



Connecting
Couples

Donna Reeves Bowman, LCSW-C & David L. Bowman, MDiv

Thought of the Month News and Notes

In This Issue

[Thought of the Month](#)
[Upcoming Workshops](#)

Quick Links

[Register for
Workshops](#)

[Next Step Workshops](#)

[IRI Couples Blog](#)

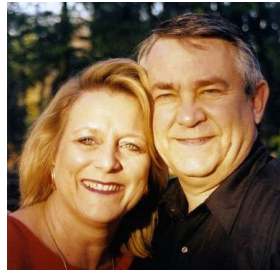
[LaSplash online
magazine](#)

[Be Sure to "Like" Us
on Facebook!](#)

Join Our List

[Join Our Mailing List!](#)

Issue: #103
December 2017



Dear Friends,

Donna and I wish you all a wonderful, joyous and love filled holiday season. It seems as if everyone is rushed and we hear the words "stressed out" a lot, but at the same time, there is magic in the air! Our hope for you is to re-live the happy holiday memories from your childhood when all was joy and anticipation. Take a step back in time and enjoy the here-and-now, just like your kiddos do--they have the right idea!

This February we will be holding our favorite workshop on parenting. If you haven't been to one and have children in your lives, I highly encourage you to join us!

Let me know if you have any questions.

[Be Sure to "Like" Us on Facebook!](#)

Keep in touch!

David (and Donna)

DECEMBER: Principles of Conscious and Connected Parenting

We have shared our principles for a fully alive intimate relationship from Imago theory.

This month I will share with you our Principles of Conscious & Connected Parenting from Imago theory.

1. Honor the Space between you and your children.

The goal is safe connection. Decide to nurture and cleanse the space. Admit to your part of the pollution when you become aware of it.

2. Work on making sense of your own childhood story.

This is important for providing healthy development for your children. Often it is where we had difficulties as children that we experience difficulties in parenting.

3. Honor your childrens' need to be validated.

Kids are the least validated persons in the world. Many conflicts are dissolved once the child feels validated for their thoughts and feelings. *Remember:* validation is not agreement or permission!

4. Welcome discipline as part of your job. Your children need guidance and protection. They expect and even count on discipline to keep them safe. The discipline you provide needs to be what they need rather than what you need. Discipline is about natural consequences...NOT punishment. Punishment is about power. Natural consequences is about accountability.

5. Celebrate your relationship and growth with your partner in plain view of your children.

This is the strongest model they will ever have for their own successful relationship.

6. Develop a network for your children. Help your children develop a network of adults they can count on or call when you are not available OR when they don't want to call you. Have them tell you the 5 - 10 people they will call when they need help and do not want to call you.

7. Own and share your own vulnerability (in age appropriate ways, of course) with your children, including your mistakes.

Admitting your imperfections and asking for a "do-over" is an awesome example and an opportunity for repair and connection with your children.

Given your requests, we are again offering a *"Conscious and Connected Parenting"* weekend February 3-4, 2018.

We hope you will take advantage of this one of a kind workshop that employs the Imago understanding of relationships as a way of creating a safer and more joyful parenting relationship with your children..., of course, your Partner. This weekend is applicable to parents of children of all ages, even adults.

Register at [Conscious and Connected Parenting](#) or just call me at 301-404-7711. We are limited to ten couples.

David

MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES COMING UP!

Be sure to watch this space or check our web site for future opportunities.

Getting the Love You Want Workshops

January 5-7, 2018, Frederick, MD

February 9-11, 2018, Frederick, MD

March 16-18, 2018

Next Step Workshop

April 21-22, 2018, Frederick, MD

Parenting Workshop

February 3-4, 2018, Frederick, MD

QUOTES OF THE MONTH

"Every book is a children's book if he can read." Mitch Hedberg

"A characteristic of the normal child is he doesn't act that way very often."

There Are Only Two Things A Child Will Share Willingly, Communicable Diseases And His Mother'S Age. Benjamin Spock

"It is easier to build strong children than to repair broken men." Frederick Douglass

"Little girls are cute and small only to adults. To one another they are not cute. They are life-sized." Margaret Atwood

"Children find everything in nothing; men find nothing in everything." Giacomo Leopardi

"Kids: they dance before they learn there is anything that isn't music." William Stafford

"Children are the living messages we send to a time we will not see." John W. Whitehead

"In America there are two classes of travel - first class, and with children." Robert Benchley

"A child can ask questions that a wise man cannot answer."

"Children are the anchors that hold a mother to life." Sophocles

"What is a home without children? A quiet one" Henny Youngman

We are on this journey with you. Keep in touch!

Sincerely,

**David and Donna Bowman
Bowman & Associates, PA**

Bowman & Associates, PA, 7823 Chestnut Grove Road, Frederick, MD 21701

[SafeUnsubscribe™ {recipient's email}](#)

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by info@connectingcouples.net in collaboration with

Constant Contact® 

Try it free today
