



# 7 Strategies

To Keep Your Relationship With Your Kids  
From Hitting The Boiling Point



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CONSCIOUS PARENTING REVOLUTION  
& WORLD RENOWNED PARENTING COACH



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## 7 Strategies To Keeping Your Relationship With Your Kids From Hitting The Boiling Point

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# Introduction



Welcome to my ebook.

7 Strategies To Keep Your Relationship With Your Kids From Hitting The Boiling Point.

I'm delighted you took the time to download it. Thank you!

It's worked for thousands of parents, and it's gonna work for you too! Let's get started!

**If you are checking out this ebook, you and your kids are probably dealing with these issues:**

- ✓ You're struggling with keeping your calm They seem to be on a non-stop ride to crazy town
- ✓ You endure daily sassy backchat, tears, and tantrums
- ✓ You want to parent without feeling you're unprepared when the proverbial hits the fan
- ✓ Conflict is a continuous issue when you speak to your children
- ✓ The daily juggle of being a parent, teacher, and entertainer leaves you strung out and stressed
- ✓ You heave a sigh of relief when your kids go to bed...usually, three hours later than planned
- ✓ You want to bring some order without implementing Sergeant-Major-style discipline



Growing up in a blended family gave me a unique insight into the challenges children face. Three of my siblings came from my parents' previous marriages, and my sister Heidi was from their union. As you can imagine, things were hectic around our house and often got tense!

My lively upbringing and family dynamic enabled me to see, as a child, you need to be seen and heard. I lost my brother Chris to suicide when I was 16, and this devastating event affected everyone in our family.

Looking back, it sowed the seeds for my drive to discover how children and parents can learn to communicate in a different dynamic. I could see the relationship my mother had with my brother was connected to his struggles. His dynamic with my dad – his step-father – was not healthy



These observations set me on the path to creating the Conscious Parenting Revolution. I don't want another family to endure the pain mine went through. It's a system of parenting I devised with child psychologist Dr. Louise Porter, and our colleague Claryss Nan Jamieson.

Aimed at children 3.5 years old and upwards, conscious parenting follows the belief your children are not here to fulfill you

As their parent, you're here to mentor, support, and set them free.

Many people look at their children as their possessions: "You have to do it because I own you."

As the host of several TEDx talks and other parenting training, it's my pleasure to help thousands of parents, educators, social workers, and medical professionals with their ability to talk with children.

It's all about you minimizing misunderstandings and meltdowns.

And encouraging your communication, with more collaboration, cooperation, and consideration.

Read on to get some tried and tested strategies you can use right now to assist you in your quest to bring happiness and harmony to your home.

Your relationship with your kids is about to enter a new world of closeness, calm, and chilled communication.

And if you want to access more tips and advice once you have finished this ebook, check out the following resources:



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You can also access my blog [HERE](#), which covers a whole array of topics around guidance parenting and much more

If you want to speak to me in person, get a free 30-minute parenting breakthrough session with me [HERE](#)



# Chapter I

## Parenting With Passion: *Get Conscious!*



Imagine you've had a fraught and exhausting day. Your mind is racing with 101 things, and a lot of those are what you have to handle when it comes to managing the kids. You're thinking about preparing dinner, getting the cleaning up done, organizing the chores. Homework. Has the dog been walked? Getting bathtime finished. But as you try and work through the to-do list, you are faced with tears, tantrums, and some pretty nasty backchat.

Your seven-year-old is screaming; they won't go to bed. Your teenager is throwing a hissy fit over not being allowed to go for a sleepover. Your five-year-old is embroiled in a spectacular sibling rivalry fight over a toy. You feel your kids are against you

And you have no control. Your blood is beginning to boil. And you are swinging between wanting to shout and shed tears. Before you scream the place down in frustration, stop. This is one of the first steps to being a conscious parent. And how to use a guidance approach. Your kids are not acting this way because of what is going on around them. They are acting this way because of what is going on inside them. We are all governed internally.

