

YOUR CAPACITY AND EMOTIONS

Your baby is going to get a nervous system every bit as good or bad as yours. They're going to adapt their way of being, their brain, their body, and sense of self to the ones helping them to survive during these first years.

It's so important that you become as emotionally healthy and strong as possible for the sake of your child. Thinking you're just covering up old pain doesn't work here. Nervous systems read nervous systems and you can't stop or hide it.

Distracted, preoccupied and unpredictably harsh or scary behavior from the parent with unresolved trauma tells them that the world is an unsafe place.

It tells them that although you're there to protect, that protection may or may not be there when it's needed. This uncertainty and lack of consistency creates within them a deep sense of insecurity and fear.

They become confused about how to proceed.

When is it safe to explore the world and when is it not?

Will my parent be here for me when I need them?

How can I survive if they're not?

And even more deeply the question is what is it about me that makes my parents behave this way? What is wrong with me?

RELEASE YOUR EMOTIONS

It's normal to feel sad, mad, frustrated, taken for granted, drained, tired, unappreciated...any and every feeling can be attached to this massive responsibility. You are still human!

This in no way correlates to the love you have or the positive way you would like to feel all the time. It's not real. It's not even expected.

But it can still make you feel shame. You'll feel horrible for feeling anything, but grateful and blessed. We feel like awful parents if any negative feeling is directed at our innocent, sweet, vulnerable baby.

Take all of that away and no matter how your mind tries to make you feel...suppressing what you're actually and truly feeling is not healthy. For either of you. Because remember you are their regulation. And they feel all of it.

It also takes a lot of energy to suppress and you don't have any to spare. As much as you hold it in, it will eventually come out and probably in an explosive or inappropriate way.

MAKE TIME AND SPACE TO RELEASE YOUR EMOTIONS

First just acknowledge it. Then find a safe place to express it.

An emotion is energy in motion. You just need to help and support the moving.

Anger is such a misunderstood emotion. Anger is not about blame and it is certainly not about violence. But it will turn to blame or violence as a result of its suppression.

If you understand that whatever frustration you encounter as a parent is never your baby's fault, you can give yourself freedom to express your emotions safely.

By allowing your anger to come forward safely, you liberate your love. Unexpressed or suppressed anger dulls your love. It blurs your vision of your child. When you can fully express your anger and receive whatever emotional support you need, you have that much more space and capacity for genuine, authentic love.