

# Transcripts for Ep 076 What You Need to Know About Sensory P...

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## SUMMARY KEYWORDS

kids, sensory, parent, people, worked, calm, teacher, bumpy roads, early childhood, called, meltdown, dana, senses, sensory processing, tempe, arizona, explain, self awareness, taught, fidget

## SPEAKERS

Dayna Abraham, Brie Tucker, JoAnn Crohn

- J** JoAnn Crohn 00:00  
Welcome to the No Guilt Mom Podcast. I am your host JoAnn Crohn, joined here by my co-host Brie Tucker.
- B** Brie Tucker 00:09  
Hello. Hello. I jumped into soon.
- J** JoAnn Crohn 00:11  
Well, I kind of I kind of surprised you with the long stretch out of the "orrrrrr"
- B** Brie Tucker 00:17  
Yes, yes at the amazing effects that we can do amazing if we just our voices.
- J** JoAnn Crohn 00:22  
We are so professional. We're like professional podcasters and

- B** Brie Tucker 00:29  
we are so professional. We are like so there.
- J** JoAnn Crohn 00:32  
Oh my god. It's so funny. It's funny that actually Oh segway. Here we go. Here's how professional we are.
- B** Brie Tucker 00:39  
What?
- J** JoAnn Crohn 00:39  
Because today in our podcast Dayna Abraham talks about and Brie's like- I see where you're going with this.
- B** Brie Tucker 00:45  
I'm giving her my my you are good. You are smooth.
- J** JoAnn Crohn 00:49  
She talks about-
- B** Brie Tucker 00:50  
You're a smooth criminal. (singing)
- J** JoAnn Crohn 00:51  
Yeah.
- B** Brie Tucker 00:51  
(continues singing)
- J** JoAnn Crohn 00:54

She talks about how like as educators, a lot of us go into the profession thinking that we know so so much. And then we get caught at home with an issue that we've advised other parents on. We're like, Oh, this is it.

**B** Brie Tucker 01:08  
Right?

**J** JoAnn Crohn 01:09  
This is what we have to deal with.

**B** Brie Tucker 01:10  
I have totally had that. And you talk about that a lot with Camdyn with homework.

**J** JoAnn Crohn 01:14  
Oh my gosh, was homework. I was like, you just need to like get a quiet area. Make sure to do it at like the certain time each day. That's the advice I gave parents. And now I wish I could go back and be like, Don't listen to her.

**B** Brie Tucker 01:27  
I just I come back to you. Yeah, in mind being early childhood. Oh, man. Like you're never a better parent to someone having a newborn baby than when you're not a parent. Yeah, you were the best parent then because you're like, Oh, yeah, this is what you do.

**J** JoAnn Crohn 01:41  
Because and you're not dealing with sleep deprivation or your body aching or recovering from like a major like, either. Maybe it's an operation like if you had a C section or just like pushing a baby out of your body.

**B** Brie Tucker 01:54  
or having multiple children? like mine are only 15 months apart. So -

J JoAnn Crohn 01:59  
that would be hard. I don't know how you did that.

B Brie Tucker 02:01  
Man. I did that I do. I there was a lot of naps. A lot of kids sitting in the swing watching Baby Einstein.

J JoAnn Crohn 02:07  
Oh, yeah. I have a neighbor down the street. And she's pregnant right now. But she has a three year old boy and a one and a half year old girl. And I'm like, how do you do this?

B Brie Tucker 02:18  
Why do you do this?

J JoAnn Crohn 02:19  
Well, my kids are like four and a half years apart. And so that was a good gap for me. But I Oh, I was completely underwater during the toddler years.

