



the aware.ISH intro to
**CONSCIOUS
PARENTING**

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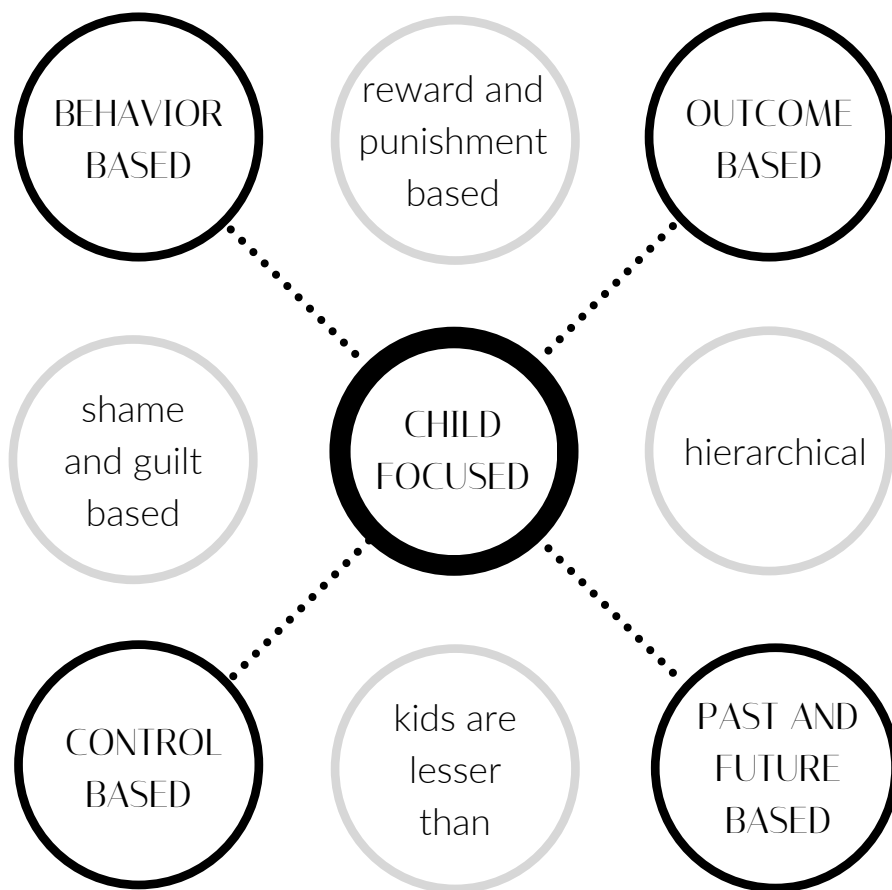
WHAT IS CONSCIOUS PARENTING?

Conscious Parenting is different from traditional parenting, which often focuses on controlling a child's behavior and getting them to follow rules. Instead, Conscious Parenting shifts the focus to the parent and the relationship between parent and child. Rather than trying to fix or control the child, Conscious Parenting encourages parents to look at themselves and their own reactions. It invites parents to reflect on how they feel when their child acts in a certain way and explore the deeper emotions behind those reactions.

This approach helps parents identify any unconscious beliefs or patterns they may have, such as expectations or past experiences, that might be influencing how they respond to their child. These biases can sometimes create distance between the parent and child, making it harder to truly connect and understand the child's needs.

