. Right some people, and this is also love languages, right? When you're super stressed, some people want. No words of affirmation, or, tactile, like that physical affection. I've had clients where they're just like, don't look at me, right? And maybe the strategy for that particular parent is okay, so right then seeing you and you making eye contact or looking at them while they're crying or having a meltdown, especially along the situation.

Justine David: maybe your job as a parent is Hey, I'm going to be right here next to the door. I'm going to play with, I don't know, whatever it is, Legos or something like that. I'm here when you're ready. So you're not physically abandoning the person. They know you're there, but you're not like. All eyes on them at the time.

Elaine Lou Cartas: I love that. I love that. So what works for me

Justine David: as a grown up, I like, don't look at me while you're crying. I just need you to be right there.

Elaine Lou Cartas: what works for me as a grown up, when I get into miscommunication is I need time. And when you talk about it right now, I'm like, look, I have been in relationships or friendships where we had to talk about it right away.

Elaine Lou Cartas: And then I said things I regretted. Yeah. And I need a cool down before I have a

Justine David: conversation. Yeah, and as parents, if it's developmentally appropriate, you could even do it as young as 3 or 4. mom's starting to get into the red zone. I need 1 minute. Okay, when you hear the duck quack from this time, I will come back.

Justine David: You will see my feet right here. I'm outside the door. Or something like that, or I need a sip of coffee, I'll come back just so then you can collect yourself because. And, you're human, right? If you feel like you're about to be enraged, you should probably go out, come back. let's see if you are enraged and you say something that you regret the most important thing is, to have.

Justine David: The courage and to not have the ego to apologize for that or do the repair a lot. A lot of therapists psychologists say, and did you do the repair because if you don't exemplify that, if

you're not a model for that, your kids are not growing up. And it's not like a thing that they learn in the classroom.

Justine David: It's not like a lesson, learning how to do addition or subtraction.

Elaine Lou Cartas: Would it be beautiful if we had that though? Yeah. Which is why they hire you instead, Justine.

Justine David: Yeah, or, I'll give resources to teachers and I'll just be like, a minute thing that they do. Or, more schools are integrating, right?

Justine David: especially school counselors, sometimes, depending on the child's, on every level. you literally have to teach them how to do it. providing them with a script, I'm sorry, coach, this is how you do a repair.

Elaine Lou Cartas: I really love that. I wish we learned that, for our generation, so it's nice kind of seeing that. Is this a true fact? I feel like I've always heard this, where it's like the first five years of development is really important in terms of how a child learns how they're gonna communicate, do regulation.

Elaine Lou Cartas: Is that true or is that just something I just hear? I'm only asking you because you're the expert here.

Justine David: Yeah, there's a lot of articles showing that, around 3 years old, even earlier than that, right? There's something called pre pharmacic zoning where you have all these neuronal connections, but if you don't use it, you will lose it.

Justine David: And so you can actually start. Teaching kids empathy as early as 3, right? And then you're just reinforcing that over time. And, yes, 5 and under, this is when you're really developing, right? Your fears is a little right? Subconscious the things that are harder for you to rationalize. Yeah, even if you think that, the developmental stages abstract thought doesn't really get reinforced, right?

Justine David: the concept of, love perspective taking and things like that until, they start to emerge, around 7, 8, 9. Right and so you're doing all this work to lead up to that. And yeah, I think it's really important to start as early as possible because then you could start talking to them and they're starting to have more of that, empathy and self awareness about how their actions impact other people.

Justine David: they're thinking outside of themselves or starting to, especially around, 2 or 3, right? The sense of autonomy starts and this is why, around 2 or 3, right? The terrible 2s. They start saying no for everything. Because a, they like the cause and effect and it's also oh, whoa, like my body is an individual and I can have right these conscious actions outside of like my parental figure mom, right?

Justine David: And yeah, it's really interesting.

Elaine Lou Cartas: It made me reflect, one of my friends, she has a 5 year old daughter, right? And she saw a family member, the family member started touching her hair because she has curly hair.

And then, she said, I don't like that you're doing that. Please stop. And, then the family member was like, Oh my gosh, I was just playing with it.

Elaine Lou Cartas: And then her mom, thankfully it was like encouraging honey, I'm so glad you spoke what you needed. And thank you for using your words.

Justine David: Yeah. And back in the day, it was just like, okay, just do what I said, because I'm a parent, right? I'm the adult here. But essentially what that parent's doing is like teaching them consent.

Justine David: are you allowed to touch my body? Am I allowed to touch yours? First of all, space, right? Also a reinforcement of what boundaries are. So can you get a high five? And some kid will say no. I was like, okay, that's cool. You don't have to. You know

Elaine Lou Cartas: what? I actually, that happened to me one time. I was out.

Elaine Lou Cartas: With my partners and his cousins and then his cousin has a niece and I was like, oh, let's have a high five. But mind you, I just met her. She's no, I'm like, that's okay. I was about to take a personal. I'm like, oh, come on. It's just been like, hold on. Why is my ego here? Where I want to be liked by this five year old, like good for her for saying no, celebrate that.

Justine David: And it's If you really think about it, it's like a protective mechanism. you're a stranger. I don't trust you yet. And I was like, you should versus, some of the kids that we work with. It's we literally have to teach them. this is personal space. These are the people in your yet. and these are people not allowed in your yes, though, without talking to your parents for it just depends on their cognitive level.

Justine David: And so I think it's a protective measure for a lot of it, which is reasonable and developmentally appropriate. Yeah,

Elaine Lou Cartas: so what have you noticed to be top challenges for parents nowadays?

Justine David: I think, especially with our clientele, they have the means to, get private therapy, to put them in tutoring, to not only have, an occupational therapist, let's say they're overly scheduled with, not only sports, but let's say an Educational therapist, and let's say marriage family therapist, right?

Justine David: All these different things. I think 1 of the main challenges, which comes from that is like, parents are. They don't feel equipped to parents or put the right way. Maybe they're scared that they're traumatizing their children, but they also want them to have those social, emotional skills. And so that's I did rather get it from a professional. But I try to tell parents of a parent, you're not going to get it perfect always. The fact that you're trying kids feel that and the most important thing is okay, if you are, if you didn't yell or do something that you regret and you have to do the repair. And that's what kids are really looking for.

Justine David: I

Elaine Lou Cartas: just talk about that. Yeah. When a parent realizes that they said something, or they hurt the child, not saying physical, hopefully not like verbally. Yeah, would you suggest a parent to say or do

Justine David: Then you acknowledge their feelings and then you'll apologize. And then you think about, the child or the individual's particular love language.

Justine David: So an example could be like, I know you got super scared when I yelled, but you were so close to this dough and I did not want you to get hurt. I'm sorry that if I scared you, but I was really worried. Something like that. Next time, I'll make sure to pick you up or move your body instead of yelling, because yelling is really scary sometimes.

Justine David: Oof. Yeah. I feel like

Elaine Lou Cartas: that's even powerful for adults, and even explaining that to an I'm serious! Hey, when you yell it is very scary. I, if you explain to why you're angry, that would be very helpful. yeah, or

Justine David: repair can look different, right? depending on the particular person and people don't want to really talk about it.

Justine David: Sometimes I'll show kids a visual. did you apologize? Check. Did you do something kind for them? Did you clean it up? If you broke something, right? Or did you fix it? If you broke it, right? So then they have a little visual oh, I did this and that's the mom. for, our teen clients, right?

Justine David: okay, did you use an I statement and also do something to repair your relationship with your parents? you have to own up to it. This is why I don't trust you because you didn't put in the repair.

Elaine Lou Cartas: Give an example of an I statement for a teenager and also this could relate to be to adults.

Elaine Lou Cartas: Let's be real. So what's an example

Justine David: script for an I statement is I feel blank because blank. so it takes away the accusatory language and kind of opens up the conversation about how you really feel, which then makes the other party not as defensive. I felt very disappointed when my iPad got taken away.

Justine David: This is how I connect to some of the people from school that I talked to, it's really hard for me to make friends. I'm sorry that. I need the school's computer from, and you found out or something like that. I'm just like, using an example of a 14 year old client that basically, you know.

Justine David: She, quote unquote, borrowed a laptop. Parents found it just talking to like people that she wasn't supposed to all sorts of stuff, but I was like, okay, if you do it once, they gave you the benefit of the doubt, right? You do it twice. It's like, all right, now it's a coincidence. And now your parents are like, okay, checking the wifi, seeing what devices are on it right now.

Justine David: It's a red flag, right? Three times you doing it. Now it's a pattern. And now it's okay, better if better do better. And so now we needed there's so much times, like how you're going to do this repair with your parents, because at this point it's three times now, they don't trust you.

Justine David: And so it's like helping them quantify it and then helping them sequence what they need to do. I do this for like parents for parent coaching, but then also, depending on their cognitive level, how old they are, I could make it like, oh, yeah, you say, sorry, this is how you say, sorry, I'm sure you like do this for mom versus like the teen okay, now you got to get more with it because they really got to believe, and also, they want to know if you learn anything from the situation.

Justine David: Yeah, In accountability on your end, you're not five,

Elaine Lou Cartas: let's talk about the biggest battle parents have. for example, I had my birthday dinner yesterday with my family. My adorable nephew was there and we had 2 hours to be in this private room. And then 90 minutes came and he was in his little high chair.

Elaine Lou Cartas: He's about a year and a half. So he's buckled up and he hit his plateau, which means he was screaming and yelling. And then my brother is okay, cocoa melon time, gonna take my phone out. the battle with screens, I would love for you to share your expertise insider advice.

Justine David: I try to tell parents as much as possible do not rely on a screen to entertain your child because in that instance, right?

Justine David: Instead of maybe taking the cocoa melon iPad or phone out, maybe it was. The toddler's way of saying, I need a break. If you think about, a restaurant, right? They're not part of the conversation. Oftentimes, they're talked down to. It's a huge multi sensory environment, right? They're probably not eating the same food that you're eating, too.

Justine David: So they've essentially, met their threshold. Also, if you think about, kids, and our rule of thumb that I try to explain parents is, okay, If you have a 1 year old, you could have sustained right attention for about 1 to 2 minutes, right? Let's say, right there too. for them to be really engaged in something.

Justine David: You could think about, it being like, 2 or 4 minutes, right? This child, right? Has really expanded their attention span to arise those situation. I was like, them being at the right job, right? They've engaged with all the adults in the situation and now they're just like. I'm losing my shit. I need a break.

Justine David: But it's okay, can a 2 year old or a 1.5 year old convey that to you? No, so as a parent, you're supposed to read their cues. Oh, so and so is yelling. Oh, so and I noticed that you're having a tough time in the high chair. Let's go outside for a little bit and come back. Right essentially, rather than, giving them a screen, which also impacts their, attention, which then now I'm seeing a lot of kids dependent on a screen or are showing like, behaviors, it prevents them from actually learning how to have a meal at a restaurant with their family.

Justine David: it's

Elaine Lou Cartas: sad because I even see it now, not for the young families, I say, but even like teenagers out with their parents, right? It's so normal for me, the unfortunate thing to go to a restaurant, not only the kids on TV, but then I see a dad watching a football game and a mom, everyone's literally on their screen and they're connecting with one another.

Justine David: Exactly. And so then, you get a lot of teens and young adults who have high anxiety because they don't know how to be in such a situation. They don't know how to self

Elaine Lou Cartas: regulate,

Justine David: right? No, and they don't know how to ask certain questions. How do you get to know someone? How do you check in with someone?

Justine David: And it's not like you could hide behind a screen from that. It's okay, this is playing out in real time. And yeah, parents really need to not use a screen as a cop out when things get hard and I get it. I tell parents. It's I get it. Sometimes you need, 5 minutes for you to do the dishes.

Justine David: So that they're like safe and not I don't know, jumping off the couch or on a flight. It's a special treat. you need three hours of them like being quiet so that they're not like, running all over the, aisles or something like that. there is a time and place for it. But if this is the regular occurrence, when you guys are out and about.

Justine David: it's very telling and it's also you need a scaffold it then it's okay, great. So then maybe we don't do, a 2 hour sit down. and so too, and they could probably last a good 15 to 20 minutes because I've timed it on my phone over time. Great. So we're going to just do it. I don't know, go to in and out, pick it up, play a little bit.

Justine David: I'm home. Right and then push it and push it. You're essentially, you're scaffolding it versus hey, let me put you in a situation where I know you're not going to be successful in. Oh, interesting.

Elaine Lou Cartas: even as an adult, right? Like we were just talking about going to therapy earlier before we hit record, but I even noticed things as an adult and being in a relationship like, oh my gosh, I do this because this is how I was parented.

Elaine Lou Cartas: Like I didn't see this as a value like our yeah, it's very simple example, for example, like very fortunate that my parents Supported me through like school, but because they came from a poor economic status in Philippines They wanted me to focus on school only which meant I didn't do errands I didn't do a lot of things.

Elaine Lou Cartas: So I don't think top of mind to let me clean this. Let me organize this because it was always done for me. And I was studying, I noticed that now as an adult, I'm like, I have to like consciously capture myself. Oh wait, I need to do this or that. I do laundry every week, not Oh, there's, it's just, it's fascinating to just be self aware of how we are.

Elaine Lou Cartas: It's not because you don't have

Justine David: the skills. Yeah. It's more just lack of exposure. And I try to tell parents to like, I get it. Like you want them to do a math tutor, art tutor, all the different tutors. That's great. You have the means to do it. But there's been multiple studies that, for your child to be successful, it's not your IQ.

Justine David: It's your EQ, right? You can know all the answers and be like the best engineer, the best doctor, this and that. But if you don't know how to relate to people, you don't have a good bedside manner, you don't know how to like, connect with them, they're not going to listen to you. Even if you're right, and you know the answer, the solution, or whatever needs to happen.

Justine David: No one's gonna listen to you. Sorry, dude. Like You're very aggressive, or you need to speak up, or you need a nuncy, or, right? Like, how do you capture someone's attention using your affect? these are these quote unquote soft skills, or these social emotional skills that are now really being taught in school because, especially during the pandemic, no one really had practice.

Justine David: Or at least, those kids in those formative years lacked exposure or

Elaine Lou Cartas: practice. I think more what is it? Gen alpha is learning this because it's us millennials who are having the kids. And I was talking to one of my team members before this call where we were talking about Gen Z ers where I know you're laughing already, but it's like the lazy era or okay.

Elaine Lou Cartas: Work ends at 5, but they left at 2 or 3. Literally, I was talking to another client. They left at 2 or 3 without telling me. I don't understand why. And when

Justine David: I asked why Not on

Elaine Lou Cartas: destiny. Yeah, it's they didn't tell me why. There's no family emergency. I call them, why'd you leave? Oh, just left.

Justine David: Oh, God. I don't like that because there's no accountability.

Justine David: Yeah,

Elaine Lou Cartas: so I'm curious if that has to interplay too with the not understanding the EQ. It's a screen time part.

Justine David: Because rather than asking or inquiring, or having a tough conversation with your employer, hey, I'm upset because of this or, hey, we can do this better. They'd rather not even attempt out the conversation because it's true overwhelming.

Justine David: It's that lack of exposure also anything about, bringing or texting or FaceTiming, it's a lot of the times when you actually have more time and you can hide behind a screening rather than really interact, interacting and noticing how the other person's responding, are they starting to feel, are they starting to get sad because we just, walked out and having to confront that it's a, the feelings of guilt, shame, embarrassment, and.

Justine David: Like all in real time, you can't escape it. People need practice. So interesting.

Elaine Lou Cartas: So what are, do you have any top tips for parents?

Justine David: Top tips would be anything about like habits? Cause screen time is often a habit and I think you just want to make sure it's like frictionless, right? So it's okay. Let's make sure that we're not, packing our phones or your child's iPad.

