

# PARENTING DECOLONIZED PODCAST



Parenting Decolonized Podcast Ep #54 - Building Community In Conference [A solo episode with Yolanda]

Yolanda Williams: (00:00:00) This podcast is brought to you by the Rona, Racism and Radical Parenting Virtual Conference happening on September 23rd to 25th . It is designed to help equip you with the knowledge and practical advice you need to manage your triggers, yell less, connect more and raise liberated, emotionally well children.

Welcome to the Parenting Decolonized Podcast. I'm your host, Yolanda Williams, entrepreneur, Conscious Parenting coach, and a single mom to one amazing toddler. I'm on a mission to help shine the light on how colonization has impacted the black family structure. If you're a parent that wants to learn how to decolonize your parenting, you're in the right place. Let's do this.

Welcome back to the Parenting Decolonize Podcast. I am your host Yolanda Williams and I am coming at you from Georgia. I am out here with Gia. We made a seven hour road-trip from Arkansas to Georgia to meet up with the beautiful ladies of the matriarchal village that I am forming of the Black Fem Freedom Collective, the BFF Collective. We met out here to celebrate our one year anniversary of forming and to just be together. We all met online. We all met like in various Facebook groups and just with being in some of the same circles when it comes to liberation work in child advocacy and formed a really deep connections but we never met in person and it feels like, you know, the Internet makes it so, it looks like your watching someone's child grow up and we have been there through each other's like relationship, problems or breakups, new kids come into the picture like all these things but we never met in person. So we came out here. We met and let me tell you it has been one of the best experiences of my life; the feeling of safety that I feel for both Gia and I is indescribable and, you know, as someone raising an autistic kid safety being around safe people is so important.

Gia has spent, you know, the last week playing in mud puddles with people who are allowing her to be her whole-self telling me to go sit out somewhere, you know. Telling me to leave her alone. Let this girl do what she wants to do and I'm not used to that. I'm not used to not being so hypervigilant. I'm not used to being able to fully-fully relax and trust that the people that are watching her have her best interest and I say best interest I am talking about they are centering her liberation, centering her safety, making sure that they are not harmful intentionally. It has just been so amazing that I am able to even record this while she's at the house with them and I'm excited for our future because this has been a tough few years since this global pandemic

has started. We are in our third year and it seems like we are on the precipice of another damn pandemic with the monkeypox. Okay.

And between the sickness out here, between the mass shootings, politicians, inflation, anti-CRT, increased racism it seems like we are reverting back to, you know, Jim Crow South in some ways. It just feels really oppressive right now, really having oppressive and I can fill it in my body. Can you all feel in your bodies because I can feel it in mine. My jaw stays clinched. I have to remind myself to remove the tongue when I am moving my mouth and relax. And there some days you all where the weight of this world just is so heavy on me especially when I think about Gia, my daughter who is 4, going to be 5 in November being, you know, nonspeaking, autistic black girl; all those marginalized identities and how I'm just really not able to fully protect her from all the harm that is just around us all the time. There is times I just wake up and I'm so afraid. I'm afraid for her future. I'm afraid for, you now, because of the environment, all the environmental stuff that's happening. I'm afraid that I'm not taking care of myself good enough because of all the stress-stress that I feel that I'm nothing to be been around for her as long as I want to be.

(00:05:00)

It's totally so much fear and whenever that happens is when I have intentionally make sure that I am focusing on the good stuff, the stuff that brings me joy as I fear it's paralyzing. And one the things that brings me joy is community and you all are part of that community.

You all are part of me feeling like okay there are people in this world working to make it a better place for our people in this world who think like mean a similar way where we are focused on harm reduction, on liberation, on making this place a more equitable place for everyone and that brings me hope, that brings me joy and it helps me keep going when things get really-really hard because they get really-really hard for me. I have depression. I have ADHD and so being able to navigate all of this stuff sometimes and be a single mom and being entrepreneur and not just any entrepreneur someone who takes on you, you know, ask all the time how you are feeling what you're doing and sometimes those responses weigh on me and please don't stop, you know, telling your truth but is just being in the position that I put myself into sort of witness and hold space for other people is a lot and I say all this to say I want to encourage all to find your people, find your community, and the way that I'm helping people do that is with through my events especially with my conferences. I don't know if you all know this but I have another conference coming up September 23 to the 25 and this conference is for people like me and you most likely if you are listening to my podcast, people who are generally the first generation in their family to break, who want to break generational traumas. People who are interested in decolonizing but may not have people around them to help them along the path like not having a model for decolonizing for conscious parenting for positive discipline. It's

hard [Inaudible] [00:07:18] sometimes I don't know what the hell I am doing. And I know I am not alone in that. I am constantly apologizing. I am constantly making mistakes because there's no one to help me through that. There is no one to model it.

So I know that that's the community, that's what my community looks like. I know that a lot of you all are people who are the first but you're definitely not alone. So many of us that are doing this work that are really committed to making sure that we are raising up children who love themselves, who are emotionally intelligent, who are able to change this world because they are able to see what's wrong with it more clearly than anybody else because they were raised in a more liberatory parenting environment. They would advocate for themselves and with this conference what I'm hoping is that we can come together and not just talk about what's wrong but really focus on solutions, focus on how do we be the change that we want to see. We have to talk about what's wrong in order to get to the solution but that's not going to be the focus. The focus is going to be how do we get free, how do we create peaceful family cultures, how do we work through conflicts, how are we raising these antiracist kids, what are the things we need to be saying for that, how are we reparenting ourselves, how do we do that because in order for us to really be out here in decolonizing streets, it's doing the work that we do.

