

[RE]PARENTING EMPOWERMENT

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Understanding Your Upbringing

Welcome

- ❖ Introductions
- ❖ Housekeeping
- ❖ Classroom Culture
- ❖ Tool – Grounding meditation

Parenting Belief Systems, Styles and Methods

❖ Belief Systems

1. Original Sin

2. Tabula Rasa

3. Innate Goodness

Reflection Activity:

What belief systems do you see remnants of from your own childhood? Which of these perspectives of children can you see in how you were parented as a child or how you are parenting your children or inner children now?

❖ **Methods/Styles**

1. Authoritarian/Bulldozer

- Strict
 - Expectations - High
 - Responsiveness - Low
 - Focus: obedience, discipline, control behavior, “do as I say”.
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2. Authoritative

- Responsiveness - high
 - Behavior Management tools - rules, reasoning, discussion
 - Clear limits, teaching
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3. Neglectful

- Emotionally and/or physically absent or not responsive
 - Parent does not respond to a child’s needs beyond food, shelter and clothing
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4. Permissive/Indulgent

- Nurturing, warm
 - Reluctant to impose limits, no boundaries
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5. Helicopter

- Oversee every element of their children’s lives (social, emotional, educational)

Parenting is an invitation to let go. Of course, when children are little we need to be involved in every portion of their lives. This changes as they grow and learn and sometimes parents don’t change with that.
 - Managing every portion of their children’s lives so everything is “ok” or “perfect” (for the parent)
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6. Attachment

- Responding sensitively to the needs of babies and children
 - Collection of practices
 - Attachment parenting and secure attachment are different. While responding emotionally to children is in alignment with creating a secure attachment, attachment parenting is not the only road to creating that secure attachment. There are many ways.
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7. Gentle/Connected

- Emphasizes empathy, respect, understanding and boundaries
 - Aims to build a strong parent child connection
 - Avoids punitive punishment
 - Focuses on creating a safe/loving environment to foster growth and development
 - Validate and partner with the child's needs and emotions
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Reflection Activity:

Take a few minutes to write about your thoughts on the below questions.

What parenting styles do you feel were used during your childhood and how do you see those affecting your relationships now?

What are your parenting beliefs? How would you like to parent or reparent yourself? Are your beliefs the same as how you were parented?

❖ Tools/Programs

1. How to Talk so Kids will Listen & Listen so Kids will Talk

2. Non-violent Communication

3. Hand in Hand Parenting

4. Parenting with Love and Logic

5. Sleep Training

6. Behavior Management

Reflection Activity:

Take a few minutes to journal about the below questions:

Choose one of the tools we just mentioned, or another parenting tool you're aware of or that was used on you as a child. What belief system and/or parenting style do you think it originated from?

What tools were used during your childhood and how has that affected you?

What is coming up for you around beliefs, styles, and tools?

❖ **Parenting Influences and Intentions** - What are some reasons or things that influence the way you parent or are in a relationship? What intentions do you think informed your caregivers' parenting?

Reflection Activity:

Choose one relationship in your life and take a few minutes to answer these questions:

What currently influences how you are in that relationship?

Is there anything you would like to change in your intention within that relationship?

Are there any influences in regard to that relationship that you'd like to let go of?

Q&A

Book: *Everyone Feels Anxious Sometimes* by Dr. Daniela Owen

Grounding Meditation

Practice:

- **As you take these ideas into your lives, remember to leave space to integrate them. The first step is to notice what is going on for you. We encourage you to pay attention to the underlying beliefs, and intentions in your relationships and to be curious about what that means for you and for that relationship.**

Evaluation

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(RE)PARENTING EMPOWERMENT

Grounding Meditation

This grounding meditation is a tool for you to practice, especially when you don't need it so that it is readily available to you when you do need it. Having your eyes open is ideal because when you need it the most, your eyes will likely be open and interacting with others.

This is a way to ground or come back to yourself when you feel overwhelmed.

Wiggle your toes and put your attention on the bottoms of your feet. Begin to grow some roots out of the bottom of your feet all the way through the layers of earth and let them anchor deeply into the center of the earth.

Notice how you are feeling in your body. Now, take a nice deep breath in..... bringing earth energy up through the roots..... into your body, through the center of your body and out the top of your head..... and seeing it fall down around your body while you exhale.

Another inhale.....bringing earth energy up the roots, into your body and out the top of your head and see it fall down around you.

On the next inhale, gather up anything inside your body that has been stressful or doesn't serve you anymore and exhaling it out.... pushing all the air out of your lungs. One more time gathering any leftover stress and letting the earth energy coming up your legs and body carrying it out the top of your head and let it shower down to the ground exhaling all the air out of your lungs.

One last breath in.... and letting it out.... coming back into the room and looking at something colorful. Coming into the present moment is one of the best ways to BE present for yourself and others.

May you take embodied actions with compassion and intention!

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