So your children are acting out because of something going on inside them. In the same way, how you feel and what you do about your children's behavior is a result of how you feel about something. The second important concept of being a conscious parent is by taking responsibility for your thinking. It opens up choices for you. You can choose to believe what you want. And this influences how you react. It frees you from the idea that parenting is all about reward and punishment

A guidance approach is about teaching children and empowering them through a warm parent-child relationship.

## How Does This Work?



Conscious parenting, which takes a guidance approach, focuses on eliminating the 3Rs from your parenting and your relationship with your child. These are retaliation, rebellion and resistance. This method of parenting is based on the teachings of psychologist Dr. Thomas Gordon, and Dr. Marshall Rosenberg, a specialist in conflict resolution, and founder of the Center for Non-Violent Communication. The parent-child relationship is not about punishment and reward. Did you know the controlling form of discipline that uses rewards and punishments only cultivates “the 3Rs” in your child?

In fact, according to Dr. Louise Porter's research, 75% of disruptions in your family are a result of the 3Rs. By eliminating retaliation, rebellion, and resistance, you are getting rid of three out of four of your problems!

These beliefs are at the core of every aspect of the teaching in my online program, Conscious Parenting Revolution.

Guidance parenting, or conscious parenting as I refer to it, teaches parents and their kids, from toddlers to teenagers, how to communicate with each other.

It's a compassionate, fair, and effective way of communicating. It's parenting at its most compassionate. And it encourages you and your children to communicate with each other, justly and effectively.

Guidance parenting aims to teach children to be considerate of others. It encourages them to think about the effects of their actions on other people.





# Chapter 2

## *Why Do You Assume Your Kids Are Bad?*



From the moment we started having children, ideas began to form around how kids can be bad. And well, really, not very nice.

Ancient suspicions about their nature include:

- Kids are 'attention-seeking'
- Children are 'manipulative'
- Your child will do things deliberately – sometimes even to 'get at you'
- We say children 'have got to learn,' meaning their needs are irrelevant. We are only thinking about how they will be in the future
- The belief we have to 'come down hard' on disruptive behaviors because, given children's evil tendencies, these will persist if we don't stamp them out



- Unless you are firm, have limits and set boundaries, 'if you give children an inch, they'll take a mile'
- We must not give in to (or 'spoil') children because if we do, the children will have won and we will have lost.



## Our beliefs about children center on three aspects:

- Their nature: Are they good or bad?
- Their competence
- Time orientation: we focus on what they need now, versus how they will function in the future

Many of us hold strong beliefs about how children 'should' behave and think. Examples include that children should obey their parents, should do as they are told, should tidy their rooms, must not answer back. This starts when they are little, and then we usually keep this mindset as they grow up.

From puberty to adulthood, we try and shape our children as a result of what is going on now. And we use our own experiences to govern how we do that. This expresses itself in a need to control.

If you are trying to control your kids, this type of discipline stems from the thought your children are playing up because they are not being rewarded, so they behave better. And without rewards, they will naturally act in bad ways, because that is their fundamental nature. Or, you think children are accidentally rewarded, for example, with adult attention for misbehaving.

Guidance parenting sees all human being's behavior, whether an adult or a child, as a reflection of that person's needs being met or not. The worse the behavior, the more it is seen as the tragic expression of unmet needs.

So if kids are acting up, it's nothing to do with what is happening around them. Unless what is happening around them is controlling them, and they are in the 3R's - 75% of the time this is it.



# Chapter 3

## *Stopping The War Before the First Punch Is Thrown*



The premise of guidance parenting is before World War 3 breaks out between your kids, you avert the crisis. There are all sorts of bread crumbs that are being offered long before someone is swinging from the chandelier. If you can provide support much earlier than the moment of explosion, the crisis can be averted.

Most wars start with words. When you look at any disagreement in world history - they didn't begin when the first sword was raised, or the first bomb dropped. They usually go back to something very small. And with the benefit of hindsight, you can see that tipping point, which is generally a minor disagreement. It's only when they escalate that sense goes out the window, emotions take hold, and inevitably, carnage ensues.

This is human nature. And it is reflected in our children as they grow up and react to circumstances.

What if you could solve the problem before it even happens? This is possible. Grasping an understanding of each other's perspectives goes a very long way to stopping the first angry word being exchanged.

