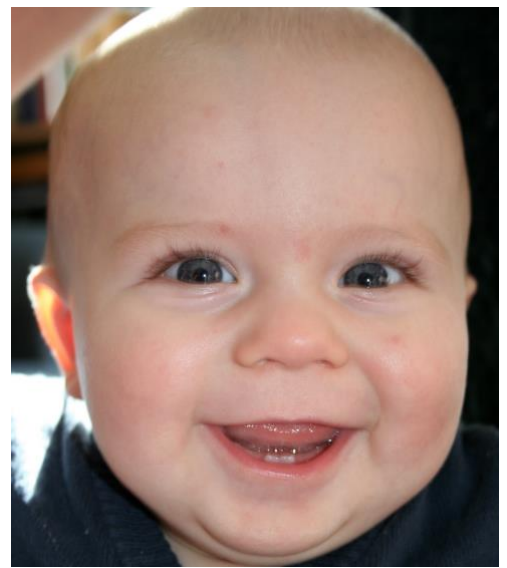


# When We Are Very Young



Attachment, Trauma and Parenting  
Video Series

by

Mary-Jo Land, R.P.

# Go to [maryjoland.ca](http://maryjoland.ca) When We Are Very Young

## Season 1: 2017

1. Attachment and Society: The importance of attachment
2. Attachment and Society Part 2: Attachment as it relates to peace
3. The African Grandmother Story: aka not the oxygen mask story
4. Fear of Flying: Families are like airplanes....
5. The Unbaked Cake: why behaviour management does not work
6. It's How You Be (not what you do): A stance for parents
7. The Bunny Story: The mammalian threat response
8. Window of Tolerance: How to open the window
9. The Bidirectional Window: But what about those big feelings?
10. Automatic vs. Manual Transmission: Developmental shifting
11. Reconciliation and Repair: Sometimes our kids hurt
12. Conflict Resolution: Sometimes our kids get into fights

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