



A Heart For All Students

Podcast Episode Transcription

AHEART #28 How To Deal With Morning Tantrums

Hey, friend, in today's episode, I am sharing with you guys a really yucky and tense situation that happened with my boy one morning and while I recorded this about a year ago. It's so relevant and I had to share it with you because I know I'm not the only mama that's navigated something like this girl.

What do you do when your kid wakes up on the wrong side of the bed and the behavior is awful? Girl, we've all been there. Check it out. Find out what happened one morning when my boy was screaming bloody murder at me at the top of his lungs. What I did, why it made all the difference and how it can do the same thing for you and your child be encouraged. And as always, let me know what you think and connect with me at www.aheartforallstudents.com. I can't wait to hear from you.

Hi and welcome to A Heart For All Students podcast. I'm your host Lindsay Livingston. Each week, we're going to discover how to parent and educate our uniquely designed outside-the-box, kids to thrive as the people God has designed them to be.

If you are a mom raising a child who simply doesn't fit into the box of the world's expectations, this is a place for you. Whether your child has ADHD, ASD, SPD, GAD, or no acronym at all, your child has been intentionally designed with gifts, passions and purpose by the God who loves them deeply. It's my honor to work alongside you by providing actionable strategies, tips, encouragement and support as you homeschool and raise your uniquely designed child to thrive.

Well, first of all, my son didn't sleep again last night. And I was pretty, pretty exhausted this morning and I woke up late, which meant the whole day kind of spiraled out of control. What happened was, is that I was like, OK, I have to wake him up. I have to wake him up and I have to get him to school. He

was up in the middle of the night. So I already know he's really exhausted. But I had to get him up and I had to get him to school because he desperately needs that routine. So if I can get him to school all is well. He actually ended up coming into our room last night and then falling asleep in our bed.

He struggles with his behaviors. He struggles with his threshold for frustration. And so I had to, like, prepare myself. So I went in but the TV is on. So I had some music going. And as soon as I woke him up, he was like and he was mad and he started to kick me. He immediately started to kick me. And we all know how that feels. That is like frustrating. And I was tired.

And so immediately inside of myself, I was angry. I was like, are you kidding me, buddy? So I had two choices at that moment. I can either, like, lay into him and be like, Buddy, I can not, buddy. No, sir, you don't kick me because I'm still a person.

Like, I'm not perfect. I've learned so much and I'm sharing it because it's changed my life and my son's life and my husband and my my girls. But I am so not perfect. And so he kicked me out. He kicked me, he kicked me, started screaming at me. I'm going to get mad.

And I was like, God. And before I even went crazy on him and my own meltdown, I grabbed a pillow and I just, like, beat him and I said, "hello". And, oh, you heard my child was like and he was ready to go. So he was just kicking me. And then he was so happy because I was doing a pillow fight.

And so by God's mercy, that worked beautifully. I was able to completely shift the attention off, like the stress of waking up. I got him out of his mood and he had a great day getting to school. But I had to do a lot of games so I could have chosen to be like, sir, get up right now. You need to get up right now and do not disobey me, but the reality is, is that would not have gotten us to school and it would have just totally stressed him out and it wouldn't work. And so I just had to share that this morning, that when your kids are ugly or cranky or melting down, in my case, when you're trying to wake up your little six year old boy, almost six year old boy, and he goes to kick you because he's so cranky because he just woke up.

Think about, OK, how can I break this up? How can I shift this? How can I stop this? How can I connect with my child? How can I make this fun? Grab a pillow and start having a pillow fight with your kid. And that's what worked today for, my son. And I just have to say that I'm super grateful and I wanted to share that with you guys, that it is OK to give yourself permission to let some things go.

Not every behavior has to be dealt with in that moment or else they're going to grow up to be these terrible adults. That's not the case. There needs to be grace extended and recognize the fact that kids are younger, OK? They're not as mature as us. We melt down all the time when we're tired. So why would we not have a little bit of grace for a child who is not emotionally mature enough to sometimes handle some of his emotions? So it worked out really well. Like I said, when my son first started kicking me this morning, I was mad and I wanted to say, no, sir, you don't hit me. And you know what? As soon as I started saying it, it was like God's mercy.

He said, nope, nope, nope, nope, nope. And I just grabbed that sort of pillow fighting this kid, and it just totally shook him out of it. So I'll that you say there's freedom and there is grace friends for not every single thing has to be dealt with. Because if we are dealing with every tiny little infraction that the kids are doing often, especially those of us who have kids and special needs, we're going to be strangled by that. And we're going to be in a really bad place relationally with our children. And we want our children to know the important things. We want our children to obey when it matters.

And so. I just wanted to share that with you guys and let you know, give yourself grace and freedom, that this is a journey, this is not going to be perfect. And I'm so excited about the course. Please, please, please. I know this is such a deal. Literally. Ninety seven dollars for six weeks. And basically we get to talk every week. I mean, that's crazy because I'm not going to do this after the pilot course. And it's so good. It's so good. And it's everything that I wish that I had known. So I'm really excited to have a bunch of students that I'm really excited about being with. So let me know if you're interested and if you have any questions.

Give yourselves lots of grace. This is like up and down, up and down, up and down. Look for the long haul and when in doubt, think relationship, relationship, relationship. That has to be first right now. And when we have that relationship with our kids, that's when we're able to influence their lives. That's when they're going to start listening to us is when we have relationship.

Hey sweet friend. Do you desperately want to be a good Christian Mama? But daily just feel like a failure? You love your child deeply and you want her to thrive but there's just one problem. Your kid has meltdowns over everything, every single day.

Friend, I have been there and I get it and I'm on the other side. That's why I've created the Free 5 Day Devotional for you. Find hope and a new way to approach your child's toughest behaviors. Be encouraged and grab your free copy at www.Bit.ly/exhaustedmomhope

Hey friend, guess what? You just finished an entire episode. Give yourself a pat on the back. In this season of parenting, where we are barely surviving, every accomplishment is a victory. So take it. And while you're at it, if you found this episode to be helpful, please consider leaving a review on iTunes or wherever you listen to your podcast episode and don't forget to subscribe, so you never miss a thing...

And if you're looking for more practical tools and encouragement as you homeschool and parent your outside-the-box child to thrive, go to www.aheartforallstudents.com. There are tons of resources, freebies and lots of extra support over there. Don't miss anything. I don't do this thing alone. Friends were in it together and together we can change the narrative for our neurodiverse outside-the-box kids.