B Brie Tucker 02:28  
pluses and minuses. I mean, so, you know, mine weren't quite Irish twins, but they were pretty darn close. And I would say that, and I don't even know where that term comes from. But I just remember a doctor saying that to me when I told her we were expecting. But anyways, the positive was I got to go through everything in one fell swoop, it was like ripping off that band aid. We did all the potty training together, we went through the diaper phase together well through like, and even now you hear me talk about all the time like my kids do pretty much everything about the same timeframe, because they're the same age roughly. But on the flip side, man, is it hard because you're going through everything at once. And now my biggest fear that I have they both of them becoming teenagers at the same time. Yeah, we're gonna start driving within a year of each other. And both of them are going to go to college within a year of each other. (Fake crying)

J JoAnn Crohn 02:28  
There's Crazy. That's so crazy. Yeah. So you will hear Dayna talk about that. She is all

about being aware of our sensory needs, which I after our conversation, I find it so so interesting. So if you don't know who Dayna is, She is the founder of the Calm the Chaos framework. She's the best selling author of the Super Kids Activity Guide to Conquering Everyday. And the founder of the popular blog, Lemon Lime Adventures, and we hope you enjoy our conversation with Dayna. Okay, planning dinner. Oh my gosh, if I don't have a plan for dinner for the week. I mean, we resort to picking case ideas and like cooking some chicken in the oven and just it ends up being not great for me.



**Brie Tucker** 04:07

That's soup and sandwich in our house. Yeah, or macaroni & cheese bar night.



**JoAnn Crohn** 04:10

Yeah. But at the same time, like I don't like planning meals, because you might get to a day in the week where you're like, I just don't feel like preparing a meal. Like it's just too long. Or I don't feel like eating that tonight. So it becomes really difficult, which is why I like eating homemade meal plans. Because all the meals in this plan. They're so delicious. My family loves most of them, which is saying something with too picky kid eaters. And they're usually really easy to prepare like less than 20 minutes a piece and it saves me from making decisions about what to eat each night. She gives you a grocery list at the beginning of each week and it's color coded by recipes. So if you see one recipe and you're like I'm not really down with that one. You just cross all that off the grocery list of that color and you're good to go. So Eat At Home meal plans. Go try them out there at [noguilmom.com/eat-at-home](https://noguilmom.com/eat-at-home). And you can get 25% off when you use the discount code, NOGUILTMOM, and now on show you want mom life to be easier. That's our goal to our mission is to raise more self sufficient and independent kids, and we're going to have fun doing it. We're going to help you delegate and step back. Each episode, we'll tackle strategies for positive discipline, making our kids more responsible and making our lives better in the process. Welcome to the no guilt mom podcast. Hey, Dayna, welcome to the No Guilt Mom podcast. We are so excited to have you here.



**Dayna Abraham** 05:50

I am so excited to be here. Thank you so much.



**JoAnn Crohn** 05:53

It's great. Because like you're a fellow NBCT, a national board certified teacher at least like you've gone through the process, like I have as well. And I feel like, like we know

something about it there.



Dayna Abraham 06:06

It's, I mean, it's the same as like going through your masters or a doctor, you know, doing your dissertation type of stuff. I think people who don't know about it are like, wait, what, what did you do?



JoAnn Crohn 06:18

Yeah, they're like, Wait, what? And I feel like it was more intense than going through my master's honestly, like it was. It was intense. So



Dayna Abraham 06:26

it is intense.



JoAnn Crohn 06:26

Welcome. Welcome. And you lived in Arizona, too, for a little bit. So that's another common thing.



Dayna Abraham 06:32

I have.



Brie Tucker 06:32

Oh, were in Arizona?



Dayna Abraham 06:33

I was on the border of Mesa and Tempe.



Brie Tucker 06:37

Oh, yeah. We're in the east valley.

- D** Dayna Abraham 06:38  
So there's like a canal?
- B** Brie Tucker 06:39  
Yep.
- D** Dayna Abraham 06:40  
Okay.
- B** Brie Tucker 06:40  
We're in the east valley. We're in the Chandler area.
- J** JoAnn Crohn 06:43  
Mm hmm.
- D** Dayna Abraham 06:44  
Oh, I know exactly where that is. So I lived Mesa on that on that border. And then I taught in Tempe was my first year teaching ever was in Tempe.
- J** JoAnn Crohn 06:52  
and I was a Tempe teacher as well for five years.
- B** Brie Tucker 06:55  
And I worked for the Tempe district as well.
- J** JoAnn Crohn 06:56  
She worked for Tempe. So we have Tempe in the house.
- D** Dayna Abraham 06:59  
Oh my goodness. Yeah. Arizona is represented.



