

Healthy Parenting Practices within the Scope of Latinx/e Culture

Elizabeth Palafox Zaldivar, LMSW



A Word on Safety

*Today's session will include some discussion of individual and collective trauma, systemic injustice, and family wounds. If at any point you feel overwhelmed, please tend to yourself and take a moment to step out, move your body, *breathe*. *

Emotions flow with water.

This is a judgment-free zone.

(I will be around after this session for anyone who wants additional resources on individual, family, or community support.)



Identification Terms



About Me: Elizabeth Palafox Zaldivar, LMSW



Objectives



- Gain a deeper understanding about the social and historical factors that influence parenting in the Latinx culture
- Acknowledge the strengths and expertise found in Latinx family systems and encourage them to use these faculties to build further competencies associated with healthy parenting practices
- Practice emotional regulation & discuss the value of co-regulation between parents and children in order to create harmony and practice family problem-solving.
- Learn to engage with families from a collaborative approach in order to build confianza or trust in the connection between providers and Latinx parents, caregivers, and family systems

Historical & Social Factors in Latinx Communities

- Colonization
- Religion
- Immigration/Acculturation
- Gender Roles
- Familismo



The Wounds of Colonization

- The trauma of conquest
 - Racial trauma has existed in our lineage
- Primary & Secondary Characteristics (Ogbu, 1994)
 - La Chancla comes from survival
 - Has it become normalized Latino culture?
 - How do you see it talked about within the community?
 - Comportate
- Internal negative beliefs about self
 - “Mejorando la Raza”
 - Indio/Naco
 - Internalized shame



Family Wounds are Cultural Wounds



Epigenetics

“Unhealed trauma acts like a rock thrown into a pond; it causes ripples that move outward, affecting many other bodies over time. After months or years, unhealed trauma can appear to become part of someone’s personality. Over even longer periods of time, as it is passed on and gets compounded through other bodies in a household, it can become a family norm. And if it gets transmitted and compounded through multiple families and generations, it can start to look like culture.”

- Resmaa Maneken (Author of *My Grandmother’s Hands*)

Religion

- Catholicism/Christianity
 - Influences virtues & values
 - Influence concepts of sin, worth, & punishment
 - “Honra a tu padre y a tu madre”
 - Rules & Structure
 - Surveillance - *Diosito te esta viendo*
 - Fear, Anxiety, Guilt
 - Difficulty expressing feelings/needs



Spiritual Practices & Religion



- Curanderismo
 - Mal de Ojo
 - Limpias
- Santeria
 - Afro-Caribbean
 - “Way of the Saints”

Immigration/Acculturation

- Parental Stressors stemming from:
 - Financial strain and SES
 - Exploitation - (unable to advocate for needs)
 - Isolation from language barriers
 - Racism & discrimination



Gender Roles: “The 10 Commandments...”

(Gil and Vasquez, 1996)

Marianismo

1. Do not forget a woman’s place.
2. Do not forsake tradition.
3. Do not be single, self-supporting, or independent-minded.
4. Do not put your needs first.
5. Do not wish for more in life than being a housewife.
6. Do not forget that sex is for making babies—not for pleasure.
7. Do not be unhappy with your man or criticize him for infidelity, gambling, verbal and physical abuse, alcohol or drug abuse.
8. Do not ask for help.
9. Do not discuss personal problems outside the home.
10. Do not change those things which make you unhappy that you realistically can change

Machismo

1. Men are superior to women.
2. A father’s wish is law.
3. A man should be in control of his wife and his family.
4. It is important to not be the weakest man in a group.
5. It is necessary to fight when challenged.
6. It would be shameful to share any kind of emotion or acknowledge feelings in others.
7. It is necessary to be aggressive.
8. Women are for sex and raising families.
9. Real men never let down their guard.
10. Men should be proud that they are men.

Familismo



Carmen Lomas Garza, Tamalada, 1990

- Core element of collectivism
- Loyalty & Respeto to all members of the family (nuclear and extended) over individual needs
 - Can't go against family
- Protective factor AND developmental interference
 - Blurred boundaries
 - *"Saluda a todos"*
 - Volunteering others without permission

Redefining Familismo



- Goal is not to undo familismo but redefine the way in which it is expressed in family
 - Continuum v. Contradictions
- Redefining what *respeto* means
 - Do you need to feel that kids fear you in order to feel respected? Why?
 - What if they had the opportunity to keep you accountable?
- Avoid “offender” or “victim” and instead humanize both persons
- Rebuilding the village



Using Existing Strengths to Promote Healthier Parenting Practices

- 7 Latinx Psychological Strengths (Adames & Chavez-Duenes, 2016)
 1. Determination
 2. Esperanza
 3. Adaptability
 4. Strong Work Ethic
 5. Connectedness to Others
 6. Collective Emotional Expression
 7. Resistance
- Don't pathologize resilience but rather contextualize it



