

# 12 Ways To Cope With Your Latina Mom

**Felicita Hernandez**

**12 Ways to Cope with Your Latina Mom and Her Difficulties** Jasmine Cepeda, 2019-11-11 As a Psychotherapist raised and still living in the diverse mega-city that is NYC, I have helped hundreds of women from all races, ethnicities, and cultures cope with their distressing feelings and thoughts about their mothers. However, what makes me especially inclined to write about the nuanced difficulties of Latina mothers is my experience in facilitating groups with Latinx individuals (gender-neutral term for Latinas and Latinos) struggling with their mothers. Being involved in these groups has brought clarity to the similar and overarching complaints that many Latinx folks experience. The guide intends to help you explore the psychological consequences of having a mother with difficult behaviors. I also want to help you set boundaries and act towards your self-validation and self-protection. I want to help you remother (or reparent) yourself--to help you build your self-reliance, self-worth, and self-compassion. By building a better relationship with yourself, I also want to assist you in creating better relationships with others: whether it's in your friendships, romantic partnerships, or as a parent! Regarding the title of this project: I do not want to promote a false narrative that Latina moms are inherently difficult or all the same. Hence, I describe some of their behaviors and personality traits as difficult, not who they are. I dedicate this guide to my Latinx community! Jasmine Cepeda is a Latinx psychotherapist working in private practice in Brooklyn.

**Healing the Inner City Child** Vanessa A. Camilleri, 2007 The contributors draw on their professional experience in school and community settings to describe a wide variety of suitable therapeutic interventions that enable children to deal with experiences of trauma, loss, abuse, and other risk factors that may affect their ability to reach their full academic and personal potentials.

**12 Ways to Cope with Your Latino Dad & His Difficulties** Jasmine Cepeda, 2021

Preliminary Evaluation of a Program to Help Low-Income Latina Mothers Help Their Children Cope with Stress Yadira Amy Olivera, 2017 Learning to cope with stress is one of the most important tasks of childhood. Middle childhood (ages 6 to 12) is a period when youth develop valuable coping skills. Although school-based child coping programs exist, the programs cannot provide tailored instruction to meet individual needs and are taught in a context removed from many of the stresses that children experience. Parents can help bridge these gaps by learning to guide or scaffold their children's coping development. Few culturally sensitive programs are available for at-risk populations such as low-income Latino families. The

current study used a holistic approach to examine the effects of a parenting education program designed to teach low-income Latina mothers how to help their children cope with stress and to identify program improvements to guide future program implementation. Seventeen mothers with children between the ages of 9 to 12 years old participated in a 7-week long pilot program. The results revealed that mothers were engaged, mothers utilized the program strategies, and mothers reported that their children were noticing changes in their behavior. Quantitative analyses showed that after participation in the program, mothers increased their use of positive scaffolding behaviors, decreased negative scaffolding behaviors, increased emotion coaching behaviors, and increased in some coping knowledge. Surprisingly, the program increased emotion dismissing behavior and maternal inconsistency significantly, whereas maternal nurturance and organization showed no significant differences. Results of the qualitative and quantitative analyses informed 29 recommendations to improve the program for implementation on a larger scale.

Mama Maria Perez-Brown, 2004-05-04 Offers portraits of Latina mother-daughter relationships by daughters including Columba Bush, Cristina Saralegui, Rosario Dawson, and Esmeralda Santiago.

*Bilingual Is Better* Ana L. Flores, Roxana A. Soto, 2012-09-18 This entertaining memoir by two Latina moms reveals the struggles and triumphs of raising bilingual, bicultural children in the US.

**Flight of the Quetzal Mama** Roxanne Ocampo, Roxanne Ocampo M a, 2012-07-31 Move over Tiger Mom. Latinos now have Quetzal Mama. Author Roxanne Ocampo - aka Quetzal Mama is a proud Latina mom who has demystified the complex college admissions process for Latino students. After strategizing her own children's pathway to Harvard and USC, Quetzal Mama shares her strategies. Ocampo provides a 3-prong approach including the 10 Quetzal Mama Principles - the guiding psychological principles to raise superstars, how to Work the System - the intricate, inside track of K-12 public school systems that elude most Latino parents, and the nuts and bolts of the College Admissions Process - including a comprehensive review of each component of the admissions process. She informs students and parents with what they need to do, when they need to do it, and how they can achieve it. Her book provides resources, tips, strategies, and practical wisdom. Her book was written with the conviction that Latino parents are not looking to understand why their children should go to college but how to get them there. The content appeals to Latino students as each chapter includes culturally-authentic language and examples, recognizable colloquialisms, personal and relatable stories, and addresses our specific needs and challenges. Her writing comes from working directly with Latino students including traditional, non-traditional, first-generation, migrant, as well as undocumented students. This book will empower Latino parents so their children can achieve academic excellence, become the leaders they were intended to be, and make a valuable contribution to humanity. Become a Quetzal Mama!