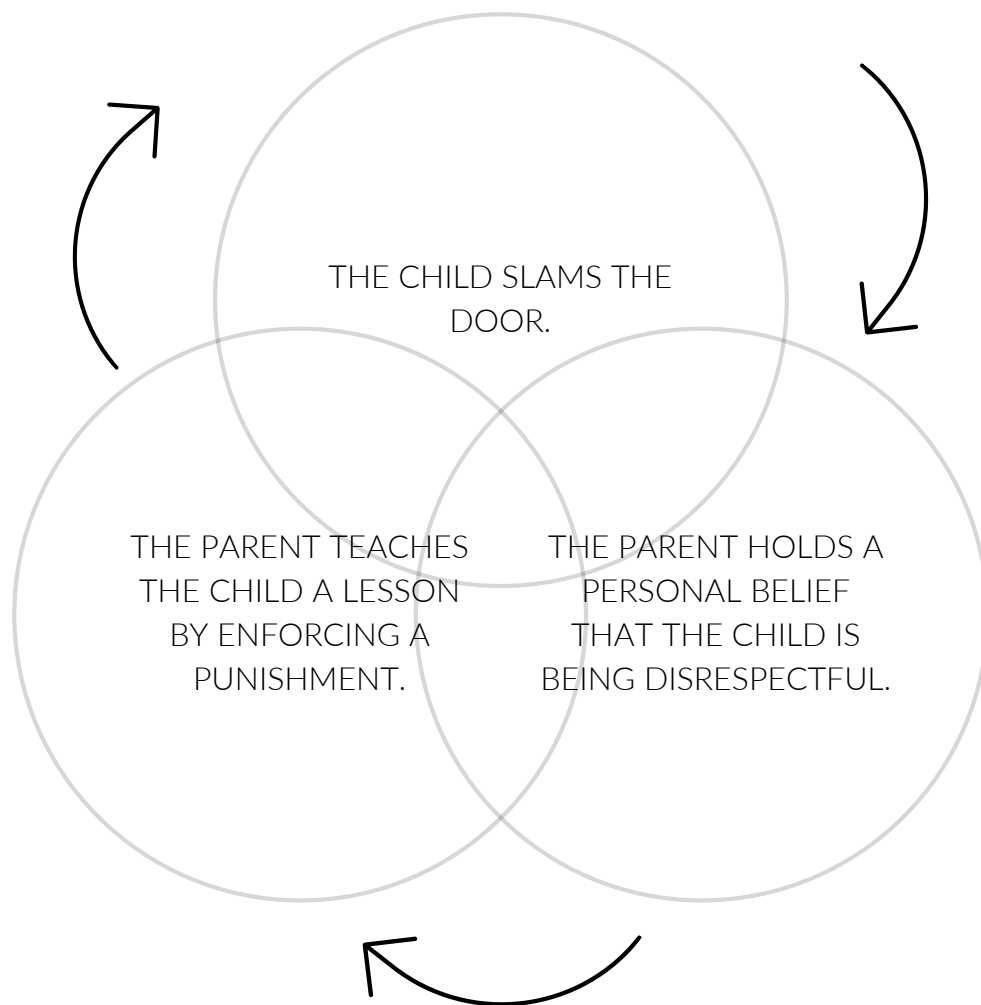
By becoming more self-aware and understanding their own feelings, parents can approach their children with more patience, empathy, and openness. Conscious Parenting allows parents to grow alongside their children, creating a more connected, supportive, and loving environment for everyone. It's about building a relationship based on mutual respect, trust, and understanding, where both parent and child can thrive together.

TRADITIONAL MODEL



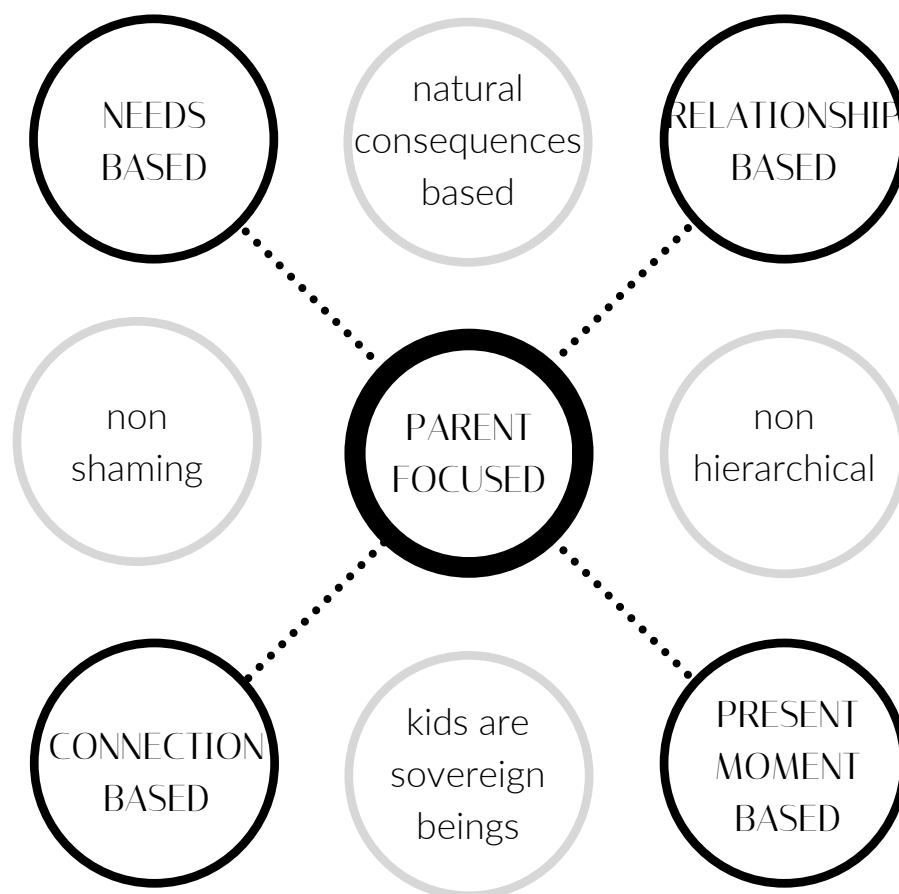
The traditional parenting model focuses on correcting a child's behavior to meet parental expectations and societal norms. This approach often relies on control, shame, fear, rewards, and punishments to shape a well-mannered, happy, and successful child. However, these methods can unintentionally create barriers to building a deep, meaningful connection with our children.