Reconectando con tu Niña/o Interior

■ Latinx kids at risk for worse mental health

outcomes (McGuire & Miranda, 2014)

- 5x more at risk than Caucasian counterparts to experience depression and suicidal behavior
- Less likely to receive treatment
- Thoughts of suicide up to 8x higher for Latinx students who felt less connectedness and communication within their families (cibhs.org)

■ Reconnect with inner child to understand that one deserved to be seen too

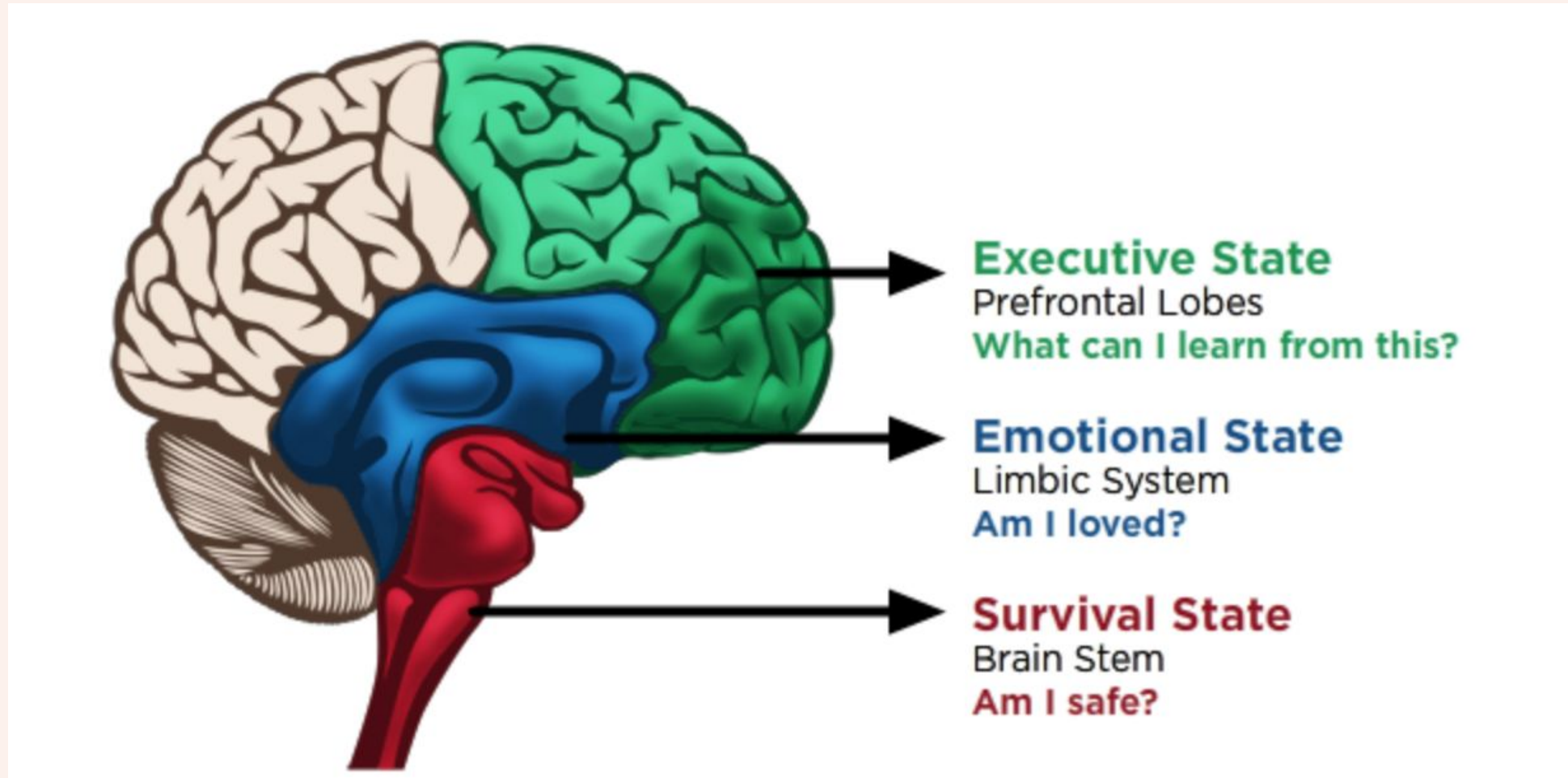
- Honoring the child's sovereignty
- Indigenous views of children as whole beings carrying innate wisdom (Dr. Manuel Zamarripa of XicanPsych)

■ Challenge labels

- *Malcriado(a), Niña buena, Latosos, Chillones*
- Reflect back – What do these labels mean to you?



