

Conscious Parenting  
As described in Giving the Love the Heals  
By Harville Hendrix and Helen Hunt

- We are all wounded.
- We have a basic need to feel VALUED and ACCEPTED.
- Wholeness and health of a child depends on wholeness and health of parents as individuals and of their partnership.
- Children absorb their parent's level of emotional and moral maturity.
- Provide Safety, Support, and Structure.
- Attuned to child's unique personality and temperament, able to see needs as child grows and changes
- Educated about child development – alert and flexible
  1. Attachment and trust – connectedness to parent
  2. Exploration – connect to environment
  3. Identity – connect to others to learn about self
  4. Intimacy and Socialization – through peer relationships

HOW TO BE A CONSCIOUS PARENT:

1. Discover your child – WATCH, LISTEN – child as teacher.
2. Identify your parenting style (maximize, minimize, etc.)
3. Distinguish your child from yourself –conscious versus unconscious.
4. Gather information about your parenting – reactions and observations, childhood memories, your child's thoughts and feelings, other's observations, books and watching other parents.
5. Identify GROWTH POINTS – If I overreact to normal childhood behaviors this indicates I need to complete some unfinished areas of conflict left from my childhood. My own developmental growth allows my child to develop.
6. Identify my woundedness.
7. Be aware of beliefs about parenting. What is the goal? For child to trust, be confident, become competent, socialize, be independent...etc.
8. Commit to the healing process
9. Learn Intentional Dialogue:
  - Mirroring – do I understand? Do I see my child's gifts?
  - Validating – it is okay to have those thoughts and feelings even if I don't agree with them.
  - Empathizing – know what it feels like to be them.
10. Strengthening the child's wholeness and maintaining connection with others.
11. Promoting laughter, creative expression, spiritual depth, and moral character.

## Essential Tools for Positive Parenting

1. Age appropriate responsibilities – chore charts, positive reinforcements, allowance and privileges.
2. Marriage/Parental Partnership first, congruent and united (not sending mixed messages).
3. Help kids focus and excel – too many activities can be detrimental.
4. Take care of emotional and spiritual life. Modeling healthy behavior and values.
5. Maintain boundaries - you are the parent, not the best friend.
6. Structure – clear rewards, organized schedule, self-discipline.
7. Positive expectations – self-fulfilling prophecy, seeing possibility.

### Qualities of Positive Parent:

Reflective	Insightful
Awareness	Process
Vision	Connection
Intentional dialogue	Circle of love
Relevant	Whole
Centered	Authentic
Empowering	

“You must be the change you wish to see in the world.” – Mahatma Gandhi

### Erikson’s Developmental Stages:

- |                      |                                 |  |
|----------------------|---------------------------------|--|
| • 0-12 months        | Trust versus Mistrust           | Optimism and reliability.  |
| • 12 m. – 2 years    | Autonomy versus Shame           | Feelings of adequacy, self-assertion, self-control.  |
| • 2-5 years          | Initiative versus Guilt         | Sense of initiative, purpose, & direction.   |
| • Primary School Age | Industry versus Inferiority     | Productivity and competence in physical, intellectual and social skills.                         |
| • Adolescence        | Ego Identity vs. Role Confusion | Integrated image of Self (peers and role models); becoming your own person with your own values. |
| • Early Adulthood    | Intimacy vs. Isolation          | Ability to make commitments and form close peer relationships; Interdependence.                  |
| • Middle Adulthood   | