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Extinguishing the Exhaustion of Extreme Parenting



Author, Speaker, Educator, Therapist...
But FIRST, a Mama--right beside you--in the trenches.



The Mama on the Rocks
..... Extreme Parenting Expert(ish)

We are only shown what people are comfortable showing others.





I got tired.
Of parenting.
Of questioning.
Of doubting.
Of hiding.



What does "Extreme Child" & "Extreme Parent" even mean?

Emotions

- BIG
- Loud
- Confusing
- Fast Changing

Behaviors

- Difficult
- Explosive
- Scary
- Uncontrollable

Parenting

- Doubt
- Fear
- Isolation
- Judgement

**"Do not think that love,
in order to be genuine,
has to be extraordinary.
What we need is to love
without getting tired."**

-Mother Teresa

The ABC (DEFG)'s of Extinguishing the Exhaustion of Extreme Parenting

Assess Your
Health

Be Okay with
"Good Enough"

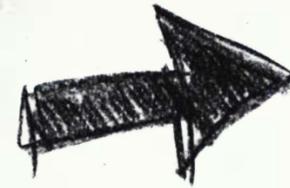
Connection
before Correction

Do ONE Thing

Feel and Forgive

Give Yourself
Time to Greive

Assess Yourself before You Wreck Yourself



Physical Health

How does my body feel today?



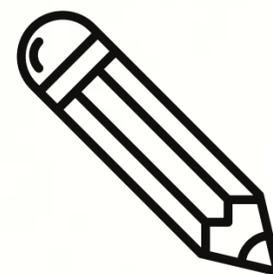
Mental Health

Where is my head right now?



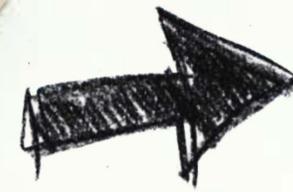
Spiritual Health

Do I feel connected to something bigger than myself today?



What do I NEED?

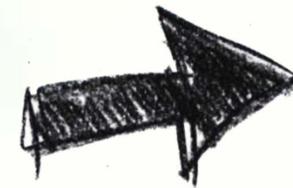
Be Okay with "Good Enough" Parenting



Prioritize NEEDS over WANTS.



Keep the To-Do list short & let things go.

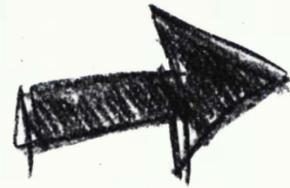


Try to enjoy ONE thing about your EC.



Forgive yourself...over and over again.

Connection before Correction



Be Flexible with Ourselves

Have I taken time to connect to myself today?

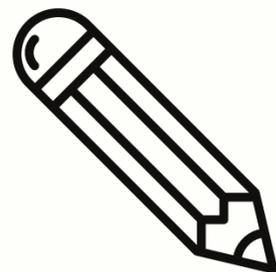
What am I blaming myself for right now?



Be Flexible with Our Kids

Have I taken time to connect with my kid today?

What am I blaming my child for right now?



What is UNDERNEATHE the blame?

Do ONE Thing for Yourself

Because this brand of tired can leave
us feeling...

Disempowered

Disillusioned

Disappointed

Defeated

Without Hope



Eat



Stretch



Sleep



Move

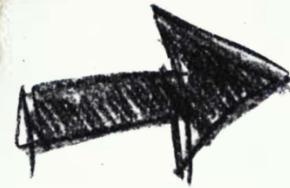


Breathe



Talk

Expand Your Community



We **CANNOT** do this alone.

Not physically.

Not mentally.

Not emotionally

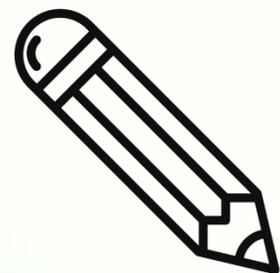


We **SHOULDN'T** be expected to do this alone.

No previous generation expected moms to work like they have no kids and parent like they have no job.

No other generation has had current rates of co-parenting or abuse in the home.

No other generation has seen such high rates of mental health diagnoses for both adults and children.



What is **UNDERNEATHE** the blame?

Feel the Flooding



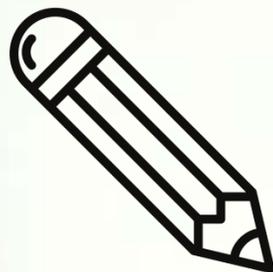
Be Flooded...It is **NORMAL!**

Consider when you are holding behaviors against your child.

Yourself.

Your partner.

Can I identify where in my body I am holding energy?

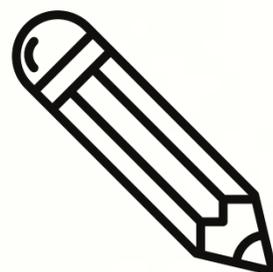


This is Flooding.