If you hear each other's perspectives, then you can avert a crisis. It's so much better to pick up on the warning signals than wait for a full-on disaster!

If you are experiencing issues with sibling rivalry in your household, you can do this by intervening as soon as you know that there is a disconnect between the kids, and the temperatures are rising. You don't go in as judge and jury. Instead, go in as a mediator who facilitates each of them understanding the other.

Try and understand what is motivating their reaction. If they can articulate what's happening inside for them, listen attentively, and reflect back until they feel like you get them.

If they don't have the words when they are upset to explain to you why they feel like they do, use their signals to guess their inner state and ask them if you got it or not. They will know if you do and they will let you know if you are off! Show you care.

This is a great technique you can use to install guidance parenting when things are getting hot, hot, hot in your home.

The key to diffusion is an acknowledgment, by reflecting back their perspective until they feel understood. If you are in judgment about the fighting and it triggers you, then you will have difficulty being a mediator.

So to support, you take a deep breath first, reflect on how you see the situation, and if you are framing it in terms of good/bad, or right/wrong. Recognize it's this thinking creating the feelings in you! Shift the mindset and, your temperature will go down. If the kids are not too upset to hear a directive, you can invite them to take a breath, depending on how upset they are they may not be willing to listen to you until you have heard them first!

But, doing this is not always possible. As you learn to practice guidance parenting, you will be in a situation where you cannot stop a situation from going from 0 - 100 in a matter of moments. Especially if you have a child with the disposition of a car alarm who never diffuses to zero to begin with! They can fly off the handle at the slightest injustice. And for those of you with teenagers, will know that this is something which doesn't go away. Then they feel a sense of outrage when 'wronged,' which adds to the mix.

If your child has this type of nature, where the reaction is swift and sharp, they truly need support to diffuse their high emotions and understand how to regulate them.

Here is something you can implement as you get to grips with stopping the acceleration of anger and angst before it starts.

The scenario goes something like this.

Your children are disagreeing over a toy that is accelerating at break-neck speed. You can feel your blood beginning to boil.



Here is your 3-step action plan to bring things back down from 100 miles per hour so you can get into cruise control.

## **A—Acknowledge your kids' feelings**

Speak to your children in one sentence, which conveys how you guess they are feeling.

For example, "James, Are you feeling infuriated? It seems like you are so mad you want to hit your brother over the head with the toy rocket."

You are giving your child the opportunity to interact with you and explain why they are reacting this way. Why do they feel the way they do?

## **C—Communicate**

Explain that you understand how upset they are and also that you are not okay with hitting, and they cannot do that.

Explain the limit to their behavior and why.

An option in this scenario is: "I know it's upsetting, and you are infuriated that your brother stole your toy, AND we don't hit, so how else can we solve this problem?"

By supporting your children to be part of the discussion about how they can solve this problem another way, you are empowering them from a young age, with support, to create other options.

## **T—Target another option**

By supporting your children to think for themselves about other options, we take ourselves out of the role of providing all the possibilities! In this way, they learn to be problem solvers.



With very young children, you can prime the pump with some ideas. However, the earlier that they can come up with solutions that resolve the situation and are not objectionable, the better for their skill-building.

When you use this technique, you can validate your child, and you let them know there are healthy limits. It also prevents them from feeling like you are spoiling their fun. And they can understand why they reacted that way.

Rocket launch injury averted!



This results in your child taking responsibility for their actions.

You are not punishing them. You are giving them a choice, which is better.

If you were to punish them by denying them from playtime or watching TV, they wouldn't understand. They won't see the connection. If listening to their perspective hasn't been a part of their normal experience, they may have developed a strong resentment flow by now and repair is required. And this would result in your child feeling their side was never understood, as well as activating retaliation, rebellion, and resistance! It gives rise to all these secondary problems.

Now here is another scenario I know you are familiar with:

You are calling your teenagers telling them it's time for dinner. But no one is materializing. On investigation, you discover the reason is they are glued to the TV or have their head buried in an online game.

