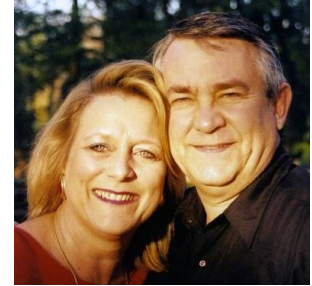




Thought of the Month

News and Notes



September 2020; Issue #136

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Quotes of the Month

"Children are educated by what the grown-up is and not by his talk." Carl Jung

"If you have never been hated by your child, you have never been a parent." Bette Davis

Dear Friends,

I hope you are doing well. Staying Safe. Staying Calm. Thriving? I know many are doing more creative activities than ever, keeping busy, making sure to exercise, eat well and take good care of loved ones. I must admit that overall I am doing well though perhaps I find a few more excuses to avoid those things I don't like to do. You know, those "shoulds" we all have, some of which are just easy for others.

I force myself to avoid the extra snacking and add a simple walk down our lane with Donna in lieu of working out, which, now that I think about it, is a perfect exercise session!

I have spoken to a lot of parents lately and I thought it was about time to address the unique stresses encountered by families today. I hope this Thought is helpful to you!

Keep in touch!

David (and Donna)

September: Overloaded Parents

I am aware that parenting fatigue may be setting in with this extended alternate social and family universe we are in. Our children should be going off to school about now. So maybe it's time to reinforce your skills and spirit around this unavoidable time of parenting overload.

PRINCIPLES OF CONSCIOUS PARENTING

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.

**"One thing I had learned from watching chimpanzees with their infants is that having a child should be fun."
Jane Goodall**

"Children are apt to live up to what you believe of them." Lady Bird Johnson

**"It is time for parents to teach young people that in diversity there is beauty and there is strength."
Maya Angelou**

**"Children have never been very good at listening to their elders, but they have never failed to imitate them."
James Baldwin**

**"To be in your children's memories tomorrow, You have to be in their lives today."
Barbara Johnson**

2. Work on making sense of your own childhood story. This is crucial to providing healthy development for your children. Grow your compassion for your own and your partner's story.

3. Honor your children's need to be validated above all else. Many conflicts with children are dissolved once the child feels validated for their thoughts and feelings.

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.

5. Celebrate your relationship and growth in plain view of your children. This is the strongest model they will ever have for their own successful adult relationship.

6. Develop a network for your children. Help your children develop a network of adults they can count on/call when you are not available OR when they don't want to call you.

7. Own and share your vulnerability as parents with your children, including your mistakes. Admitting your imperfections and asking for a "do-over" is an awesome example and opportunity for repair and connection with your children.

Note: We are available for Zoom coaching if you find yourselves in a stuck place. It has been surprising to me just how effective the sessions are.

Be safe and well.

David

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

To be determined at a later date:

MORE Zoom sessions and workshops