Brain & Stress



Co-regulation

- Meeting biological needs
- Play
- Music
- Physical comfort
- Community Care
- Holding Space/Modeling

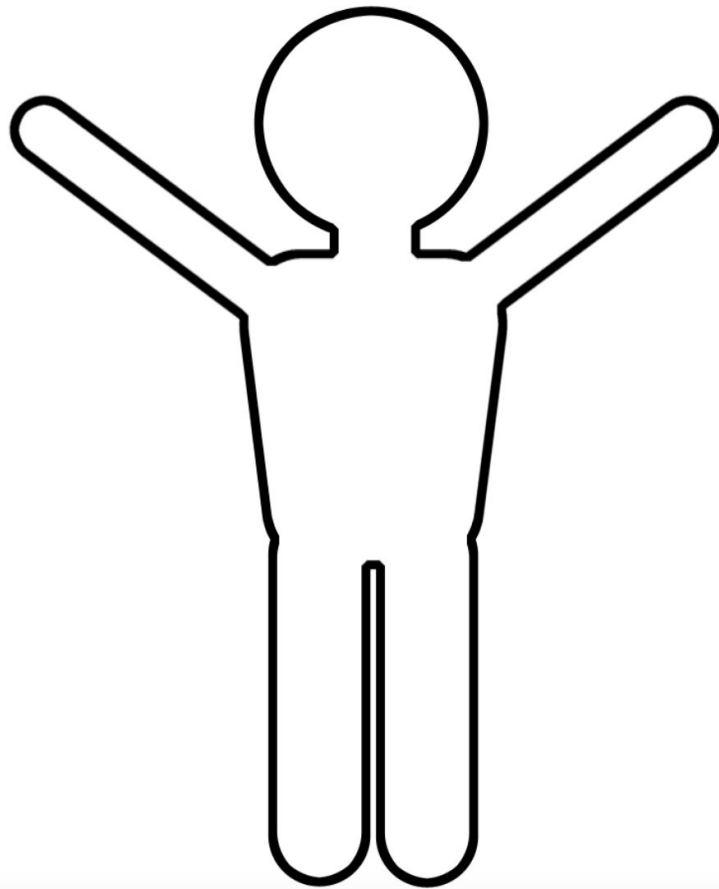
(Latinx Parenting, Pillars of Reparenting)



Donde Siento Este Sentimiento?

¿Dónde Siento?

Podemos reconocer las emociones porque las sentimos en nuestro cuerpo. Pinta dónde sientes cada emoción.