JoAnn Crohn 07:03

Exactly I feel like Arizona we need to represent because we get such like a bum rap from ASU sometimes which is improving. It is improving. I am a proud Sun Devil. Brie is not a proud Sundevil.



Brie Tucker 07:14

Well wait, I went to school in the Midwest, so I I'm a transplant. I didn't come out here after I graduated.



Dayna Abraham 07:20

I don't think anyone from Arizona is from Arizona. I think most of them-



JoAnn Crohn 07:25

I'm from Arizona!



Brie Tucker 07:26

She's homegrown.



JoAnn Crohn 07:29

But I did the thing where I grew up in Tucson and I was a traitor to the Uof A. And I went to ASU.



Brie Tucker 07:36

yeah, and people that are from Arizona. They don't Yeah, I don't. I don't think they know about that rivalry going on here. It's a big, it's serious people. This is a real throw down out here.



JoAnn Crohn 07:46

So for those of our audience who don't know who you are, can you tell us a little bit about you and your story?



D

Dayna Abraham 07:51

Yeah, so I am Dayna, and I'm the founder of calm the chaos and Lemon Lime Adventures. I'm also the author of best selling books, super kids Activity Guide to conquering every day and sensory processing. 101. I got started, as Joanne already said, I was a teacher and national board certified teacher early childhood education within the classroom for 12 years. Favorite kiddos were the ones that came with a list behind them of different labels. And you know, they're the ones that everybody knew you were warned about. And I for some reason just had a heart for them. I think it was because I myself challenged all of my teachers and grownups in my life when I was growing up. And my brother was a strangely challenging growing up and I saw so many people not be able to see him for who he was. He later was diagnosed with bipolar disorder. So I read, I was raised with a brother who is extremely explosive. So my whole life has kind of been building up to this moment where I'd have a kid, and I would know exactly what I was doing. Except for that my kid was that challenging kid. And so about seven years ago, it kind of came to a head my son was really struggling at school. Once he went into public school, it became a real struggle. And by the time he was in second grade, I was getting calls daily. He was suspended more days than he was actually in school. And there's one particular day, I got a call from school, and they were like, you need to come as fast as you possibly can. I lived 40 minutes away from the school, and I'm nine months pregnant, waddle into the car drive there as fast as I can. And I walk into the sea of people. Yeah, I mean, the whole staff was there. In addition to the whole staff, there was also the police. And my son was inside of a glaston room and he was acting like a caged animal. And no, yeah. And I look at all the professionals and I'm just defeated. I'm like, Here I am national board certified teacher. I'm giving presentations to many of these teachers who are coming to my presentations and I walk in and they're like, yeah, your kid, your kids, the one that we had to call the police on it. And they all look at me. And what came out of their mouth next was kind of a pivotal moment it was, it just came out of nowhere, nothing was going on. No reason at all. He just lost it. And we put them in here to keep them safe. And he's just going ballistic. And when I sat down with the principal, she said, Look, you need to take your son, and you need to figure out what's wrong with him. And don't bring them back until you figure it out. And it was in that moment that I realized that he deserved better. that I deserved better. and that the school deserved better, I knew that they were doing the best they could. I knew, as a teacher, that I wasn't trained in this, I knew that they were doing everything they could, but their best wasn't good enough. So I made it my mission that day, to make sure that he never had to feel that way again, and that no parent had to feel the way I felt. So my whole goal was basically, I wanted him to not hate himself for not fitting in. Because I saw what that did to my brother, when he didn't fit in when he kept getting kicked out of schools. I mean, he's now homeless. And actually last time I checked, he's in jail. And because he never felt that connection to people, he was always ostracized for his behavior. So it didn't want him to hate himself. I also didn't want him to hate the

people around him. Because I saw my brother blame my mom, and my mom was doing everything she possibly could. She just didn't have the tools she needed. And I thought I can't let him grow up and hate the people around him or hate himself. And so that is when I started lemon lime adventures, and just sharing kind of the raw and messy process of figuring out how to help my son.

**B** Brie Tucker 11:42  
That is an amazing story!

**J** JoAnn Crohn 11:44  
that is an amazing story.

**B** Brie Tucker 11:46  
talk about finding your purpose too.

**J** JoAnn Crohn 11:48  
Yeah,

**B** Brie Tucker 11:48  
like the struggles that like I always believe that those challenges that we're faced with in life, they're there for a reason, there is some purpose out of them. So I just oh, my goodness, my heart is huge right now. That's amazing.

**J** JoAnn Crohn 12:00  
So how long ago is that, that you started Lemon Lime adventures?

**D** Dayna Abraham 12:03  
it was about almost eight years now.

**J** JoAnn Crohn 12:04  
eight years, and I can so relate to the story in terms of a teacher because like, we weren't

trained in that, as a teacher, we had no idea when I had kids with a long list of things in my classroom, and something happened, like my course of action was always Okay, you need to call the sparks. They're called sparks, in Tempe, sparks teachers, and they'll come up and help but you don't get any training. So I love that your mission is just to give people that training of what to do so that we can help more kids fit in.

D

Dayna Abraham 12:33

Yeah, and simplify it. I mean, it doesn't have to be so hard. It doesn't have to be saved for the experts. It doesn't have to be saved for us a certain category of people. So what I found in raising my son, and going through all of this and feeling like a failure myself was Wait a second, like what I'm learning as he's getting diagnosis is and as he's getting put into these boxes and labels, the stuff I'm learning about every parent needs every teacher needs. And so how do we simplify this? So it's not just the experts that are getting it? And then how do we simplify it enough so that the experts that parents rely on doctors, teachers, those first touch people, how can we simplify it enough so that they understand it? So they're not then blaming the parent, they're not then telling the parent figure out what's wrong with them go to go to some outside expert to figure out what's wrong with them?

J

JoAnn Crohn 13:28

Yeah. Can you explain a little bit what like sensory processing is and what levels these kids are having?

D

Dayna Abraham 13:35

Yeah. So the first thing I really want to talk about with sensory processing is that all humans have sensory needs, likes and dislikes. And sensory processing is just the way that our brain and our body interprets and responds to the world around us. So, you know, we've all heard that we have five senses. And as teachers, we've probably taught the five senses, right? I'm assuming you guys have probably taught that if you taught early childhood at all right?

J

JoAnn Crohn 14:02

I was a fifth grade teacher. So I relied on early childhood.



Brie Tucker 14:04

I was preschool. So I gotcha. I got Yeah, I was preschool.



Dayna Abraham 14:07

You were preschool. So you taught it right? And it's like, okay, we have sight, we have smell, we have touch, we have our hearing, and we have our taste. But there are more senses. And the other senses actually really affect the way that we interact with our world and the way that we behave on the outside. And so the first one that I learned about, and I used to be like the appropriate what, that's what I used to call it, but it's called proprioception. And this is our awareness of where we are in relation to our surroundings. So if you have a kid who's pushing or a kid who's bumping or a kid who's leaning back in is seeking out proprioceptive input, or you've got vestibular vestibular is your sense of movement, how you move through space, so you've got people who love roller coasters, or you got people who get sick the minute they get in the car, right and that is vestibular that is your sense of movement and When I explain that to people, they're like, Oh, you know, and to explain proprioception on like a human level. It's the people who are daredevils who love to jump off of a bridge and go bungee jumping, and it doesn't even faze them. And then the people who are absolutely like, no way, no how you're not getting me there, right? And then you've got the last one is really unknown to so many people. And it's the intro susceptible sense. And that one is how we interpret our body signals. So that is your regulation, that is your need to go to the bathroom, your sense of being full or your sense of being hungry. That's your sense that you're getting angry. So it's every way that our body is like telling us something, and then we're recognizing it. And we already know that for so many kids, they aren't taught emotional regulation. And they're not taught how to read the signals from their body. But if we taught them the senses at preschool, can you just imagine the self awareness they'd have as they continue?



JoAnn Crohn 16:04

I can already think of like an application for like the vestibular senses, because we hopefully this trip to Disneyland coming up for our Girl Scout troops this summer, and I say hopefully, because hopefully Disneyland will open. But like, My daughter is scared to death of roller coasters, and I am not and I didn't understand it, actually, until right now, where you described the vestibular sense, and she does get carsick, like she complains about the bumpy roads, and it being like makes her queasy. Now I'm like, Oh, my gosh, I need to teach her about this vestibular sense. So she has something that she's first more self aware and that she could talk to her friends about be like, no, this is why.

- D** Dayna Abraham 16:44  
Yeah, absolutely. Absolutely.
- B** Brie Tucker 16:46  
Audrey will get her. She has the same problem.
- D** Dayna Abraham 16:49  
Yeah. Yeah, I love it. And then when you can give an input in another sense or calm one of the other senses, what can happen and we're gonna talk about this later, but so while she might be really sensitive to the bumpy road, and she can't really do anything about moving in the car, right, you can't just not go in the car. But what she could do is maybe a weighted blanket over her lap might calm her proprioceptive sense or putting headphones on might calm her auditory sense. sucking on like a peppermint might calm her. And, you know, help her with her. Both her oral and her sense of smell. It's just not coming to me for some reason. Why I can't think of what the senses-
- B** Brie Tucker 17:31  
I love it when you know something so well. And the word you and you're just like, Oh, this is so ingrained in me.
- J** JoAnn Crohn 17:40  
It's great Dayna. It's impressive, because you're like interoceptive proprioceptive. And it only makes sense that you'd be like, What is that-smell?
- D** Dayna Abraham 17:49  
Oh my goodness. Okay, progress, not perfection here, guys. This is a show that
- J** JoAnn Crohn 17:56  
It's always like.
- B** Brie Tucker 17:57  
Yes, we guess what we're all allowed to have our little things I caught. I always tell my kids

that's why they had better be geniuses because they sucked my memory dry.

**D** Dayna Abraham 18:07  
Well, I actually use my senses to help me and typically before an interview, I'll put on different oils to help me really focus and it makes a big difference. And I didn't put them on.

**B** Brie Tucker 18:17  
Are you a peppermint? Or are you a peppermint lover? I'm a peppermint lover.

**D** Dayna Abraham 18:20  
Actually not No, I don't have a problem with focus and energy. As you can tell, I'm like, Yes, here I am. But word retrievals really hard for me when I get too excited. So putting on a break oil usually has like it's a mix, it's got like frankincense and some other stuff in it. And that just opens me right up. So.

**J** JoAnn Crohn 18:39  
I'm gonna try that because usually at the beginning of interviews, like word retrieval is very hard for me. And but it once I get in it, it becomes a lot easier because you relax. And you're, you get into it.

**B** Brie Tucker 18:49  
Yeah, aromatherapy!

**D** Dayna Abraham 18:51  
Yeah,

**B** Brie Tucker 18:52  
I got my diffuser necklace on.

**D** Dayna Abraham 18:54

I love it. I love it.



JoAnn Crohn 18:56

So what are like two to three things that parents can do to bring healthy sensory processing routines to their home and figure out some of these challenges?



Dayna Abraham 19:04

Yeah, so one of the most basic things that you can do, I'm a big fan of involving your kids and as much as you can, making it fun. And one of the things you can do is create something called a sensory likes or dislikes chart. And so as simple simple activity that you can do, where you help build their own sensory awareness. And all you have to do is take a simple piece of paper, draw a line down the middle, on one side, your right eye, like and on the other side, you're right, I don't like or a smile and a frown depending on the age of your kid. And then you ask your child about things that they like or don't like. So you can ask them things like, what do you like to look at? What do you like to listen to? What do you like to smell? What do you like to eat or drink? What do you like to fidget with? How do you like to move your body? And then you can ask them the same questions for don't like and you can ask them why do you not like broccoli? Is it the taste? Is it the smell is it the color because legitimately it Wouldn't be the color. And so asking those things allows them to have a language for where their likes and dislikes. So instead of just throwing a tantrum or yelling or refusing, then they can say, you know, I don't like when we're on bumpy roads, or, you know, I don't like loud noises, or you know what, that just smells really strong, can we move somewhere else, right? So they're able to use their words, instead of just blowing up. So my son will say, like, Mom, you know, I don't like when, and he'll just list them out. Now, instead of jumping straight to the blow up or the meltdown. So that's the first tip that I have.



