

## Maryann's Talk

Parenting & Marriage/Relationships

Books & You Tube Series

Maryann Richard compiled this 2018

### 1. Parenting

John Gottman on Parenting:

Emotion Coaching: The Heart of Parenting <https://www.youtube.com/watch?v=v0vj9Z4kpEk>

Raising an Emotionally Intelligent Child <https://www.youtube.com/watch?v=eVDMATVzhTk>

Tools for Parenting [https://www.youtube.com/watch?v=z3uPPEtyX\\_I](https://www.youtube.com/watch?v=z3uPPEtyX_I)

Dr Becky Bailey: Excellent Videos on Parents & Kids and your communication style

Dr Becky Bailey: Anger- Coaching Your Kids Through it!

[https://www.youtube.com/watch?v=xs7OWBj\\_GiE](https://www.youtube.com/watch?v=xs7OWBj_GiE)

Dr Becky Bailey: Fear- Coaching your Kids Through it! <https://www.youtube.com/watch?v=U-Wtx-F7rXQ>

Dr Becky Bailey: Sadness- Coaching Your Kids Through it!

<https://www.youtube.com/watch?v=foOHvyv9CVI>

Dr Becky Bailey: Happiness- Coaching Your Kids Through it!

[https://www.youtube.com/watch?v=J3\\_iGzQwQvk](https://www.youtube.com/watch?v=J3_iGzQwQvk)

Let's Stick Together The Relationship Book for New Parents by Harry Benson 2010

(easy & practical- great gift for young couples)

What Women want and Men need to Know by Harry Benson 2018

The Five Love Languages for Children /and for Teenagers Gary Chapman

NSPCC- National Society to Protect Cruelty to Children

Look at the website and the particular video on 'Pants' about personal safety of your private parts. [https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/?utm\\_source=google&utm\\_medium=ppc&utm\\_campaign=201708+ppc-bau&utm\\_content=brand-sitelink-pants&gclid=CjwKCAiAweXTBRAhEiwAmb3XuxuMzPywJLSFOFv2SgD5AEeS5v3sHbI3RpRra3l5KbK18OErZ97bFxoCqSMQAvD\\_BwE&gclsrc=aw.ds](https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/?utm_source=google&utm_medium=ppc&utm_campaign=201708+ppc-bau&utm_content=brand-sitelink-pants&gclid=CjwKCAiAweXTBRAhEiwAmb3XuxuMzPywJLSFOFv2SgD5AEeS5v3sHbI3RpRra3l5KbK18OErZ97bFxoCqSMQAvD_BwE&gclsrc=aw.ds)

[https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/?utm\\_source=google&utm\\_medium=ppc&utm\\_campaign=201708+ppc-bau&utm\\_content=brand-sitelink-pants&gclid=CjwKCAiAweXTBRAhEiwAmb3XuxuMzPywJLSFOFv2SgD5AEeS5v3sHbI3RpRra3l5KbK18OErZ97bFxoCqSMQAvD\\_BwE&gclsrc=aw.ds](https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/?utm_source=google&utm_medium=ppc&utm_campaign=201708+ppc-bau&utm_content=brand-sitelink-pants&gclid=CjwKCAiAweXTBRAhEiwAmb3XuxuMzPywJLSFOFv2SgD5AEeS5v3sHbI3RpRra3l5KbK18OErZ97bFxoCqSMQAvD_BwE&gclsrc=aw.ds)

Professor Evan Stark: Coercive Control and Children

<https://www.youtube.com/watch?v=kvHbVzTzpX0>

You Tube information on Abusive and Coercive Control Relationships are at the end of this hand-out.

### 2. Marriage/Couples

#### A. Great Books

The Five Love Languages by Gary Chapman 2000

Couple Communication 1 Talking Together Miller, Nunnally, Wackman 1979 my favourite on communication

Couple Alive by Michael & Terri Quinn by Family Caring Trust ISBN 10872253013

(easy & practical) They also have excellent parenting material and it is in many different languages!

