

Pieces To Be Brought Together

A mini-journal for this parenting roller coaster

Stephanie Olarte, PhD

Licensed Psychologist. Angry Kid Enthusiast. Parent Cheerleader.



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Stephanie Olarte, PhD

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anne@annegiebel.com

www.annegiebel.com

Dear Reader,

In the year 2022, the various perspectives on parenting, and the titles of those who call themselves experts, seem to be infinite. So first off, thank you for choosing me as your guide at this moment.

This free resource was inspired by the core questions that I try to ask parents when I'm working with their family. If you're my client, you either received this journal directly from me, or you might recall hearing some variation of these prompts during our time together.

My mission in creating this isn't to give you a magic formula for fixing your angry kid (hint: there probably isn't one, but please hit me up if you find it). Instead, I'm hoping this will be one of many resources to help you learn something about yourself as you ride this roller coaster. You may also find it helpful to bring this with you to your own personal therapy sessions (because being in your own therapy is the very first recommendation I make for parents of angry kids).

One of the biggest obstacles I've seen parents deal with is lack of time. Because of that, I ask you to please not force yourself to spend hours on this journal. See it mostly as 5-10 minutes that you spend each day to think about your kid instead of some other time-suck (lookin' at you, social media...).

You'll notice that the pages are pretty much blank. The idea is to simply express whatever comes to your mind when you think about the prompt. Maybe you'll write. Maybe you'll draw. Or maybe you'll write some "grown-up" words in large print. You do you.

Parenting a <insert all the euphemisms we use for "angry"> kid requires an infinite supply of curiosity, self-compassion, patience, and tenacity. On behalf of your kid's future self, I thank you for hanging in there.

With gratitude,
Dr. Stephanie



Start with the edges

Day 1:

The dreams I had for this parenting journey

Day 2:

My kid's worst meltdown

Day 3:

As their parent, my biggest fear is...



Remember to breathe

Day 4:

The worst time I felt judged by my kid's behavior...

Day 5:

The first time I got a call from a teacher about my kid's behavior...

Day 6:

The dumbest parenting advice I've ever gotten:



Zoom out

Day 7:

The person who has helped me the most with my kid...

Day 8:

From my kid's perspective, I probably seem/look/sound like...

Day 9:

My top 3 favorite memories with my kid:

Day 10:

Forgiveness

I forgive myself for not knowing...

I forgive myself for not doing...

I forgive my child for not knowing...

I forgive my child for not doing...

My Favorite Resources, In order of how long they take to consume

Less than an hour (blogs, podcasts)

*Brene Brown Parenting Manifesto

www.brenebrown.com/resources/the-wholehearted-parenting-manifesto

*Parenting After Trauma Podcast

<https://robyngobbel.com/podcast/>

*A Little Easier Podcast

<https://alittleeasier.org/>

*Dr. Mona Delahooke's Blog

www.monadelahooke.com/blog

More than an hour (books, courses)

Beyond Behaviors by Dr. Mona Delahooke

www.monadelahooke.com/beyond-behaviors

Brain-Body Parenting by Dr. Mona Delahooke

www.monadelahooke.com/brain-body-parenting

Raising Children Compassionately: Parenting the Nonviolent Communication Way by Marshall Rosenberg

www.nonviolentcommunication.com/product/raising-children-compassionately

*What Behavior Really Is by Robyn Gobbel

www.robyngobbel.com/course/regulationconnectionfeltsafety

Communities

Dr. Mona Delahooke's "Brain-Body Parenting Collective"

www.monadelahooke-courses.com/bundles/the-brain-body-parenting-collective

Robyn Gobbel's "The Club"

www.robyngobbel.com/theclub

***Free Resource**

About me, Dr. Stephanie



I first discovered my love of spirited, feisty, prickly – and yes, angry – kids in 2006 while working as a preschool assistant. As someone who is obsessed with the big picture, I immediately started paying attention to how kids behave based on the person caring for them. By focusing on my connection to these “challenging” kids, I learned that not only were they calmer and happier throughout the day, I was too. This became my life’s obsession as I saw this play out in preschool, elementary school, middle school, and high school ages.

Now, I have the privilege of supporting my favorite tweens and teens as a psychologist. While I have gained a wealth of knowledge and skills since my days as a college kid working in a preschool, the core lesson remains true: kids do better when they feel safe and connected to the other person.

To learn more about my psychotherapy services, visit my website:

www.slowdownpsych.com

For more insights on why I love working with angry kids, follow me on social media:

Instagram
[@drstephanicolarte](https://www.instagram.com/drstephanicolarte)

Facebook
[@slowdownpsych](https://www.facebook.com/slowdownpsych)

LinkedIn
[@stephanicolartephhd](https://www.linkedin.com/in/stephanicolartephhd)

For a more complete library of my favorite books, visit my Bookshop Affiliate Page.

www.bookshop.org/shop/drstephanie

Please note, I receive a 10% commission from books purchased using this link.