




# LIBERATED PARENTING STRATEGIES

Presented by:  
Trina Greene Brown, Founder  
Parenting for Liberation




## POLL QUESTION:

### FROM WHERE ARE YOU JOINING US TODAY?



## POLL QUESTION:

### WHAT IS YOUR ROLE?



## THRIVE Delaware

Toward Healthy Relationships, Individuals, and Violence-Free Environments

• CONNECT • CONVERSE • CREATE CHANGE •

January 12, 2017: **What Makes an ACE? Panel and Roundtable Discussion**

February 8, 2017: **Engaging & Supporting Parents and Caregivers Affected by Domestic Violence webinar**

February 22, 2017: **Liberated Parenting Strategies webinar**



## THRIVE Delaware

Toward Healthy Relationships, Individuals, and Violence-Free Environments

### What Makes an ACE? Panel and Roundtable Discussion

January 12, 2017





## THRIVE Delaware

Toward Healthy Relationships, Individuals, and Violence-Free Environments

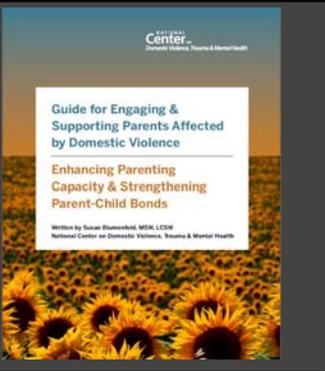
### Discussion Points/Action Steps Identified

- Promote resilience in relationships and offering relevant services
- Organizations need to recognize the impact of secondary/vicarious trauma
- Creating trauma-informed organizations improves conditions for employees/service recipients
- Exploring ways for schools to engage parents, communities, neighborhoods
- Explore ways to increase community cohesion and connection
- Services need to model the frame that the individual can feel respect, empathy, and positive regard
- Show the way through modeling
- We, the providers, have the power to make change.

**Webinar: Engaging Parents & Caregivers Affected by Domestic Violence**

**Presenters:**

- Susan Blumenfeld, MSW, LCSW, National Center on Domestic Violence, Trauma, and Mental Health
- Melinda Dubinski, MSW, DVS, REAL Relationships Coordinator, Turning Point at People's Place
- Rosemary Martinez, MSW, Program Director, Abriendo Puertas at People's Place



**6 STRATEGIES: WHAT WE DO WHEN ENGAGING & SUPPORTING PARENTS**

1. Use Empathic Inquiry
2. Practice Mindful Awareness and Self-Regulation
3. Be With the Parent
4. Engage in Collaborative Exploration
5. Strengthen Attunement and Responsive Parenting
6. Enhance Reflective Parenting Capacity



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**IN SUMMARY**

- It's important to "start with where the parent is at" and to continually practice our own mindful awareness and self-regulation
- Strategies for deepening engagement are most effective when coupled with an open mind, curiosity, attunement, and pacing
- Having sensitive conversations is a dynamic process
- Enhancing capacities for responsive parenting is supported through our relationships with parents and caregivers



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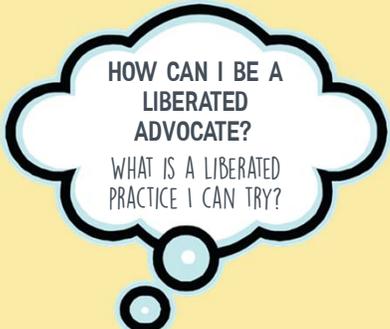
**LIBERATED PARENTING STRATEGIES**

WEBINAR BY TRINA GREENE BROWN

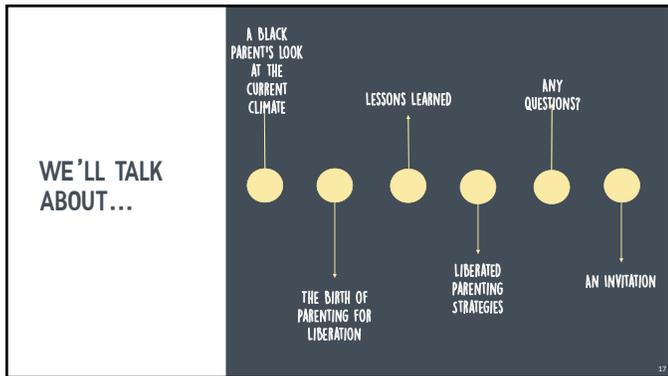


**RAISING BLACK CHILDREN BEYOND SURVIVING & THRIVING, TO LIVE LIBERATED.**

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**ABUSE**  
PHYSICAL, EMOTIONAL, SEXUAL