B. You Tube on Marriage/Couple Relationships

You Tube John Gottman

I recommend you start with these three:

1. Making Marriage Work: Masters and Disasters in Relationships

<https://www.youtube.com/watch?v=AKTyPgwfPgg>

2. Why you Married the Wrong Person by Alain de Botton

<https://www.youtube.com/watch?v=DCS6t6NUAGQ>

Alain de Botton on Love : <https://www.youtube.com/watch?v=v-iUHVazKk>

3. Mercy in Marriage <https://www.youtube.com/watch?v=jLw0mm7pzMg>

Understanding your Communication style, changing unhelpful childhood mindsets, and Living in a freer way. This has great material on attachment. It also has some Christian material in it. Overlook that if it doesn't help you, but don't let it distract you from the couple work.

Making Relationships Work Part 1 <https://www.youtube.com/watch?v=LLXX8wzvT7c>

Making Relationships Work Part 2 <https://www.youtube.com/watch?v=LLXX8wzvT7c>

Making Relationships Work Part 3 <https://www.youtube.com/watch?v=sJ7RHLBdqGM>

Making Relationships Work Part 4 [https://www.youtube.com/watch?v=9aSpl\\_ZjmcY](https://www.youtube.com/watch?v=9aSpl_ZjmcY)

The 7 Principles for Making Marriage Work

<https://www.youtube.com/watch?v=knBJGNisJS0>

<https://www.youtube.com/watch?v=tUb5iCrSo8g>

[https://www.youtube.com/watch?v=knBJGNisJS0&list=PLHxPAzm21rZhtYUhpvXqwrW\\_Dabrnrl-9](https://www.youtube.com/watch?v=knBJGNisJS0&list=PLHxPAzm21rZhtYUhpvXqwrW_Dabrnrl-9)

4 Negative Patterns that Predict Divorce Part 1

<https://www.youtube.com/watch?v=FJDN3PKZ1KE>

4 Negative Patterns that Predict Divorce Part 2

<https://www.youtube.com/watch?v=o5OdpPodpNY>

John Gottman How to Build Trust <https://www.youtube.com/watch?v=rgWnadSi91s>

Dr John Gottman: The Man's Guide to Women | True North Story

<https://www.youtube.com/watch?v=mForgWx-A5Y>

Articles by John Gottman:

<https://www.gottman.com/blog/what-does-friendship-mean-to-you/>

<https://www.gottman.com/blog/the-four-horsemen-recognizing-criticism-contempt-defensiveness-and-stonewalling/>

Mercy in Marriage <https://www.youtube.com/watch?v=jLw0mm7pzMg>

Understanding your Communication style, changing unhelpful childhood mindsets, and Living in a freer way. This has great material on attachment. It also has some Christian material in it. Overlook that if it doesn't help you, but don't let it distract you from the couple work.

Mark Gungor on Marriage (Laugh your way to a better marriage)

Men's Brains and Women's Brains <https://www.youtube.com/watch?v=SZ6mVumHY9I>

Men don't listen - Laugh your way to a better marriage

[https://www.youtube.com/watch?v=dCbb9\\_uZcDA](https://www.youtube.com/watch?v=dCbb9_uZcDA)

What attracts men the most about women (Laugh your way to a better marriage)

<https://www.youtube.com/watch?v=CIDbIV2CqDc>

Get a man to do what you want him to do

<https://www.youtube.com/watch?v=EezGzsYoqfU>

How does he or she do that. <https://www.youtube.com/watch?v=zq84Xg-Kv-k>

How to stay married and not kill anybody.

<https://www.youtube.com/watch?v=33NBtCGgzUc>

Humorous Sketches about Relationships & Communication

<https://www.youtube.com/watch?v=1r8rmNFycSg> Magic Coffee Table

[https://www.youtube.com/watch?v=-\\_kXIGvB1uU](https://www.youtube.com/watch?v=-_kXIGvB1uU) Communication & Listening

[https://www.youtube.com/watch?v=ezVib\\_giTfo&feature=youtu.be](https://www.youtube.com/watch?v=ezVib_giTfo&feature=youtu.be)

ManSlater

Brene' Brown American Social Scientist

The Anatomy of Trust <https://www.youtube.com/watch?v=ewngFnXcqao>

The Power of Vulnerability <https://www.youtube.com/watch?v=sXSjc-pbXk4>

The Price of Invulnerability <https://www.youtube.com/watch?v=UoMXF73j0c>

Listening to Shame <https://www.youtube.com/watch?v=psN1DORYYVO>

The Space Between Self-Esteem and Self

<https://www.youtube.com/watch?v=X4Qm9cGRub0>

Coercive Control in Relationships: Understanding Emotional Abuse in Relationships

