

29.3.25. Schorina YR4

Tummy -

When I eat too fast gets sore
Feel sick when I go to bed.
< at breakfast - after

onset -

3 yrs ago - separated /
He took her to bouncy castle. She ate + bounced
+ vomited.

Humiliated as though up in the garbage bin.

Another 40 helped.

after that, didn't want to go out; if went out she
wanted to rush home.

another day vomited in a bag.

Now, as soon as stomach uneasy, fear of vomiting.

On daily basis.

Anxious about vomiting daily.

GPs - nothing serious

Kinesiology said anxiety.

< night - connected to

Only child.

46 when had her.

absolute godsent.

Pregnancy & dream.

Vaginal delivery

Couldn't deliver placenta → anaesthetic

Neonate

Very loved

Didn't sleep alot.

Trying to breastfeed. Able to but didn't sleep for 3 mos

→ Transition x 2.

Easy baby.

Colic

Milestones.

on time

Walking early - 1

Fears

Vomiting

TV shows parovir

Some spiders

(v. quiet voice)

Sleep.

Soundly

Didn't like to go to sleep since birth

When separated - had to sleep w/ her.

Bored; lonely

Slept w/ M^o for a long time

Her f^os / got back together married. His M^o moved in w/ us. She has dementia

Sabrina married MIL would come in, so slept w/ her.

St position - left side

Rattles; wake w/ upside down.

⊕ baking
Guitar + ukelele

Thermals

- warm.

Perspiring 'I don't drip'

Food.

⊕ Ice cream sweet tooth.

⊕ Chocolate
Sausages.

Baby - feed her stewed fruits, veg, meat.

Good eater

5-6 - school → more sweets

only recently eating eggs

Hard getting her to eat veg.

av.

⊕ peas. av. bland food

⊕ Citrus Eats Indian but not too spicy.
Grazes.

PO - nutrition - does all the cooking.

Nature

x funny, nice, smart

x v. kind & sweet & funny & cheeky.

make up good songs

creative; good artist

⊕ Dvongs because I'm good at it.

< shy & confident

When I know somebody really well I'm
confident.

Sabrina

Friends

4 top friends

1 friend gets mad at me or annoyed about things
I ignore it; she gets over it.

⊕ School.

Sometimes I get hungry.

Challenges the measurements.

Put hand up if need help.

Vomiting

I can't breathe good

Tummy hurt

Felt sick

⊕ wanted to go home + asked to go.

He said ok ok

Vomited a bit, then went to the bin

The bin was smelly

I was wretching + s.

'What's happening?' → worry.

Something bad would happen.

I'd have to go to hospital.

I'd die

- worst thing

- not being able to breathe.

Holidays - closed in. Bunk bed closed in +
near ceiling

Fear in narrow space.

Dreams.

My V^o was really short & had a vacuum that sucked me in

He was angry at me but I don't know why.

F: In real life, have a blue screen
'Why are you angry?'

Why have you got a vacuum?

What is happening?

M^o was in India.

I was in our old apartment in bedroom.

M^o sleeping

Witch in chain saw chasing me
Calling out to M^o

Witch got me & chain sawed me.

F: Scared

Fear - I'd be cut in half & I'd die.
→ it'd hurt.

Parents married when I was 7

⊕ play dates; sleep over; parties.

I'm shy

Don't talk to loud people;

Like quiet

Kimberley.

Birth - went really well then suddenly needed
op. : lost blood
Woke up v. depleted

In a woman who had caesar.

Some from feeling so powerful
Some women patients scared me.

anxiety about her safety

" about leaving her in doctors.

Didn't sleep for months.

whole health went down. Didn't see family.

Partner didn't understand.

Never got a break.

She wanted to sleep on me. Couldn't get her
off the breast. Told to pinch more.

Challenges in relationship. Different parenting style

I'm more connected

Ad my career to fit around her.

Her

My anxiety contributing to her anxiety
Hurtful person.

< since she was born.

Anxiety - that she'll get hurt

Wants to sleep in bed with me. Husband in other room.
Relat. challenges.

Closer to Sabrina than husband. Missing that connection
with him.

Family dynamic not good.

F° was embarrassed when she vomited.

She wouldn't have felt safe & nurtured.

She needed more than he gave her. Fear - she
won't feel she can rely on him.

I have to give 150%. he gives 50%

Socially

1st 4yr of life didn't play w/ others

Clung to me.

No best friend

fear strangers.

Lot of friends

Birth - docile stayed in her & got f^o to hold her
skin to skin.

Learning

Difficulty in maths - yet distracted.

intelligent but doesn't think she can do some
things

Confident in art.

Slowly getting confident

⊕ swimming

At home - stays inside

⊕ watching shows.

active w/ other kids