Justine David: If, you want to try to like, expand our attention during a meal time, let's say you want to decrease access to, let's say, you're not going to give them the wifi password today, even though it's like a bitch to change it every day because you're like, okay, so then we can have a present like dinner with all the members of the family.

Justine David: So I think. Yeah. You can also

Elaine Lou Cartas: unplug it, by the way. I know.

Justine David: Yeah. That's actually more yeah, more efficient. I think it's more okay, how can we instill habits and make it less or decrease the friction? make these things less accessible so that, we could actually get them to do the things that you want them to do.

Justine David: Let's say, I don't know, homework to have a conversation with you and you're not going to get it perfect every single time. And own up to your mistakes and then do that repair so that you could be a mom for them. And I think you have to give kids practice. With these tough conversations and give them some accountability for the boundaries that they did meet up on.

Justine David: Yeah. Because what I think gentle parenting gets a bad rap for or what it gets misconstrued as is less permissive parenting. They would just get to talk to their parents like that and they'd have no consequences. You could say something like, it's the family rule that we don't talk to each other using, I don't know, curse words, sorry, we're not getting the wifi for tonight.

Justine David: And you're saying it in a warm way, and you could say it's because, that really hurt mom and dad's feelings. And I'm teaching you to be a respectful person with us and with everyone around you, something like that. So yeah. Bye. Bye. Bye. As much as possible, if screen time is an issue, try to create less accessibility toward that, repair on your end.

Justine David: And then also it's just yeah, also be, okay with you're not going to get it perfect every single time, and that you're trying.

Elaine Lou Cartas: So what is one action item, one reflective question you want to share with parents and humans, even those that are not parents listening to this? When it comes to being a gentle human,

Justine David: what's one action item, I think we got to touch the part or the recurring theme is yes, validate the other person's feeling, make sure that they feel heard.

Justine David: And then if you have a request or a suggestion, once they're regulated, then bring it into the conversation and they're ready to listen. Yeah. Yeah.

Elaine Lou Cartas: So you're based in Pasadena, California. If parents want to reach out to you, get to know you more, work with you, how can they reach out to you?

Justine David: Yeah, so you can contact us on our contact webpage on our main website. It's www.the-sensory-brain.com. And yeah, we're in and yeah, we do parent coaching sessions in person online.

Justine David: We also do individual occupational therapy, the focus on sensory processing, motor coordination, and self-regulation. Emotional regulation. Yeah. And yeah. And.

Elaine Lou Cartas: I know that she has a busy practice and growing her practice. So feel free to hit up Justine right away. I'll put her website on the show notes. And then Justine, I also have some listeners who are interested in working with me and we've worked together about four months.

Elaine Lou Cartas: So any thing you want to share about your experience working with me as a client and any results you want to share that you feel comfortable sharing?

Justine David: Yeah, what I really appreciate about you is that you're warm and supportive. And especially me, I'm pretty typing in a lot of ways, you give me action items and I love to check it off.

Justine David: So I feel really efficient. Within the 4 months, I was able to interview tax preparers have a tough conversation about letting a client go that felt like. In alignment with, my company values and our company policy, I was able to, do a photo shoot, produce that on my own get models for that, all of that.

Justine David: And then also, you helped facilitate a connection with someone that helped design our website and then that got us more client lead. So it was very grateful. You're a great coach. I'm out of 10,

Elaine Lou Cartas: 5 out of 5

Justine David: stars. Yeah, like I definitely saw a result. So I want to thank you. Oh, thank you.

Elaine Lou Cartas: And if you want to schedule a call, go to elainelou.com

Elaine Lou Cartas: forward slash call. Justine, thank you so much for all you do for parents, kids, and this next generation.

Justine David: Thank you. Yeah, it's an honor to pay it forward. I think it's, yeah, it's I think what my legacy is. What I want it to be, it's to make, the world a better place.

Elaine Lou Cartas: So healing. Both of us are Filipinos, so healing from what we grew up to.

Justine David: It's like I'm reparenting myself

Elaine Lou Cartas: through you guys. I know. It's beautiful. Thank you, Justine. Thank you. Thank you.