TRADITIONAL PARENTING diagram



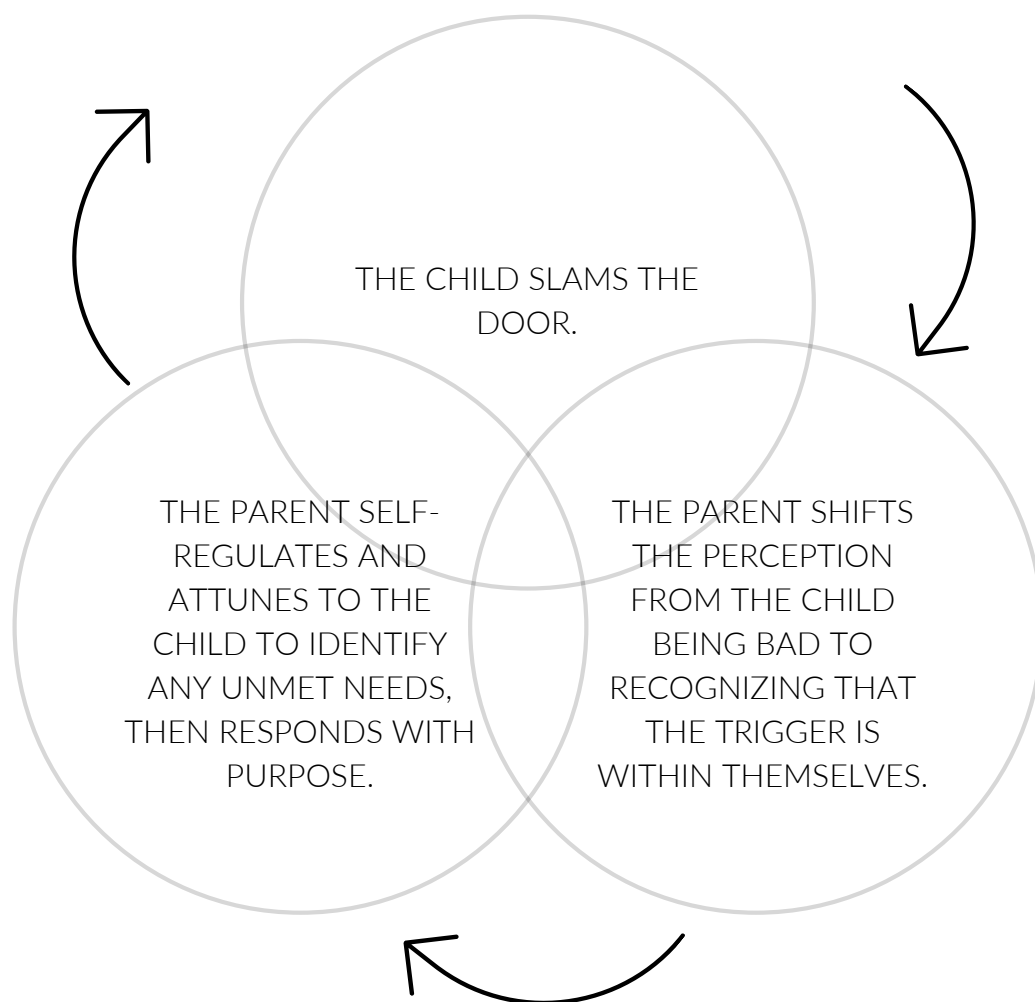
The traditional parenting model focuses on the behavior of the child and on fixing the behavior.

CONSCIOUS PARENTING MODEL



Conscious Parenting acknowledges each child as a unique individual with their own set of unmet needs. It's based on mutual respect, empathy, and transparent communication to nurture a balanced parent-child dynamic. Through compassionate understanding and attuning to their own needs and to their child's needs, parents can effectively create healthy boundaries where necessary and pave the way for mutual learning and development.

