



CONSCIOUS PARENTING

— SEMINARS —

Parenting from the Center – More Relaxed, Positive, & Effective SEPTA - 12/5/11

YOUR KEY: Listening

CENTER (be more relaxed) – Pause, wait to react, put your story aside so you can listen

Benefits: Transforms bad behavior, requires fewer words, removes responsibility for other people's actions, teaches self-soothing

Obstacles: Environmental bombardment, messy home, loud noises, quick transitions, change in routine or plans, confusion, illness, poor diet, packed schedule

Tools: Things that soothe your senses, breathing or meditation, physical activity, gum chewing, music, alone time, lighter schedule, silence, time in nature, family meals, giving words to sensations & emotions, support optimal health, laugh

CONNECT (be more positive) – Respond from the heart and meet the others where they are

Benefits: Strengthens relationships, fosters more self-trust, increases self-worth, builds resilience, encourages perseverance

Obstacles: Racing mind, future worries, past regrets, fears, beliefs in old patterns

Tools – HeartMath™, honoring emotions, words of encouragement, time spent together, shared activities or sports, shared ideas, gift giving, helping each other, serving others, giving hugs, friendly horseplay

CREATE (be more effective) – Getting what you want

Benefits: allows positive outcomes, reduces stress, presents life lessons one at a time, appropriately matches consequences with offense, brings relationships closer, increases success, celebrates uniqueness, honors gifts, merges work and play

Obstacles: Holding on to old patterns, doubt, beliefs of being trapped, no personal cheerleaders, not connected to source, not being in the flow, not experiencing. Need flexibility to allow them to flourish.

Tools – Focusing on what is wanted (instead of what isn't), celebrating creativity, encouraging passion, being spontaneous, balancing drive with celebration and dreams with practicalities.