It's time to make choice your best friend. When your child is not listening to a directive, give them the power of choice. This makes them feel valued. And they don't feel like they are being forced to do as you say.

You could, for example, say: "It's time for dinner and, I can see you are in the middle of the show, would you be willing to pause at the end of this scene?" or, "I know you are in the middle of a challenge, how long before you reach the next level and can pause the game?" The better move is to have discussed in a collaborative way your dinner time schedule long before so that everyone knows the time for dinner, and then they can prepare timing on their own. The aim is to teach consideration of each other's needs by communicating needs in advance and troubleshooting complications beforehand, in this way, you set up the whole family to share.

When you have these conversations, make sure you make eye contact. It's likely your teenagers will have their head buried in their game or be watching the TV. Engrossed in the task at hand, they just aren't hearing you. As a parent or caregiver, this can be like a red rag to a bull. You get frustrated and shout. But this makes your children effectively tune out what you are saying.

Now wouldn't it be better if you didn't have to go through this in the first place?

All this can be avoided by setting up the conversations outside of these flashpoints. It is so hard to teach swimming lessons when

people are drowning! Set up the sense of things from your perspective in advance of the flashpoints, hear their sense of things, and work it out beforehand.

Set it all up in advance, then, with young children, you can go over to them and get down to their level, speak to them directly, and make eye contact. This may be strange at first if it's something you haven't done before. Your child may even challenge you. Keep calm by expressing your feelings and needs and listening to understand their inner world. It's all about being on their level and making them feel you appreciate their thoughts and feelings and understand the importance of them meeting their needs too.

When you need something done, it would be nice to just be able to ask once and have them cooperate. A lot of parents don't realize that they make demands and not requests. When demands are made, people feel forced.

What happens then? The 3R's are activated! Collaboration is the way to create the support you need. Collaborative problem solving around day to day chores will lay the foundation for everyone choosing to pitch in.

If you have set up the family collaboration and there is someone in the family who forgets what they said they would do, it's an opportunity to assert, then listen and understand that it is a signal.

Transitions are hard for kids.

They may have made a promise that they are now having trouble executing on. Supporting them on how to transition is a skill that can be taught and learned.

# Chapter 4

## *Managing Your Tormented Teen*



There is often a lot of confusion between guidance, parenting, and attachment parenting. What is the difference?

Attachment theory emphasizes the nature of the relationship between children and their caregivers, who are usually their parents. It stems from research done in World War II.

By looking at kids who had been separated from their parents and put in hospitals and orphanages, psychologists realized they were not developing the same way.

In fact, their research revealed these children, who had less 'nurturing' and physical contact, were struggling with their physical, psychological, and social development. When they realized these children needed not only food but also physical contact, and provided it, their caregivers saw their development progressed in leaps and bounds.

This formed the basis of theories around personality development, called "object relations." They emphasized the importance of an early mother-infant bond.

And as children grow into teenagers, this parenting style encourages them to be free-spirited and individual.

The majority of teenagers display a lot of normal transitioning behavior. It is often referred to as 'the process of individuation.'

According to Margaret Mahler, a child begins life in a symbiotic relationship with the primary caregiver, who is usually their mother, before recognizing themselves as a separate being and forming an independent identity.

Where parents can go wrong in being a support during the individuation process is they don't realize they have moved from a managerial role to a consulting role.

Individuation is when your child achieves a sense of individuality separate from the identities of others and begins to consciously exist as a human in the world.

If you have been using guidance parenting, you have been encouraging your child to establish this sense of self from an early age.

Or, if you are new to this style of parenting, it is the path you are now walking down.

The greatest influence you have is helping your teenager trust you, so they understand your judgments and feel able to come to you for advice. If you do things together regularly, you are creating open lines of communication. But, when you have this approach, you must be mindful not to take things personally.



So if your children need space, then that's not a problem. Any anger or frustration they might be showing is not to do with you, it's to do with their emotional development.

If you remind your teens you are there to support them, and you can chat when they feel ready, that is enough to comfort them. It may not be an immediate response. But when the time comes, there will be an understanding you will be open and will reserve immediate judgment. You will be a safe person to discuss whatever is causing the anxiety.