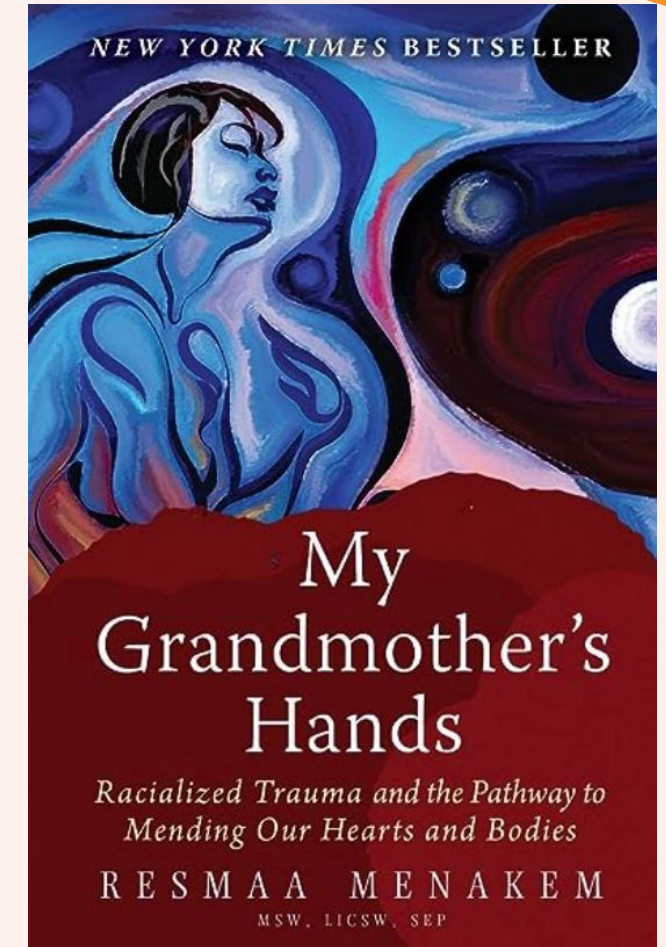
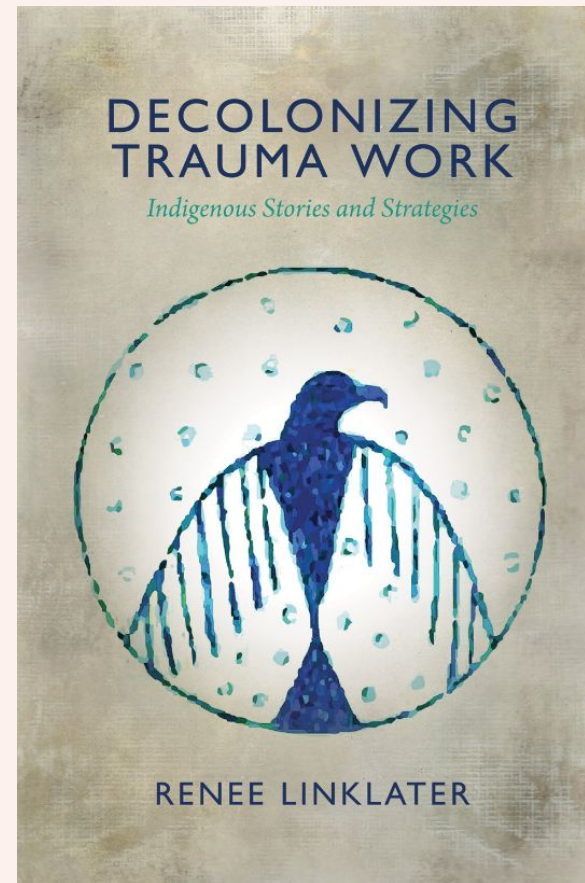
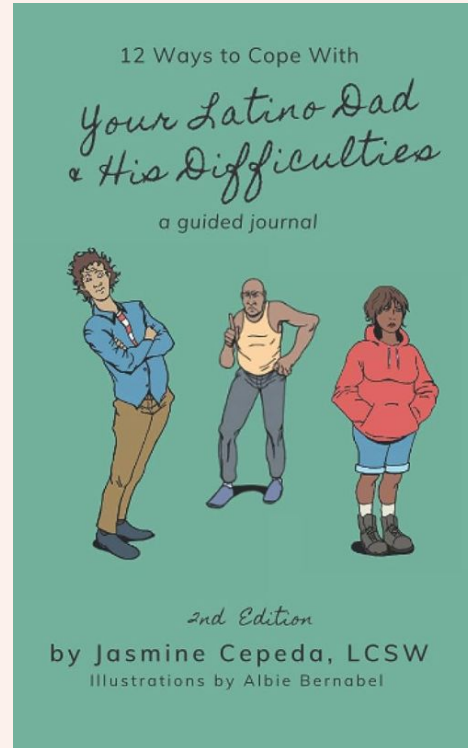
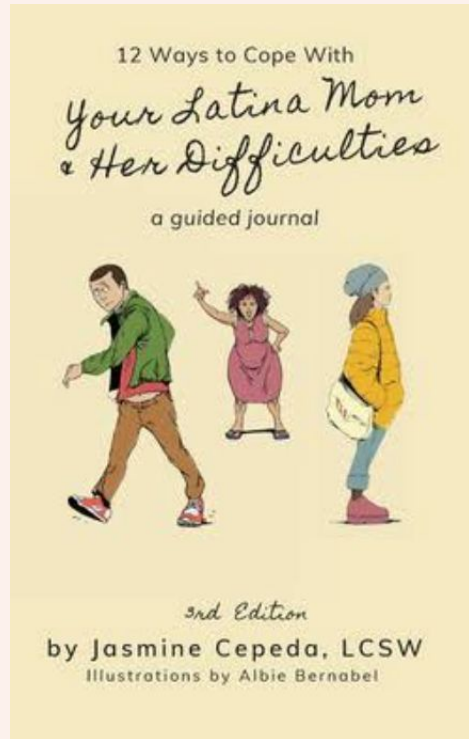


- *Susto, Ataque de Nervios, Berrinche*
(DSM-5 Cultural Concepts of Distress)
- When emotional language hasn't always been there, what other ways can we help ourselves and children understand?
 - Colors
 - Symbols
 - Textures

How Can Community Providers and Members Build *Confianza*?

- Work Towards Decolonization of Parenting Programs
 - It can be activating to be in these systems
 - Protective of child against external systems
 - Does it feel accessible and created for Latinx parents?
 - Shame is NOT a motivator
- Representation of folks with lived experience - Culturally and linguistically competent and humble providers
- “Can’t Undo Systems of Oppression, we have to replace them” - Leslie Priscilla, Latinx Parenting
 - We have to restore systems of liberation that already existed from our ancestors
- Case Management - managing stress of basic needs
- Advocacy

Books & Resources



Tik Tok: [@highimpactclub](https://www.tiktok.com/@highimpactclub) (Latinx Gentle Parenting)

Contact Me



Email: elizabeth.p@cannentacenter.com



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