We have to focus on ourselves. e have to be decolonizing. We have to work on mental health and that shit is hard. And we need guides to do that. People who are out here doing this work who knows how to do who are not harmful culturally responsive people like my girl Leslie Priscilla from Latinx Parenting. She is going to be doing a reparenting your inner child workshop. My girl, Domari Dickinson for the parents who started out there parenting journey with physical punishment with a punitive mindset and younger trying to transition to a more conscious intentional way of parenting. You all know what to do like how to navigate that, how to change your mindset. She has you. She has a whole workshop dedicated to parents who used to hit their children. Now they don't want to. What do you do? What are mind set shift that you need to create? And the beautiful part of this community of people is that it's a shame free environment. It is a shame free environment because we know (00:10:00) that shame only inhibits growth. Shame inhibits the ability to think critically and to make better choices. Those are usually defensive when you feel shame. So guilt and shame usually become defensive and you don't want to listen anymore. And this is a shame free zone, shame free. You used to hit your kids and now you don't want to do that anymore but you don't know what the hell to do, you do this workshop and you can get that lesson without feeling like someone's going to demonize you for it. We all have to start somewhere and it may not have been where you wanted to be but it's never too late to make changes, to being more conscious parent.

One of the things I'm most proud of for this particular conference too is the bringing together of people from different cultures, the most culturally responsive conference I've ever seen. Okay yeah, I tried myself in the back a little bit. Okay. My first conference was black AF, All-black

everything it was beautiful. I'm so proud of that. This conference I have a Muslim woman. I have different gender expressions. People who are out here living their whole lives unapologetically are being represented and people who are near diversion. We have HR Mom Melissa who is going to be hosting a workshop on how to work with your children if they have ADHD and if you have ADHD to create like to work together, how to make that family function so everyone thrives, not just the able-bodied people; everyone deserves to thrive in their household. What does that look like? How does it sound? What are the techniques? She is going to teach all that.

Natasha Nelson from Supernova Mama she's going to be helping parents of new diversion kids and actually it's all parents but centering in the kids because I have learned and she, and they deserve to be centered as well right. She's going to be one of our speakers. She is going to be talking about brain development and how sensory plays a huge part in that and then giving you all actual tips on how to create sensory experiences for your kids that will not break the bank and anybody on any budget will be able to do what she's talking about.

Then there is Heather Clarke. She's going to be you all. Heather Clarke from The Learning Advocate. She's going to be giving you all an amazing workshop on how to approach the IEP process if your child needs IEP for school and is again from a culture responsive lens most of the time during these parent conferences it's pretty wide centered. It's pretty able-bodied centered. It's pretty cis hetero centered. This conference is for everyone, everyone; all races, all genders, all religions, anyone who wants to raise liberated children but need a guide to help themselves become liberated because we again we need those guides. We have a panel on how we get free the mindset shift that needs make for that.

I'm just really excited if you all can tell. And so I wanted to just do this podcast and let you all know the tickets, early bird tickets are still on sale for the Rona, Racism, and Radical Parenting, the remix conference again happening September 23 to 25. This conference you all do not want to miss. You save \$40 off the early bird ticket and this is a three day conference, three days of learning, of communing, of joy and laughter. There's going to be a live DJ. We are going to have [Inaudible] [00:14:06] a 17-year-old young lady, and speak to us about what it feels like to be a teenager and how parents can help foster their children like growth in a more holistic way because what I realized was missing from this conference and from most conversations happening a lot about children is the children and they deserve a voice too. We have to have some competence with them that they are able to speak up for themselves and advocate for themselves with parents. It's so important to me. so I really hope that you all check out the conference. Again it's three days of really immersive learning. Everyone gets a workbook but if you get the all access pass you not only receive the workbook you receive a folder filled with amazing content from all the speakers or from most of the speakers that includes more workbooks, (00:15:00) more worksheets, things that will help you along this journey. We all

need help. I need help. I need help. I've been realizing that my parenting has been off lately because of the stress I've been filling. And I was finding myself leaning into a more permissive style of parenting because my stress was so high you know when I would hear Gia cry on whine it was like you have to [Inaudible] [00:15:28] it's fine and I was leaning into that because I just didn't have space for anything else in that moment. I would just try to keep us alive you all. Just trying to keep us alive in me from feeling overstimulated and that's when I get really snappy. So I was doing what was in my capacity to do in order for me to be able to parent and I was leaning into permissiveness and so listening to podcasts and doing conferences and doing workbooks and worksheets from parent coaches I do those things too. It's really important that we just continue this learning all the time.

This journey isn't easy nor was it ever over because as we evolve and as our children evolve our parenting has evolved to and so we just know need little help from friend sometimes you know. Please check out the show notes. The link will be in their. If you purchase a ticket before 12 September again as early bird ticket and you're able to do us click pay option with that and you save \$40 which is always a good deal and the best thing is the feeling again of community of coming and walking away with knowing like I am not alone. I may be the first but I am not alone and I am able to do this work because look at all these other people doing it and here is a group of people that can lean on or support. So again please go out and get you a ticket and let's get our head on, let's get to decolonize on. Let me know if you have any questions on social media or shoot me an email. I am happy to answer them for you but hope to see you all in the conference. Alright. Keep it conscious!