Your guidance approach has given him this expectation, and you can continue to maintain that level of compassion and empathy.





# Chapter 5

## *Create A Routine And Have The Most Influence*

There are times when it is challenging to keep a routine going. Outside pressure, changes in the environment, and life can send the best-laid plans out the window.

Most children thrive on routine. Why? Because it makes them feel safe. And the structure means they know what is coming next. No nasty surprises. Even adults don't like those!

When your kids are at school, right the way through from their first day to graduation, they have a routine. They know what to expect. So it can be very traumatizing for them when this changes.



Having a routine at home can help ground your kids. And it can also dissipate the potential conflict. So it's great for them to have set times for schoolwork, TV or gaming, play, and relaxation. The best plans for these routines are when they are created collaboratively. Kids' input is crucial to establishing the routines that meet everyone's needs. Kids' needs for self-direction are hardly ever met at school, and so when they get home, it is so important for them to have a break from outer direction and let them tune into the inner direction.

If your children don't know how to tell the time, you can use a timer. If you are stuck on what to do to create a routine, check out the Conscious Parenting Revolution Facebook page and ask other moms and dads, or get suggestions from your friends. What works for them can give you some great ideas. And ask your children what order they like to do things in. Do they prefer to have relaxation time first, then get into school work? Enable them to feel empowered in the decision while maintaining the structure they need.

If your kids are at home, enabling them to get in a lot of high quality, playtime helps them manage their emotions. And it can also benefit their behavior. Plus, it strengthens the bond between you and builds their cognitive skills.

If you are living in close quarters, it can be tempting to pay attention to the things that go wrong. And this can make children resistant on several levels. If you thank them, and each other, you are promoting positive behavior.



# Chapter 6

## *Affection and Apologies*

As human beings, we crave connection. And across all species, physical comfort helps us cope with a time of stress.

Your child can often have a lot of emotions simmering away below the surface. And an extra handhold or squeeze can go a long way to stopping a temper tantrum.

When your children have an unpleasant outburst, or you are struggling with your own escalating emotions, take a step back. Then take a deep breath. Sometimes you may have to be the one to apologize.



Something to remember is you should never force an apology from your child. This can often make things much worse. It's easy to tell your child: "Say you're sorry." This can be when you are trying to educate your kids to understand respect for possessions and other people's bodies.

As a caregiver, you will often leave it like that, and nothing else is said. There is no explanation for your child as to why their actions could have hurt someone. Or what they can do to change the way they acted.

This type of “sorry,” in particular when it’s said with no feeling or a lack of sincerity, will stay with kids into their adult life. Making a real apology with an acknowledgment of wrongdoing can be difficult. No one likes to admit they have made a mistake. One reason is the wrongdoer can feel ashamed or fear repercussions

Guiding your child through an apology has the same amount of importance as saying sorry. First, get your child to take a step back. If your child grabbed someone else's toy, dealing with it right then and there will not work. You may be tempted to yell. And they are in the moment of the emotions which triggered their reaction.

Shouting: “You need to apologize right now,” is a no-no. A better option is to realize that rarely do we understand all the dynamics and jumping in with a lecture is a roadblock. Depending on the age of the child it may be a lapse in impulse control to which we need to support the child developing the control from within.

We turn to the one most upset and listen to their side, then turn to the other and share it. Then hear that person's side and share it. Back and forth. Trying to teach when you are mad will just cause your child to block out what you are trying to say.

I went through this with my daughter Pia when she was six years old. And it is a great way to illustrate how guidance parenting works.

Pia was in a Brownie's troop when she was growing up in Hong Kong and they had all gone out to a place called Beas River.

She was so excited to be going. There were horses, bike trails and cabins they were going to stay in. The moms were also invited, but I was getting there later as I was doing one of my guidance parenting teaching courses.

On my way there, I got a call from Pia, and she was distraught.

She kept asking me on the phone: "Where are you? Where are you? I just want to go. I just want to go. I just want to go."

I didn't know what on earth could have happened for Pia to be so desperately upset.

When I got there, I ran to her Brownie leader and asked what had happened.

