



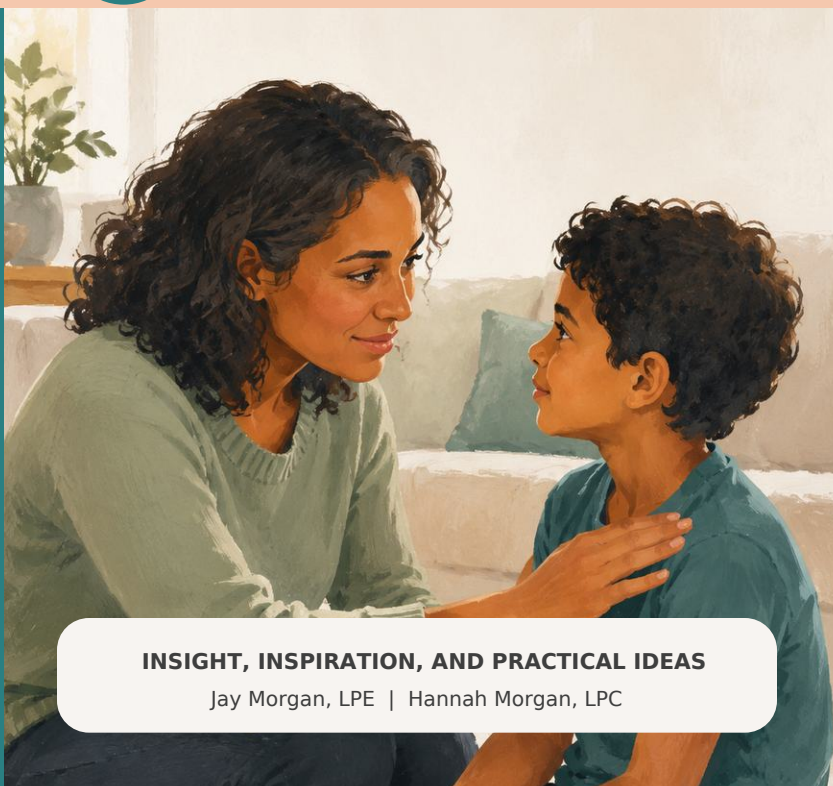
The Conscious Parenting Handbook

7

GUIDEPOSTS TO TRANSFORM
THE WAY YOU PARENT

INSIGHT, INSPIRATION, AND PRACTICAL IDEAS

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A free resource for
conscious parents

The Conscious Parenting Handbook

The Free Preview can be downloaded
from my website, Jaywmorgan.com

*Conscious parenting starts
with awareness.*

Dedication

The Conscious Parenting Handbook is dedicated to the reader who is ready, not only to better their parenting, but to transform it...

Prologue

After 40+ years of working as a child and adolescent therapist, I've learned a lot about kids... and parenting. Often it was the children who taught me the most. And raising my two daughters? That was an education in itself.

The Conscious Parenting Handbook is my attempt to share what I've learned over these many years. It contains practical information to help parents better understand their kids, grow closer to them, and respond to them in more thoughtful and meaningful ways.

Inside this Preview, you'll discover seven simple Conscious Parenting Guideposts you can start using today.

They're not rules. They're small shifts in thinking and awareness that can help you see your child differently, understand what may be happening beneath their behavior, and respond more consciously, especially when things get difficult.

The goal is never perfect parenting. It's being a more conscious parent.

This means becoming more aware of what's happening inside your child, more aware of what's happening inside you, and more thoughtful and conscious about what happens between the two of you. Your child. You. And the relationship you share. Now, let's get started!

Conscious Parenting Versus Unconscious Parenting

Conscious Parenting and unconscious parenting are polar opposites.

Unconscious parenting is reactive. This is when we reflexively say or do the first thing that comes into our mind. These reactions are often driven by strong feelings or old patterns of behavior we learned growing up.

Without realizing it, we can carry these patterns into our own families through criticism, sarcasm, shaming, labeling, or “not good enough” messages, just to name a few.