Helping Mothers Help Their Children Cope with Stress Guadalupe Gloria Ramos, 2019 Latino youth are exposed to a

number of stressors that can overwhelm their coping abilities. Learning and strengthening coping skills from an early age is thus critical for this population. Parents play a significant role in their children's coping; consequently, culturally appropriate programs that help Latino parents help their children cope with stress are needed. A multi-site randomized controlled trial (RCT) with pre- and post-assessments was conducted to evaluate the efficacy of a program to help Latina mothers help their children cope with stress. Mothers in the intervention condition participated in a seven-week program that focused on improving mothers' abilities to help their children cope, teaching mothers positive scaffolding techniques to help their children manage stressful situations, and enhancing emotion coaching skills. Consistent with the hypotheses, the results indicated that there were significant increases in mothers' self-efficacy in helping their children cope with stress, in the number of strategies mothers generated to help their children cope, and in developing more positive scaffolding behaviors as well as having improved emotion coaching abilities from pre- to post-test. These findings imply that Latina mothers are receptive to and benefit from culturally sensitive parenting programs that focus on improving their skills so that they can better assist their children in coping with stress. This population can greatly benefit from evidence-based programs such as the one in this study that empower parents to take an active role in ensuring their children's healthy socioemotional development.

**Gordita's Way** Felicita Hernandez, 2019-05 What do Latinos do when we feel insecure? We laugh and make fun of ourselves. This book uses humor and comedic paradoxes to describe my smitten yet complicated relationship with food and fitness. I probably tried every diet out there including Paleo, South Beach, Atkins and Keto. Now I do the Latino Keto diet, I eat Un-Poc-Keto de todo! The book discusses health and wellness from my personal perspective which have been influenced by my family and very Latina upbringing. Fat phobia is real, and Latinos give it to you straight. Hence, I deconstruct the term gordita and fully embrace it! After years of battling with food addiction, failed diets, and negative coping mechanisms such as alcohol, I did a 180° and decided enough was enough. For years, I fed into this lie and struggled with my body image all my life. I would wake up everyday thinking that I wasn't good enough. I'm sure you've heard this story many times before, but I am making it my life's work to empower all womyn to unapologetically embrace every aspect of themselves. I am sick of society capitalizing off the insecurities of womyn. This movement and book are revolutionary and my desire is to build something bigger than myself. This book embodies various parts of my Latinx identity and tackles issues such as mental health in the Latinx community, complicated relationships with food, and my ultimate favorite self-care practices such as travel and dance. My mission is to challenge traditional ideas behind the diet & fitness industry and create a dialogue and acceptance around radical body positivity.

**Book Reading Interactions Between Latina Mothers and Their Children** Christina Blackwell, Schreyer Honors College, 2009

*La Vida Rica* Yrma Rico, Nancy S. Garascia, 2004 Offers advice to Latin American women on how to achieve their dreams by setting flexible, short-term goals, developing courage and confidence, and learning how to take advantage of opportunities.

*Sources of Support for Young Latina Mothers* Joan R. Kahn, Rosalind E. Berkowitz, 1995

*Chiquita's Cocoon* Bettina Flores, 1994 The only self-awareness guide tailored to the needs of Hispanic women from high school on--to be published simultaneously in English and Spanish language editions. Flores uses her own positive life experience to show other Hispanic women how they can escape cyclical poverty, large-family conditioning, religious repression, and machismo.

**Eres Una Madre a Todo Dar: "awesome Mom" Journal for Mexican, Spanish and Hispanic Moms - Perfect Mother's Day Gift- Great Alternative to a Card** Mamajokes Publishing, 2019-03-27 A cute blank lined journal to make your mother feel really appreciated and loved on mother's day, her birthday or just because you love her and want to see her smile! SIZE: 6x9 inches PAGES: 100 PAPER: JOURNAL PAPER WITH DATE SPACE

**Peinate** Raquel I. Penzo, 2018-09-10 We can't imagine a bigger conflict in a Latinx household than that between a mother and a daughter, over hair! This anthology includes stories, poems and essays about the fights, insecurities, identity issues, and acceptance in relation to our hair, and how it shapes those vital familial bonds. Featuring Sarah Serrano; Adeline Yllanes; Theresa Varela; Tania Lambert; Elaine Nadal; Gaudys Laxury; Lupe Ruiz-Flores; Tina Marie Dominguez; Connie Pertuz-Meza; Kayla Hicks; Maria Elena Montero; Melinda Zepeda; Mayrenes Figuereo; Sydney Valerio; Carmen Inguanzo; Mercy Tullis-Bukhari; Angela Abreu; Margarita Dager-Uscocovich; Natalie N. Caro; Lauren Scharhag; Paula Ramirez; and Raquel I. Penzo.

**Latina Mothers' Perspective on Raising a Special Needs Child** Lorena Martin, 2006

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