She told me: "Well, Pia hit one of the little girls. And I have sent her to her cabin. She's in timeout. You just can't hit somebody, Katherine."

I was shocked because this was so out of character for my daughter.

Pia's Brownie leader said when she asked what had happened, no one would tell her.

She added: "I had to make a point of teaching her a lesson. So, I sent her to the cabin."

I went to speak to Pia in the cabin, and she was so upset, crying and crying in floods of tears.

I asked her gently: "Sweetie, what happened?" And she said, "I don't want to talk about it, I just want to go. I just want to go. I just want to go."

This is where when using the guidance approach, you can use something called the 'protective use of force.' It is a way to protect someone's reputation and to use force for good.

I said to Pia: "I understand something really horrible has happened and you don't want to stay here. And the way everybody else sees it, you're the 'bad one.' And I will protect your reputation. We won't leave until everyone understands your side. I know there's two sides to every story. So once I understand what's going on, then we can sit with other people and let each side come out. And after that, if you still want to leave, we'll go."

Pia was choking back tears, and she said in a small voice: "Well, mom, I was sitting at the table, and my friend started calling me bad names. She kept making fun of me. And humiliating me in front of everybody. She kept calling me, 'Pia, poo-poo head. Pia is a poo-poo, pee-pee head. And I was so embarrassed. I turned and asked her, 'Please stop calling me names, please stop picking on me.'"

Pia continued: "She wouldn't stop mom. And I asked her over and over again. Finally, I just swung my arm out, and I slapped her on the shoulder, and I said, 'stop it!' And I'm the one who got in trouble."

Then Pia broke down even more, and cried and wailed: "Ohhhh!" I held her, and I said, "Oh my gosh, sweetie, you were being picked on. You were being bullied. You were being humiliated. And when you said no to the abuser, you're the one who got in trouble. I'm so sorry." And I held her while she cried.

Then I went out, and I found her leader and told her what happened. She said: "Katherine, I had no idea Pia was being bullied."

Pia told me she didn't want to say what had happened because she didn't want to be a tattletale. She told me: "Mom, I didn't want to tattle on the other person and get them in trouble."

The next phase of what happened is an example of what is known as a healing and reconciliation, which is another guidance parenting technique.



We went and found the other little girl, and I asked her: "You know, do you think it would be okay if you and I and Pia sat together?"

What I teach in my online course is the ability to be able to tell one child, the other child's perspective. Then the other child, that child's perspective.

I started off by apologizing to this little girl. Because I could see her feelings were hurt that Pia lashed out at her. But I also was able to say, "Pia feels bad right now because she was hurt and upset when you called her names in front of everybody. And you didn't stop when she asked you to."

Then the little girl broke into tears, and I turned to Pia and said: "Pia, I think your friend feels really bad about what happened." And Pia could hear that.

The two girls looked at each other, jumped up, hugged, cried, and then it was over. That was a genuine, authentic apology where each one of them, in the way they were with each other, was able to let what was a bad situation go.

Then I was able to say to Pia: "Now, if you want to leave Beas River, I'm happy to take you home." By then, everything was water under the bridge! But that's recognizing that dynamics are complicated. When we pick out the so-called bad one, we sometimes simply saw a reaction to someone responding to someone else's abusive behavior.

Human interactions are complex and complicated. And how, when we pick out one is good, and one is bad, we miss the point.

This really reflects what each person was experiencing, rather than making somebody wrong, bad, and punishable.

# Chapter 7

## *How Not To Shout It Out*

No one likes being yelled at. It sends a signal to your brain that you are under threat. It then moves to a fight, flight, or freeze mode.

This can cause your kids to get defensive, it can make them yell back, or they might run into another room. Another reaction is they will just stare at you. This is when your kids have tuned out. They are more concerned with their self-preservation. It's all about protecting themselves.

Yelling can be a way of exerting control. Ask yourself. Are you shouting because you feel out of control? If you can't control yourself, then how can you manage your kids? The way you can get a handle on the situation is by coming up with a plan. And connect with your kids.