But Conscious Parenting is much different. It begins with awareness.

Instead of automatically reacting, we learn to notice what we are about to say or do and pause long enough to ask simple questions:

Will this help my child? Will it strengthen our relationship? Could it do harm?

With practice, the process becomes easier and more natural.

Conscious Parenting is not driven by an emotional reaction or an old script from the past. It draws upon awareness, knowledge, intuition, and compassion to discover a more positive and healthy way.

We won't always get it right. But every time we pause, become aware, and choose our response rather than simply react, we become just a little more conscious.

And then something remarkable happens:

**Those kids we are trying to help,
actually help us finish growing
up...**

*"Conscious parenting helps children and
parents grow up together."*

- Jay Morgan



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CONSCIOUS PARENTING GUIDEPOST

LOVE AND CONNECTION

Most parents love their children deeply. But feeling love for a child and making sure that child feels your love are not the same thing.

Eye contact. Physical touch. Focused attention. Encouraging words. Playfulness. These are some of the ways we take the love we feel for our child and put it inside them.

Don't leave love to chance. The love our child receives from us is the foundation of the parent-child relationship. Everything else we say and do is built on that love.

Don't just say it. Show it. Make it felt. Infuse them with your love.

And don't let your love change or disappear when their good behavior does.

For best results, a child needs to realize:

“Mom and Dad don't always like what I do, but they always love me.”

GUIDEPOST 1

Put it into practice

**Conscious Parenting Practice:
Give your child at least one full
minute of your undivided attention.
No phone. No television. No
multitasking. Just you and your
child.**

Hint: If this seemed easy, there's a good chance you didn't do it right.

*“One minute of undivided
attention is better than one
hour of scattered attention.”*

*From The Conscious
Parenting Handbook*



2

CONSCIOUS PARENTING GUIDEPOST

TALK LESS. LISTEN MORE.

Sometimes we parents have a lot to say. We want to teach, explain, correct, remind, advise... and then sometimes we go overboard and lapse into a lecture.

But one of the most powerful gifts we can give our children is not more talking, but more listening.

“When we listen more, our children will talk more. When they talk more, we will understand them better. And when we understand them better, we will naturally be able to parent them better.” From The Conscious Parenting Handbook

Don't listen just to respond. Listen to understand. Understanding comes first.

Sometimes your child doesn't need an answer, advice, or a solution. They simply need to know:

“Dad hears me. He understands me. What I think and feel matters to him.”

GUIDEPOST 2

Put it into practice

Conscious Parenting Practice:
Today, when your child begins telling you something, resist the urge to interrupt, correct, or offer advice. Give them your full attention and let them talk it out. Ask questions for clarification. Then reflect back what you heard.

“Truly listening says, ‘I love you’ without saying anything at all.” From The Conscious Parenting Handbook



3

CONSCIOUS PARENTING GUIDEPOST

NOTICE WHAT'S GOING RIGHT

Parents tend to see negative behavior with 20/20 vision.

We notice the messy room, the bad attitude, the arguing, the forgotten homework. A child's bad behavior grabs our attention and seems to demand a response.

But when we focus too much attention on what is going wrong, we can completely miss what is going right.

Conscious Parenting turns our attention to the behavior that matters most.

Look for the small things: Your child started their homework without being reminded or with a better attitude. Your children played together for ten minutes with no arguing. Your strong-willed child complained about cleaning their room, but then cleaned it anyway.

Notice the good. Notice the effort. And especially, notice the improvement. You can even notice and comment on the absence of a negative behavior.

Sometimes positive behavior hides right in the middle of a negative one.

For example, a child who usually has a meltdown is still upset, but calms down more quickly. A child who normally hits his sister gets angry and yells, but keeps his hands to himself. That's progress.

Remember, what we consistently notice and encourage in our children is more likely to grow.

GUIDEPOST 3

Put it into practice

Conscious Parenting Practice

For one day, become a detective for the positive.

Look for five things your child does right, better, or even slightly better than before. Don't wait for something great. Notice the small things.

