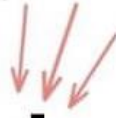


do you see
the word play
here???



4 ways kids get **SCAPEGOATED**

*and how you can prevent
it from happening in
your home*

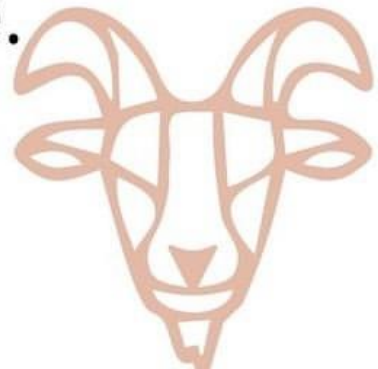
Eli Harwood MA LPC
@attachmentnerd



What is scapegoating?

When one person's struggles/unresolved stuff is placed onto another person and the innocent person pays the price.

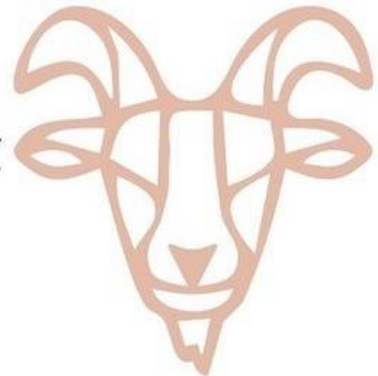
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1. Scolding a child for their emotions

A child's emotional states are not choices. But our reactions to them are. When we punish and scold a child for having feelings, we are putting our unresolved emotional pain onto them.

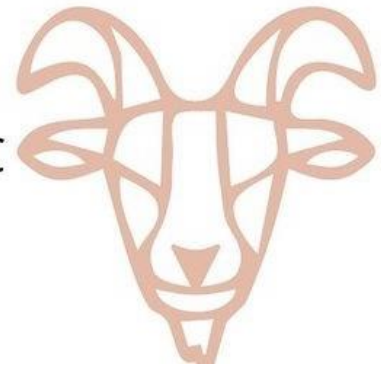
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Instead?

**Learn to tolerate feelings
so your children don't have
to go through the
isolation and shame you
did.**

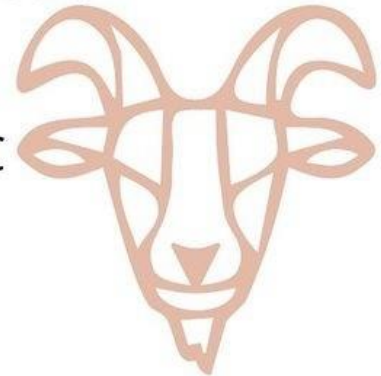
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2. Being hard on the kid who reminds you of yourself

If we have never done our work to love ourselves, then we will take out our self-contempt on our children when they remind us of the parts of ourselves that we hate the most.

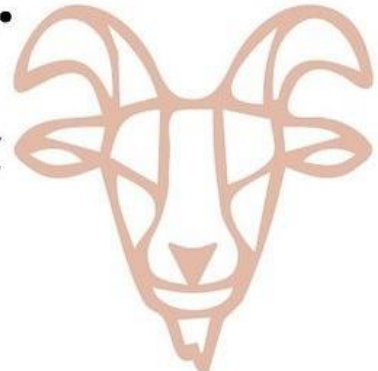
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Instead?

**Make a decision to accept
and radically love your
most vulnerable parts.
Your efforts will be
massive for your
kid's wellbeing.**

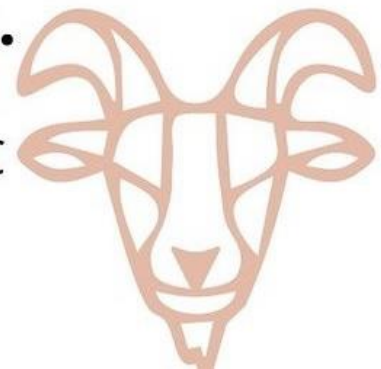
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Instead?

**Remember that at the
end of the day, your
relationship with your
children will matter far
more than the random
lady at Target.**

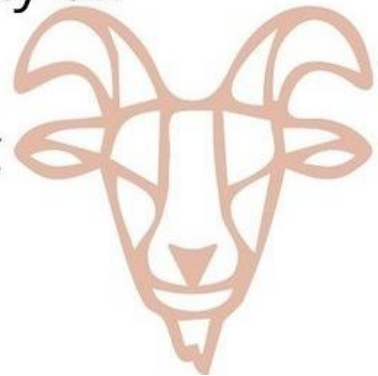
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3. Shaming our children out of embarrassment

When our children struggle, they need our support. Whether they struggle in our homes or out in public. When we shame them instead, we are putting our own lack of self-security on to them.

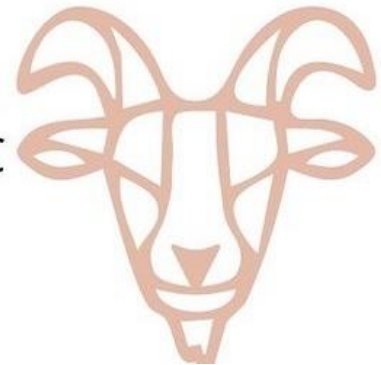
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4. Punishing our children when they trigger us

When our children trigger us for whatever reason, it is scapegoating to punish them and try to inflict pain on them to "teach" them, instead of seeing the need for our own healing work.

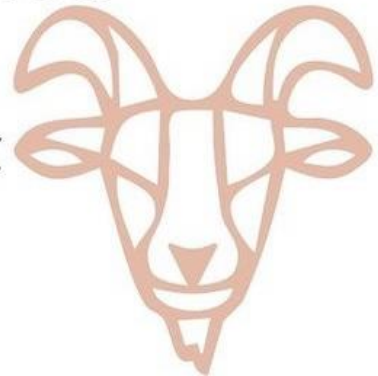
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Instead?

**Get support to process
your traumas and
upbringing and deprogram
your need for control.
And follow for more
connection focused
advice**

Eli Harwood MA LPC
@attachmentnerd



attachmentnerd Your kids are not the problem. Your past trauma maybe? Your expectations maybe? False ideas of what's developmentally normal maybe? Rigid parenting philosophies maybe? Permissive parenting philosophies maybe?

Whatever it is, your child needs your compassion, calmness, and guidance.

You got this.

*One of the slides is out of order on this post...sorry about that!

#therapistthoughts #parenting #gentleparenting
#attachment #parentingtips #consciousparenting
#childdevelopment #respectfulparenting #familydynamics
#secureattachment #securelyattached #positiveparenting
#feelings #emotions #teaching #curiosity #guidance
#attachmenttheory #cyclebreaker #therapistadvice
#therapy #compassion #attunement #rupturetorepair
#cyclebreaking #coregulation #secureparenting
#scapegoat #s#scapegoating