**NEGLECT**  
PHYSICAL, EMOTIONAL

**DOMESTIC DYSFUNCTION**  
MENTAL ILLNESS, SUBSTANCE ABUSE, DIVORCE, INCARCERATION, VIOLENCE INFLICTED ON MOTHER

CAN HAVE NEGATIVE EFFECTS ON LIFELONG PHYSICAL AND MENTAL HEALTH...

...HOWEVER, WE MUST EXPLORE ACE BEYOND INTERPERSONAL VIOLENCE IN HOME

TO ALSO RACIALIZED VIOLENCE & TRAUMA

EXPERIENCING BULLYING

EXPERIENCING RACISM

WITNESSING VIOLENCE

LIVING IN HOSTILE CARE

LIVING IN HOSTILE NEIGHBORHOODS

ACE

HOSTILE PRIVATE & SOCIAL SPACES

A FEMINIST WORKING IN GENDER BASED VIOLENCE RAISING A BLACK BOY

ME & MY BOY TERRENCE

I AM NOT ALONE IN THIS FEELING OF FEAR; THERE ARE MANY BLACK PARENTS WHO FEAR FOR THE LIVES OF THEIR BLACK CHILDREN

Hollister

THE ACTIVIST IN ME WANTED TO STAND UP FOR THE BOY

THE MOTHER IN ME UNDERSTOOD HER FEAR.

WIMAR

DEVELOPING NOW

BALTIMORE MOM HAILED A HERO AFTER BEATING FOUND SON THROWING ROCKS AT POLICE



RAISING BLACK CHILDREN-  
FEMALE AND MALE-IN THE  
MOUTH OF A RACIST IS  
PERILOUS AND CHANCY.  
IF THEY CANNOT LOVE  
AND RESIST AT THE SAME  
TIME, THEY WILL  
PROBABLY NOT SURVIVE  
— AUDRE LORDE

...SO WE PARENT  
FROM FEAR.



REINFORCING THE  
DOMINANT CULTURE---

- POWER & CONTROL
- PUNITIVE & PUNISHMENT ORIENTED

---PRECISELY THE THINGS  
WE ARE TRYING TO PUSH  
BACK AGAINST IN ORDER  
TO KEEP OUR CHILDREN  
SAFE.



WHAT DOES  
PARENTING FROM  
FEAR LOOK LIKE?

**NO!**  
**STOP!**  
**SHRINK!**



LIMITING THE  
EXPLORATION, PLAY  
& FREE SPIRIT OF  
CHILDREN

I WANTED TO UNLEARN MY FEAR AND  
REPLACE IT WITH LIBERATION AND  
FREEDOM!



MAKING A SHIFT  
FROM FEAR TO  
LIBERATED PARENTING

I SAW THE NEED FOR RESOURCES,  
TOOLS AND CONVERSATIONS ON HOW  
TO DO THIS...

...AND SO PARENTING FOR LIBERATION WAS BORN.



FOR THE PURPOSE OF BEING YOUR FREEST SELF

LIBERATION AS STATE OF BEING AND A DESTINATION

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SO OUR HOMES REFLECT THE WORLD WE WANT TO CREATE:



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ILLUSTRATION BY CINDY WISE

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MY CONVERSATION WITH MAIA WILLIAMS AFFIRMED THE NEED I SAW

REVOLUTIONARY MOTHERING

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ENCOURAGING PARENTS TO REFLECT AND INSPIRE THEM ON THEIR PARENTING JOURNEY TOWARDS LIBERATION.

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1<sup>ST</sup> REGIONAL COMMUNITY PRACTICE

RECLAIMING BLACK FRIDAY AS A DAY OF ACTIVISM AS OPPOSED TO CAPITALISM



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TOGETHER AS A POWERFUL NETWORK WE'LL RAISE OUR CHILDREN TO BE THEIR FREEST, BOLDEST, MOST LIBERATED SELVES.