Also be aware of time intervals when a negative behavior is not present.

Then mention what you noticed:

“You got ready a little faster this morning.”

“You and your sister worked that out with no mean words.”

“You were angry, but you got yourself under control much faster.”

“You haven't been running in the house all morning!”

At the end of the day, ask yourself a simple question:

How much was I missing because I was looking in the other direction?

“It’s far more powerful to enthusiastically notice and talk about your child’s improving behavior than to repeatedly focus on what they’re doing wrong.”

From The Conscious Parenting Handbook



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CONSCIOUS PARENTING GUIDEPOST

PAUSE BEFORE YOU PARENT

Children have an uncanny ability to push our buttons.

They argue. They dig in their heels and say 'no'. They roll their eyes. They stomp away in anger. They are loud and disrespectful.

And almost instantly, something rises up inside us: an unconscious reaction. A desire to control; to shut down the misbehavior- whatever it might be. That's when we need to pause.

In these tense moments, the first thing that comes into our mind is often an emotional reaction, influenced by anger, frustration, fear, or old patterns from our own past. If we act immediately, we can easily say something that makes the situation worse, or sustains an old negative reactive pattern.

The pause gives those strong feelings time to settle. It gives us a chance to step back, observe what's happening inside us, and choose our response instead of being controlled by our reaction.

Your child doesn't always need your first response.

They need your best response.

Sometimes five seconds can completely change what happens next.

GUIDEPOST 4

Put it into practice

Conscious Parenting Practice

The next time your child pushes one of your buttons, don't immediately say anything.

Pause.

Notice what you're feeling.

Notice the words forming in your mind.

Then ask yourself: "What I'm about to say... will it help the situation, or make it worse?"

If you're still angry or upset, wait a little longer.

You don't have to know the perfect thing to say. Sometimes the most conscious thing a parent can do is simply give themselves enough time for a better response to emerge.

*“The first thing you want to
say is often the last thing you
need to say.”*

*From The Conscious
Parenting Handbook*



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CONSCIOUS PARENTING GUIDEPOST

DROP THE ROPE

Sometimes parenting can feel like a tug-of-war.

Your child pulls one way. You pull the other. They get louder, so you get louder. They become more stubborn, so you become more determined.

Before long, you're no longer trying to solve the problem. You're trying to win.

But there's a wonderfully simple way to end a tug-of-war:

Drop the rope.

Dropping the rope doesn't mean giving in. It doesn't mean abandoning limits or letting your child do whatever they want.

It means refusing to turn a disagreement into a battle.

Step back. Lower your voice. Stop pulling against your child's resistance. Then look for a way to move from “me against you” to “you and me against the problem or issue.”

You don't have to win “a battle” with your child. If you think about it, you probably don't want to battle with your child at all.

You want to win their cooperation.

GUIDEPOST 5

Put it into practice

Conscious Parenting Practice

The next time you feel yourself getting pulled into a power struggle, stop and picture an actual rope between you and your child.

Then mentally drop it.

Take a breath and let it go. Ask yourself:

“How can I work with my child instead of in an angry , forceful way?”

Notice what happens when you stop supplying your half of the struggle.

*“If interactions with your
child feel like a tug-of-war,
drop the rope.”*

*From The Conscious
Parenting Handbook*



6

CONSCIOUS PARENTING GUIDEPOST

6. DO LESS SO YOUR CHILD CAN DO MORE

Good parenting doesn't mean doing more for our children.

In fact, sometimes the best thing to do is less.

It's easy to get into the habit of reminding, directing, correcting, solving, rescuing, and doing things our children are capable of doing for themselves.

Our intentions are good. But if we do too much, our children don't get enough opportunities to think, struggle, make decisions, solve problems, and experience the satisfaction of doing things on their own.

Conscious Parenting has a different goal.

We don't want our children to always need us to tell them what to do. We want them to eventually learn to tell themselves what to do.

Little by little, we step back so they can step forward.

The ultimate goal of parenting isn't dependence.

It's independence.