Understanding Coercive Control with Professor Evan Stark

<https://www.youtube.com/watch?v=6RCEQplot34>

Identifying the Tactics An Emotional Abuser Uses to Control You and The Relationship

<https://www.youtube.com/watch?v=0wCAnGzXxa4>

Coercive Control in Relationships <https://www.youtube.com/watch?v=2MpFOgp3nQ4>

<https://www.youtube.com/watch?v=2xc3ZU7rNg0>

Fighting forced marriages and honour based abuse | Jasvinder Sanghera

[https://www.youtube.com/watch?v=h\\_Xh5MXA7yY](https://www.youtube.com/watch?v=h_Xh5MXA7yY)

Professor Evan Stark: Coercive Control and Children

<https://www.youtube.com/watch?v=kvHbVzTzpX0>

Top Ten Signs You Are in a Toxic Relationship: #10

<https://www.youtube.com/watch?v=dhUjWnp6RAg>

What is Emotional Abuse? SIGNS you are in an emotionally abusive relationship

<https://www.youtube.com/watch?v=logQdS2egeQ>

What is Gaslighting? <https://www.youtube.com/watch?v=3O3ZQPezgIQ>

### Improving Your Relationships at Home & Work

These two work together so please watch them both.

The Drama Triangle (Stephen Karpman) [https://www.youtube.com/watch?v=E\\_XSeUYa0-8](https://www.youtube.com/watch?v=E_XSeUYa0-8)

Understanding the Drama Triangle vs Presence

[https://www.youtube.com/watch?v=ovrVv\\_RICMw](https://www.youtube.com/watch?v=ovrVv_RICMw)

Resource Sheet for Personally Maturing in Christ

Articles on Body Image & Relationships etc

Does social media impact on body image?

By Philippa Roxby Health reporter, BBC News 2014 <https://www.bbc.co.uk/news/health-29569473>

How Social Media Is a Toxic Mirror RACHEL SIMMONS August 19, 2016  
<http://time.com/4459153/social-media-body-image/>

Romance Academy <https://www.romanceacademy.org/>

You Tube Talks on Being Apprentices of Jesus:

How to be with Jesus <https://www.youtube.com/watch?v=pEYdHNDicMc>

The Ruthless Elimination of Hurry by John Mark Comer  
<https://www.youtube.com/watch?v=fWyzWwwWZbA>

Apprentices of Jesus by John Mark Comer  
<https://www.youtube.com/watch?v=M7uNblavyVY>

The Goal of Apprenticeship with Jesus [https://www.youtube.com/watch?v=8PqMB6lm\\_m0](https://www.youtube.com/watch?v=8PqMB6lm_m0)

Books:

Emotionally Healthy Spirituality by Scazzero

When the Heart Waits by Sue Monk Kidd (mid-life and waiting for the next stage)

Boundaries by Cloud/Townsend

Boundaries in Marriage by Cloud/Townsend

Music:

Retreats: Penhurst Retreat Centre near Hastings in East Sussex/Kent  
<https://www.penhurst.org.uk/> St Beuno's near Rhyl, North Wales

<https://www.pathwaystogod.org/org/st-beunos>

A young adult's suggestions on what every parent of a teenager needs to know and do.

Every person needs Acceptance, Significance and Security. Consider how you give these to your children and partner/spouse and where you get them.

1. Let your teenager know them 'You love them as they are.'
2. Read the Love Language book, take the test and love your child in their love languages.
3. Make Home: fun and a place that the teen wants to come back home to. Sit and play a game with them, watch a TV show with them cuddled on the couch, chill in the car with them as you walk or drive them to an activity or theirs. Don't be in a rush always. Chill.
4. Make Home: a place they feel accepted & happy.
5. Make Home: a place that they (the teenager) feels significant.
6. Make Home: a place they can tell you if they feel bad, sad & negative.
7. Make Home: a place their friends can come to
8. Teenagers have so much going on in their heads and hearts and some of what they are thinking isn't true. Keep calm as a parent, be patient, be loving to your child and encourage your child day in and out in the good character you see in your child, in the things they say and do. Give 9 encouragements for every 1 negative thing you say to them
9. APOLOGIZE when you get it wrong.