Shame-Proof Parenting Strategies for Raising Healthy Children

MERCEDES SAMUDIO, LCSW AND PARENT COACH
What We’ll Learn About Shame-Proof Parenting

1. Explain the concept of parent shame.
2. Explain the process of parental identity development.
3. Discuss parental defense mechanisms and their effects on parental identity.
What is Parent Shaming?

- Any judgement made by someone towards a parent/caregiver about their parenting that does not help them become more effective in their parenting.

- Or, you could define parent shaming as thinking you understand a parent’s decisions based on science, experience, research, observation, or anything else we tend to use to bolster our shaming arguments.
What is Parent Shaming?

- Parent shaming hurts families because when a parent is too embarrassed, too ashamed, or too fearful to reach out for support the whole family suffers.
- They don’t get the help they need and they don’t have the support they need to heal or be more effective.
A Framework For Reducing Parent Shame

- Shame-proof parenting is a framework, not a set of steps that any parent must adhere to.
- This framework creates a foundation for a parent to connect with themselves, their parenting identity, and their children.
- Shame-proof parenting asserts that the harder it is for external forces to penetrate your family, the easier it will be for you and your family to find solutions to your unique issues.
The framework that I often use mimic's Erikson's Psychosocial Development Theory.

In the PID model, at each stage of development there is a task that needs to be completed in order for the parent to achieve competency, confidence, and a healthy self-image of their parenting identity.
There is no framework for how a human transitions into parenthood like there are for transitioning into other identities or ages.

This leaves a wide space for clinician’s to support a parent making that transition – no matter where you come in on that process.
The following are the stages:

- Pregnancy (nesting)
- Infancy (learning)
- Toddler (adapting)
- School-Age (exploring)
- Tween (questioning)
- Teen (role-playing)
- Young Adult (launching)
- Adult (rediscovering)
- Parenting Age Adults (sharing)
Parenting Identity Development (PID) Model

- Parents are living in a world where they are to blame for what happens in their family.
- That creates defensiveness and shutting down.
- Bridge the gap with the following:
  - *Storytelling*
  - *Reflective listening*
  - *Empathy*
Parenting Defense Mechanisms

- **A parent’s defenses are one of the main reasons connecting and engaging with parents is difficult during treatment**

- **A parenting defense mechanism is a strategy a parent uses to protect their parenting identity from shame, judgement, and the emotions that come from raising children.**

- **All parents are using at least one parenting defense mechanism while their child is in treatment**

COPYRIGHT | MERCEDES SAMUDIO, LCSW
List of Parenting Defense Mechanisms

DEFLECTION
Taking the spotlight off yourself and instead highlighting another aspect of your identity and/or making a statement about the other person’s identity.

PROJECTION
Taking your negative emotions and throwing them at someone (or something) else who was not the cause of your emotions.
List of Parenting Defense Mechanisms

REGRESSION

When a parent’s behaviors reflect a past era in their lives – unfortunately the era they’re regressing to is usually not a pleasant one.

FEAR OF FAILURE

A way parents protect themselves from the pain of failing themselves and others; often this impedes them from trying new strategies.
List of Parenting Defense Mechanisms

**MARTRYDOM**

When a parent’s actions reflect a desire to receive something in return from their child.

**THE SUPERHUMAN**

A parent’s way of validating their parenting identity by keeping busy and/or doing everything for their family.
Using The Shame-Proof Parenting Framework

Shame-proof parenting focuses on helping parents connect to themselves and their families to keep external forces from breaking the family.

When using this framework to manage barriers in your work with parents, it becomes a tool to help bring more awareness to parents and help the parent identify where their transference is showing up.
Using The Shame-Proof Parenting Framework

Shame-proofing your parenting is about giving you a framework to start looking at your parenting identity and your family as a whole, authentically imperfect that needs connection, empathy, healing, and togetherness to heal, grow and be healthy together.
Using The Shame-Proof Parenting Framework

- **Empathy**: connection to themselves and to make a space for problem solving their family’s issues

- **Awareness**: how to recognize when something is amiss so the family can tackle it together
Using The Shame-Proof Parenting Framework

Knowing needs: allows for resolving conflict based on getting needs met

Confidence: for the parent to know they're good at and what they may need outside help with
Using The Shame-Proof Parenting Framework

- **Resilience**: helping the family bounce back together and expand their problem-solving skills

- **Support**: allows the parent to seek out the help they need to manage life's up and downs in a healthy way
Recommended Reading


Recommended Reading


Contact

Mercedes Samudio, LCSW
Parent Coach | Bestselling Author | Speaker

mercedes@shameproofparenting.com

http://shameproofparenting.com