GUIDEPOST 6

Put it into practice

Conscious Parenting Practice

Today, notice one thing you normally do for your child that your child might be able to do for themselves.

Don't immediately prompt them. Don't immediately help. Don't immediately solve the problem.

Pause and ask:

“Right now, how can I do less so my child can do more?”

Then give your child a little room.

They may struggle. They may take longer. They may not do it the way you would.

That's okay. That's where growth happens.

*“Conscious parents are always
trying to work themselves out
of a job.”*

*From The Conscious
Parenting Handbook*



7

CONSCIOUS PARENTING GUIDEPOST

7. WORK WITH YOUR CHILD, NOT ON YOUR CHILD

Sometimes without realizing it, parents begin to treat their child like a project.

We try to fix them, change them, correct them, and mold them into the person we think they should become.

But children aren't projects.

They're people.

Conscious Parenting shifts us from trying to work on our children to learning how to work with them.

Listen to their ideas. Consider their feelings. Respect their growing independence. Give them choices whenever possible. Invite them to help solve issues that affect their lives.

You are still the parent. You still provide guidance, limits, and direction. But instead of standing on opposite sides of the problem, you and your child begin standing on the same side.

The goal isn't:

“How can I get my child to do what I want?”

It's:

“How can we work through this together?”

That's where cooperation begins.

GUIDEPOST 7

Put it into practice

**Conscious Parenting Practice:
The next time you need something
from your child, notice your first
impulse.**

Are you about to tell them what to do?

When appropriate, try replacing the
direction with a question:

“What do you think we should do?”

“How could we work this out?”

“What would make this easier for both
of us?”

Then listen. You might be surprised by
what your child offers in the way of a
solution.

*“Work with kids, not on
them.”*

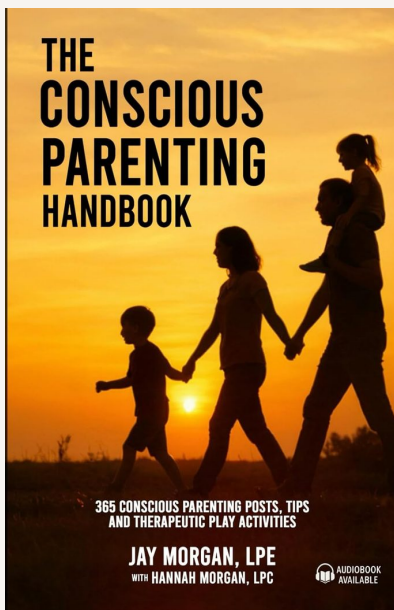
*From The Conscious
Parenting Handbook*

I hope you enjoyed the Preview! Want more? Keep reading.

If these seven Guideposts helped you see parenting a little differently, imagine having a new Conscious Parenting idea waiting for you every day of the year.

The complete Conscious Parenting Handbook contains 365+ Conscious Parenting posts, along with parenting tips, stories on child psychology, informal case studies, and therapeutic activities for children and families.

*When you become more
Conscious you invite your kids
to become more Conscious
too.*



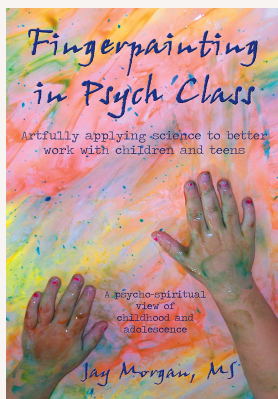
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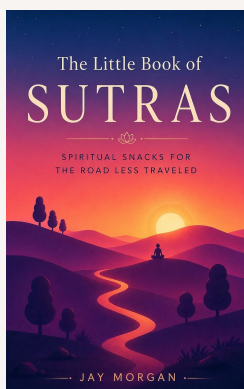
Fingerpainting in Psych Class:

The Ultimate Conscious Parenting Guide



The Little Book of Sutras:

Spiritual snacks for those on the road less traveled





*Coming soon: The Psychology
of Awakening: a journey beyond
the ego*