JoAnn Crohn 20:39

I love that giving kids the words to like, express their, like inner feelings and just creating that sense of self awareness. And I think it's better like as a parent, because it gives us more empathy, when we know like, what the true reason is behind it.



Dayna Abraham 20:52

Yeah, yeah.

B

Brie Tucker 20:53

Right. And I, again, like you just said, I love the self awareness piece of it, because I think that's a big part that we miss. And like you just said, in early childhood, that would be huge. If kids are able to start identifying those things at a younger age, and then building with that with their communication skills. So many, so many amazing things could come from that.

D

Dayna Abraham 21:11

Absolutely.

J

JoAnn Crohn 21:12

What's the second thing that you see that parents should do?

D

Dayna Abraham 21:15

So the second thing that I would say is, once you start getting into the world of sensory, you can get inundated with all the ideas out there, you know, there's Tik Tok channels just for fidgets or for slime. And there's, you'll get advertisements for weighted blankets. And for, you know, headphones, all this stuff, and you can feel like you need to add all these things to your repertoire. And so I would just say, stick with one at a time, keep it simple, and follow your kid's lead. So kind of introduce them to the ideas of some of the things you could do scroll through Pinterest, or scroll through Amazon, whatever it is, and pick just one, and then teach them out of the moment how to use it, but also let them explore how to use it. Because the way you might use a fidget might not be the same way they would. And if they're upset, they may not want that fidget in the moment at all. And they come throwing, like, Yeah, come flying at your head. And so really helping them kind of play with Why does this work? What does it make you feel, again, that self awareness of When can I use this just like we were talking about, you know, the aroma therapy, sometimes that works. And sometimes it's way too alerting, but you'll see ads on Facebook, and I know this person, so I'm not I love them, actually. But there's a there's an ad that's gone viral, and it's put your kid in a sensory swing, and it'll make all the meltdowns go away. And unfortunately, that's not true. Because if you put one child in a sensory swing, and they're a child that gets alerted and excited by a swing, we're going to make things yours. But if you have a child where it calms them and sue them to be in a swing, it's going to be the perfect tool. So you That's why you want to start with one at a time. So you can really see like, does this make a difference? Maybe it makes a difference in a different situation, not this situation. So that'd be my second biggest, like, caveat or



warning that I'd give anyone as they start down this road.

J

JoAnn Crohn 23:15

So what you said before about picking one thing at a time, like I think that is such great advice, because I know a lot of the inclinations for parents are to create these calm corners and to stuff their corners with like all these calm things. And you're like No, wait, stop. Just pick one.

D

Dayna Abraham 23:32

Yes. Big, especially with a calm corner. Because think about it. Like I just told you that everything kind of builds without on itself, right? And so if you build this elaborate calm corner with all these beautiful rainbow colors, and you put all these these fluffy and textured pillows, especially like the mermaid texture, where for some kids that actually hurts for them to rub the mermaid texture, and you put some like fuzzy pillows, and then you put some noisemakers, and then you make some visual, like, aren't you already getting overwhelmed just by me describing it. Like that's our inclination, let's make this crate beautiful, wonderful place. But one, the kid didn't make it, too. It can be more overwhelming to go into that space instead of less overwhelming. So you actually just want a place that for a lot of kids, gives them a squeeze, which is proprioceptive. So it gives them a squeeze. It makes things darker, it gives them some pressure, and it helps them feel safe and gives them that sensory input they need. They don't need a whole lot of stuff. Like my daughter safeplace is behind our big purple chair in the living room because she loves to squeeze behind it. She loves to put on her headphones, listen to her calm music, and just get behind the purple chair and squeeze up. And then once she's calm she comes out.