Think about the situations which make you see red. Is it when your child ignores you after you thought you had made a request? Is it the backchat? Are they into throwing the meal you spent hours slaving away on across the room? How does that make you feel? Angry, Irritated? Powerless? Defeated? All of the above?

Pay attention to the thoughts that arise. You may be thinking: "I can't believe they did that!" Or, you are thinking: "That little (insert expletive of your choice) They are so spoiled!" Try and replace those thoughts with something like: "My child is still understanding how to behave. They are learning."

Or you can say to yourself, 'My kid is not out to get me. I need to help my child learn how to speak in a kinder way.'

Or you may wonder, 'Did I come across demanding? Controlling? Are they in the 3R's because of that? Did I listen to their perspective and model listening so they would listen to my perspective?'

This pause will help you. Take time to breathe. Walk out of the room and count to 10. You can also write your thoughts down and even hug yourself.

Commit to your kids by sharing your plan with them to try and stop shouting. If they are sensing you are hitting boiling point, you can create a sign, like a heart, or a peace sign. This is your indication you are reaching volcano eruption. This allows them to tell you, it's time to take the tone down.

If you do end up losing it, recognize it. Take responsibility by apologizing. Then you can let your child know what you plan to do. For example, you can say, "I shouted at you, and that wasn't a good thing to do. I'm sorry. Next time when you give me the signal, I will walk in the other room and take a breath. Now let's hug it out!"



# Chapter 8

## *Relax, Recharge And Reset*



As parents, one of the last things you think about is relaxing.

Some of you are reading this thinking: "What does that word even MEAN?" I last relaxed about two months before my kids came into the picture!"

It is incredibly important you take time for yourself every day. Even if just for five minutes. This is where a meditation session can come in. Pressing the reset button is integral to being a good parent. Reading is another excellent way to wind down. It distracts the brain. Watching TV might be your go-to. A good night of sleep is always helpful, although this can often be easier said than done!

Overwhelm is a familiar feeling to most parents. Don't be afraid to ask for help. Being supermom or dad is a one way trip to super stress. And your kids will be the ones who suffer. By consciously trying to introduce respite into your routine, you will make better decisions. You will also be a better listener. You won't worry as much either. It will also model for your children a balance between work and rest and that they too can value both.

You are not alone. Other moms and dads are going through the same thing as you. Reach out to them and see how they feel, what ideas they have. Join a Facebook page for parents. The Conscious Parenting Revolution Facebook Page offers lots of tips and advice. And you can engage in conversation and feel part of a community.

If you have a partner, then try and connect with them. Try and see if you can do something together as a couple. This may be easier said than done. But even having a glass of wine together and talking when the children are in bed can help. If you are a single mom or dad, connect with a friend. One of the things we have all discovered after the coronavirus lockdown is a zoom cocktail or coffee might not be the same as meeting in person, but it goes a long way.

Try and keep some balance in your life and don't overschedule. Don't sign your children up to lots of different things, virtual, driveby, or real life. It not only stresses you out but them as well.

If you can get some physical activity every day, even a short workout, then do so. It is a fantastic stress buster. And helps your health as well! And as we have all learned, you don't need a gym to do it. Since we are all so different, it is really important that each of us knows what helps us increase our bandwidth. Do you knit or read or call a friend or something else? Really identify it for yourself, so when you need that increased bandwidth, you'll have it at your fingertips.

The more you experience relaxation for yourself, the more good times, and happy interactions you will have with your kids. Then when the curveballs come your way, you will be able to take it in your stride. The more you can model taking care of yourself, the more permission your children have to do it. If self-care, self-compassion, modeling mistakes are totally fine in your house, you give your children permission to do the same.



# Conculsion

We all want to be good parents. Whether you were pregnant, or you adopted your child, at some point, you will have dreamt about the relationship you wanted with them.

Everyone wants to relate to their children. But when the reality of everyday life kicks in, that dream can get lost. You can lose sight of what you wanted to focus on. But it's possible to get back on track. It can be tough not to feel helpless and hopeless if you are in an endless cycle of frustration and disagreements. Always remember you are never alone in this.

EVERY parent is experiencing the same thing. You need to have faith in yourself and trust you can make this work. You can become an empowered parent

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