FIGHT • UNITE • ADVOCATE

Drawing by Chavaka Lopez  
www.motherjourn.com

HOW CAN YOU BE A LIBERATED ADVOCATE?  
WHAT SHIFTS CAN YOU MAKE?

BEYOND PARENTING, FOLKS ALSO USE FEAR-BASED APPROACHES IN THEIR WORK.

ILLUSTRATION BY GARDEN LIFEZ

HOW DOES FEAR-BASED ADVOCACY / SERVICE PROVISION LOOK LIKE IN THE DV SECTOR?

IMPACT OF FEAR-BASED ADVOCACY

LANGUAGE OF DISEMPOWERED ADVOCATE

THIS IS HOW WE'VE ALWAYS DONE IT

WE HAVE A QUOTA TO FILL

I DON'T MAKE THE RULES, I JUST FOLLOW/ENFORCE THEM

THAT'S NOT IN MY JOB DESCRIPTION

ALREADY FILLED OUR QUOTA

THESE ARE YOUR ONLY OPTIONS

HOW CAN YOU SHIFT DISEMPOWERED LANGUAGE TO BE MORE LIBERATED WHEN WORKING WITH PARENTS OF COLOR?



# APPENDIX

## LANGUAGE OF LIBERATED ADVOCATE

**FROM: THIS IS HOW WE'VE ALWAYS DONE IT**  
**TO: WE ARE HEARING FROM POC THAT THIS ISN'T MEETING THEIR NEEDS, LET'S BRING THEM TO THE TABLE TO RESET OUR PRACTICES.**

**FROM: WE HAVE A QUOTA TO FILL OR ALREADY FILLED OUR QUOTA**  
**TO: HOW CAN I RESIST THE DOMINANT CULTURE HABIT OF QUANTITY AND QUOTA FILLING OVER QUALITY OF SERVICE**

**FROM: I DON'T MAKE THE RULES, I JUST FOLLOW/ENFORCE THEM**  
**TO: AS A PROVIDER WHO WORKS TO SUPPORT VICTIMS OF VIOLENCE TO BE EMPOWERED, HOW CAN I ACCESS MY OWN POWER AND LEVERAGE IT FOR GOOD.**

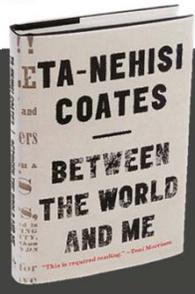
**FROM: THAT'S NOT IN MY JOB DESCRIPTION**  
**TO: HOW CAN I RE-EVALUATE MY CURRENT WORK TO PRIORITIZE AND CENTER POC IN MY WORK**

**FROM: THESE ARE YOUR ONLY OPTIONS**  
**TO: HOW CAN WE SHIFT FROM HABITS OF SCARCITY AND SHIFT TO AN ABUNDANCE MINDSET? HOW CAN WE CREATE SPACE FOR ALTERNATIVE SOLUTIONS THAT CENTER THE NEEDS OF POC.**

## QUESTIONS TO REFLECT ON

- SHARE THE STORY OF A LIBERATED ADVOCATE WHO IMPACTED YOUR LIFE?
- WHAT ARE SOME EXAMPLES OF THE LANGUAGE/BEHAVIORS OF A LIBERATED ADVOCATE?
- WHAT POTENTIAL OPPORTUNITIES DO YOU SEE TO BECOME A MORE LIBERATED ADVOCATE?
- WHAT OPPORTUNITIES TO DEVELOP YOUR ENVISION BECOMING AVAILABLE AS YOU SHIFT?
- WRITE ABOUT A TIME WHEN MISSED THE OPPORTUNITY TO BE A LIBERATED ADVOCATE?

## BETWEEN THE WORLD AND ME BY TA-NEHISI COATES

<https://www.theatlantic.com/politics/archive/2015/07/ta-nehisi-coates-between-the-world-and-me/396637/>  
[https://www.nytimes.com/2015/07/26/books/review/ta-nehisi-coates-delivers-a-desperate-dispatch-to-his-son.html?\\_r=0](https://www.nytimes.com/2015/07/26/books/review/ta-nehisi-coates-delivers-a-desperate-dispatch-to-his-son.html?_r=0)

# QUESTIONS?

Submit questions through the Q&A box.