J

JoAnn Crohn 24:48

Yeah, it's great. And it's so simple. Like it's nothing that parents have to like go like do a lot of stuff for.

D

Dayna Abraham 24:54

cardboard boxes. like make your safety place out of a cardboard box. Kids love it. They think it's super fun. And it costs nothing. And they can hide in there with one pillow. It's fantastic.

B

Brie Tucker 25:05

I love everything that I'm hearing from you. So I'm the youngest of two sisters. So the three, three of us total, sorry. And it's so crazy because all three of us have sensory processing issues. And we never really knew we did, until my oldest sister became a physical therapist and worked in the special needs field. And then I followed in her footsteps started working in early intervention. So it's so crazy once you started working in the field, because you're like, Oh, my gosh, I have this sensory. Oh, that explains why I always would get in trouble in class. Oh, this explains why all these things like only worked for me in this way. And why I always felt weird. So it's it's so interesting, because it's like you just said this knowledge for parents is huge, because it gives them the ability to understand their kids in a way that they never could before. I feel like it's really helped my children with their since like, they each have a little bit of sensory My son has a little bit more than my daughter. But I can understand it was able to explain it to his dad at the time, because it was just, I'm like I understand it. So I can explain you like this is kind of what's going on here. He had a lot of auditory overwhelm. And now he also has some visual overwhelming and so we have certain techniques we use. But if I didn't have that poor guy it'd be hard.

D

Dayna Abraham 26:17

Yeah. Well think about I mean, this is the no guilt mom, right? So think about the guilt that moms carry when they don't want to be touched or hugged by their kids, or the guilt they carry when they don't want to be in the room playing with their kids because they're too loud. And you're made to feel as moms that something's wrong with us for not being able to handle kids being kids. But if we understand our own sensory preferences, we're able to advocate for our own needs and say, Hey, kids, I love what you guys are doing. Don't stop doing it. But I'm overwhelmed. I need to walk to another room, or I need to put on my headphones. Or, hey, I'd love to hug you. But right now I'm just touched out. Right now my senses are on overload and I can't handle a hug. So what if you sit beside me, and we just like do something together quietly. And then once I'm okay, you can hug me. Like it just empowers not just the parent, but also the kids. And that's why I'm so I'm so passionate about self awareness being a huge piece of the puzzle.

J

JoAnn Crohn 27:18

Yeah, because like when parents are seen advocating for themselves by the kids, then that gives kids permission to advocate for the things that they need as well, which is like your teaching through modeling. And it's amazing. It's an amazing result. So we asked this of everybody, what is your favorite hack to get kids to be more self sufficient?

D

Dayna Abraham 27:36

So my favorite hack, and I'm always surprised by people have really heard this. But when something's going on when a kid seems overstimulated, or under stimulated, or like they're about to go into a meltdown, in you just can't help like our inclination as the parent is to jump in and be like, you know, try this do this. What about this will last time this worked instead? Okay, how would you like to solve this problem? Because it's as simple as that, how would you like to solve this problem? And their answer may be way out in left field. But now you at least know what's in their head. And you've got them thinking about problem solving, and you've got them advocating for themselves. So now you can build the conversation from there. So like, that's my first one. And then my second one, is make it as visual as possible. So because it doesn't add sensory overload, when you're talking, a lot of times we talk, we talk, we talk, and it just can overwhelm kids more, the more you can make it visual, just grab a pen, grab a post it note, don't go print something off of Pinterest, because your printer may not work like literally go old school doodle style. And just you know, draw it down, write it down. And that'll help kids be able to play on advocate and be more self sufficient on their own.

J

JoAnn Crohn 28:50

I love that. what's what's one thing coming up for you that you're excited about.

D

Dayna Abraham 28:56

So I'm really excited because we have a new workshop coming up. It's called Meltdown Mastery. And it's all about how to handle meltdowns, tantrums outburst, without losing your cool. And it's all about how to stay calm. Even when your child is crying or hitting are screaming at the top of their lungs. We are going to show you how to use something we use called stop, breathe, anchor to remain calm. We also are going to share how to uncover the real reason the meltdowns happening and sensory is just one of the six reasons it could be happening. And then we are going to also share a quick 111 plan for how to calm your kid down after the fact. And I'm really excited about this. It's a free workshop. And I think it's gonna be a lot of fun.