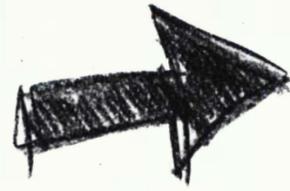
Remember our ECs get flooded too.
(that is usually what constitutes a meltdown)

Holding onto this negative energy becomes resentment and keeps us stuck in the cycle of Escalate - Flood - Explode - Resent - Repeat.

Can I utilize a healthy strategy to both experience and release the energy?



Give Yourself Time to Grieve



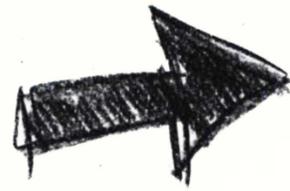
The diagnosis



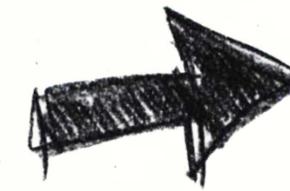
What you *thought* parenting would be like



What you *thought* your child would be like



What you *thought* your life would be like



Non-Death losses: jobs, dreams, relationship ruptures, change in providers, missing events, missing out

Come Hang with Us!

We are just regular parents raising difficult kids who finally got too tired to continue going it alone.



Dealing with Discipline while Remaining Calm

6 Steps To Setting Your Extreme Child Up For Success While Salvaging Your Sanity



Encouragement for the Battle-Wearied Mother

A 14 Day Video Study for Exhausted Moms Raising Children of Mental Health



Connect



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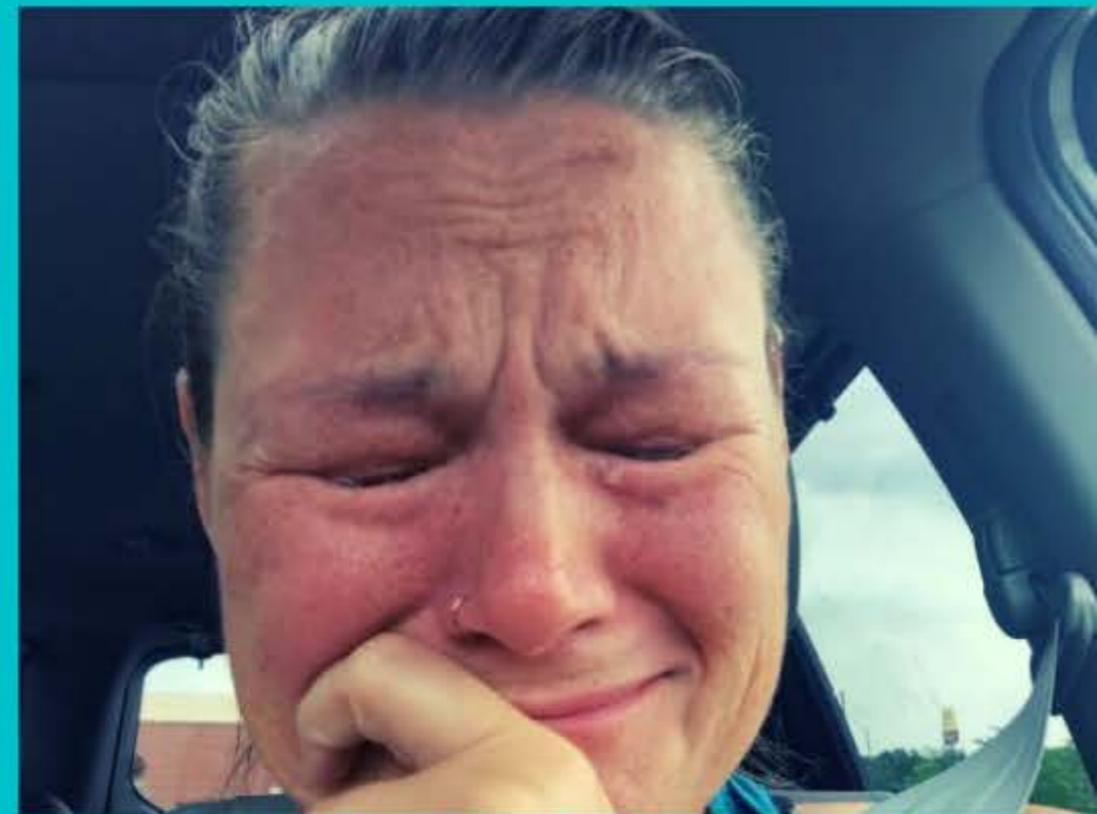
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AUTHOR.

SPEAKER.

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...BUT FIRST, MAMA.

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ADVOCATING FOR EXTREME CHILDREN.

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