CONSCIOUS PARENTING diagram



The Conscious Parenting model challenges our ingrained beliefs about our child's actions and aims to uncover the underlying needs behind the behavior. This approach helps parents respond purposefully and with intention.

CORE PRINCIPLES

connection focused

Conscious Parenting focuses on establishing genuine connections between the parent and the child to foster mutual understanding, trust, and respect. It focuses on the importance of these connections for the well-being of the child and the relationship.

parent focused

Practicing Conscious Parenting involves gaining self-awareness and a deeper understanding of yourself by identifying your triggers and behavioral patterns that could be impacting your connection with your child.

need focused

Conscious Parenting shifts focus away from the behavior itself; rather, it is a reflection of an unmet need within the child. By addressing the need, the behavior will naturally evolve over time.

relationship focused

Conscious Parenting is not about striving to create and shape a perfect child; it's about understanding the interconnected relationship between the parent and the child. The parent serves to mentor the child just as much as the child serves to inspire growth in the parent.

WHY IT'S SO IMPORTANT?

In today's digital age, the strong influence of the internet and social media has deeply impacted our children's perceptions of themselves, happiness, and success. The intense pressure to constantly outperform others and prove themselves has led to a sense of inadequacy and disconnection among our young ones, which is contributing to the alarming increase in mental health issues among young people. This toxic combination of hyper-competition, hyper-vigilance, and hyper-anxiety has created a challenging landscape for our children to navigate.

As adults, we too are not immune to this culture of relentless self-improvement and validation-seeking. Often unintentionally, we transfer our own burdens, fears, and insecurities onto our children, further exacerbating their already heavy load.

Now more than ever, what our children truly need is a steady and unwavering source of support and love. Someone who can offer them unconditional acceptance and remind them of their intrinsic value without the cloud of expectations imposed by our society. But we often have a very hard time expressing this unconditional acceptance towards our children, because we fail to unconditionally accept ourselves.

Adopting Conscious Parenting is a significant gift that benefits both us, and our children. By understanding the roots of our own beliefs and behaviors, we can recognize the influence our past conditioning has on our present thoughts and actions, and especially the impact it has on our children. This self-awareness creates a space where our children feel truly acknowledged, seen, heard, and valued for who they are, rather than what they do and achieve. It not only influences how our children view themselves and interact with the world, but also shapes their relationships with others and their environment.

This is the guiding light that our children need towards a path of self-acceptance and inner peace; a lasting impact on both the current generation and the ones to come.



A

e

Q

QUESTIONS ANSWERS

IS IT EVER TOO LATE TO START CONSCIOUS PARENTING?

O1

Conscious Parenting is about the evolution of oneself. It's an introspective journey that will bring a deeper connection and a more authentic relationship with yourself, and therefore with your child, regardless of the age. It is not time-bound, as evolving never ends no matter how old you are.

IS CONSCIOUS PARENTING THE SAME AS GENTLE PARENTING?

O2

Gentle, Respectful, and Positive parenting are all great parenting styles and techniques. Conscious Parenting, on the other hand, is not so much a technique; it's a way of being. It's an introspective way of living that is led by healing and evolving into a better version of ourselves, so we can be the parent we want to be.

IS CONSCIOUS PARENTING PERMISSIVE?

O3

Conscious Parenting focuses on understanding children's needs, building connections, and responding intentionally with appropriate boundaries, contrary to being permissive.

WHAT IF MY PARTNER IS NOT ON BOARD WITH CONSCIOUS PARENTING?

O4

Conscious Parenting is a transformative journey that begins within oneself. By committing to a path of continuous learning, curiosity, and self-reflection, it only takes one Conscious Parent to initiate a positive shift in the dynamics between the parent and the child for a stronger connection.

WHO IS CONSCIOUS PARENTING FOR?

O5

Conscious Parenting is a profound journey for anyone who is eager to establish a stronger and more meaningful bond with themselves and their children. It's for those who are willing to be curious, to do things differently and commit to a more impactful way of guiding their children through life.

START APPLYING IT

IN YOUR EVERYDAY LIFE



STEP BY STEP



Become aware of your child's behavior that evokes a strong emotion in you. What did your child do or say?



Become aware of the feeling that behavior evokes in you. Do you feel anxious, angry, or scared?



Become aware of the repetitive thoughts that are coming up: "How dare they act like that? What will people think of me? Why does my kid act this way?"



Become aware of how you react to the behavior. Do you yell, try to distract them, solve their problems, ignore them, leave the room?

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