



Newsletter

Volume 2: Sharks and Parents

Hello there!

In this second issue of the Strong Moms Ask for Help Newsletter, we're offering up advice about "shark music," an invitation to movie morning, and connections to safety resources for your child. Check it out, [then let us know](#) what you love, what you don't love, and what you want us to add next time!

Enjoy!

The Mountain Home Team

Here's the Deal

When it comes to being and supporting strong moms, do you ever wonder, "What's the deal?" Ask us, and we'll do our best to answer!

Dear Here's the Deal,

I stopped by Mountain Home's Community Center the other day and overheard a few people talking about their "shark music."

What's *Jaws* got to do with parenting?

Signed,

Worried Lifeguard

Dear Worried Lifeguard,

Mountain Home teaches a parenting class called "Circle of Security." We love this relationship-based parenting philosophy because on day-one the course introduces the idea that there is no such thing as a perfect parent. (What a relief, right?)

One of the big topics covered in Circle of Security is an exercise where we watch a video of a tropical beach



What's happening?

Upcoming opportunities to learn, volunteer, or connect.

Movie Morning! Monday, December 11th, at 10:30 AM in the Mountain Home Community Center at 2606 South Ave West. We'll provide the popcorn when you join us to watch [the award-winning documentary *Night School*](#). Set in Indianapolis, this film chronicles the

remarkable stories, struggles, and victories of adult learners.

One cool resource..or two

Because every strong mom needs tips and tools.

Did you know that each year, 3.5 million children go to emergency departments for an injury that happens at home? Thanks to local leaders Kira Huck and Dannette Fadness, last week Mountain Home enjoyed learning more about how to protect children from

exercise where we watch a video of a tropical beach scene first with nondescriptive music in the background, something that you might hear in an elevator. We then discuss how we felt watching that scene, and generally the answer is "relaxed," or "happy."

Then, we watch it again with music a lot like the theme of *Jaws*. And guess what? The beach suddenly seems a lot less like somewhere you'd like to be: serious danger may lurk just behind that palm tree.

It's kind of funny, but when we respond to our children's behaviors, especially their challenging ones, we're often hearing "shark music" that was composed way back in your own childhood or through other life experiences. Your toddler might simply be throwing an age-appropriate tantrum, but your heart is racing and you feel like you, too, want to pound your fists on the floor. That response may not be due to your toddler, but because your parents harshly punished you as a kid, or because your sister (who doesn't have kids) says that she'd never let her children get away with that kind of behavior, or because you're worried about being late to work, or a whole host of reasons that have little to do with the actual situation at hand.

While there's no perfect method for muting your shark music altogether, you can learn to recognize when it's happening and create strategies for turning down the

volume so that you can focus on helping your child without an additional meltdown of your own. If you're interested in learning more, email stoney@mountainhomemt.org to find out about the next Circle of Security class at Mountain Home!

Warmest,

Here's the Deal

[Got questions? Mountain Home staff will answer at least one a month. Click here to submit your request!](#)

things like burns, poisonings, falls, and more through the Safe Kids Missoula and the Be SMART campaign. Some take-home tips include:

- **PLAN for Emergencies:** Make sure your family is prepared for an emergency situation by engaging in home safety planning, such as creating and practicing a home fire escape plan.
- **SUPERVISE Children:** Help keep children safe by actively supervising children, especially around water and during outdoor play.
- **STORE Items Safely:** Keep children safe by making sure you safely store items such as medication, cleaning products, batteries, and firearms, out of reach and out of sight of children, and for things such as medication and firearms, locked securely.
- **PROTECT Your Child and Home with Safety Devices:** Use safety devices such as smoke alarms, carbon monoxide alarms, cabinet locks, gun locks, and other safety items to help protect your home and your family

Check out more great safety resources at safekids.org/safetytips.

Feeling strong [and ready to give back?](#)

The strong moms at Mountain Home truly benefit from [your support!](#)



Tel: (406) 541-4663

Email: info@mountainhomemt.org

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