J

JoAnn Crohn 29:42

That's awesome. And we will put a link in our show notes for sure.

D

Dayna Abraham 29:45

Fantastic.



JoAnn Crohn 29:46

Yeah. So thanks for coming on. And like this has been so great. Now I'm going to be I'm going to be having a discussion about vestibular senses with my daughter and hopefully helping her get over that. Or at least explain the roller coaster fear better.



Dayna Abraham 29:58

I love that. I have over on my YouTube channel, I actually have videos for Super kids. And so I did a series called Super kid Saturday. And so the videos are specifically explain it. They're silly, they're fun. And we explain. There's a couple videos there explaining sensory.



JoAnn Crohn 30:15

Very fun, we'll include a link to that as well. So thank you so much, Dana. Have a great day.



Brie Tucker 30:21

Thank you.



Dayna Abraham 30:21

Thank you.



JoAnn Crohn 30:24

What I really loved about Dana was really paying attention to our sensory needs, as adults, as parents, like we have sensory needs, too.



Brie Tucker 30:32

right. And I think that that's really interesting. Having worked in the field of disabilities, I always picked up I never knew I had sensory issues until I start working in the field. But then I'm like, Oh, that's why I am that way. Yeah. And I have a few. And we were just talking about, like one of one of the moms in our balanced group. She was talking about how her kids run around at night, and they can be really loud. And that's very difficult for

her to process and my heart broke for because I am exactly like that. You're not even allowed to like speak too loudly in the car when I'm driving because I can't handle that loud.

**J** JoAnn Crohn 31:07  
Auditory thing, right? I can't handle it either. I can't handle certain noises like we've secured in the office. However, the weird thing like I cannot have music play off my cell phone speaker it has to play off our Google because of the sound quality. Like it just bugs me and I can't put a finger on it or explain it. But it's just one of my sensory needs.

**B** Brie Tucker 31:26  
Right? And do you have any other ones? like I have sensory in terms of I have a whole list of.

**J** JoAnn Crohn 31:31  
Yeah,

**B** Brie Tucker 31:32  
my food can't touch. Oh, my food touches. I can handle the food touching because I'm a grown up now. And I know I look weird. But I'm probably the only 41 year old you know, that has a full set of divided plates at home.

**J** JoAnn Crohn 31:43  
Yeah.

**B** Brie Tucker 31:44  
And we eat on it.

**J** JoAnn Crohn 31:46  
Oh,

- B** Brie Tucker 31:46  
yeah. Especially if it's me that has a sauce cannot have the sauce touch anything else. It makes me just like, blah. And then I also can't stand like certain textures. Something's here gotta be solid or liquid. I can't handle the like in between.
- J** JoAnn Crohn 31:59  
Really?
- B** Brie Tucker 31:59  
No!
- J** JoAnn Crohn 32:00  
Interesting. I'm okay with textures. One thing that Dana talked about was the interoceptive. Oh, yes begins with being aware of how you interpret body signals. And I don't feel like I'm very strong in that. Because I will keep going and going and going until my body fails me. And obviously it was giving me signals all along. But I have not been really attuned listening to them. And so is one that I think just being aware of, yeah, you can get better with that one. But-
- B** Brie Tucker 32:28  
Oh, yeah. And a really simple example to for, Again, going back to early childhood on that one. When you're potty training, like talking to you can have so much more success and potty training. If you are talking to your child and helping them identify those signals that their body gives them. I know that that's not exactly the way that Dana was talking about it. But it's a really simple example of that and how it can be beneficial to listen to those cues.
- J** JoAnn Crohn 32:52  
Yep. So we hope you enjoyed our conversation with Dayna Abraham. And until next time, remember the best mom's a happy mom, take care of you. We'll see you later.
- B** Brie Tucker 33:01  
Thanks for stopping by.

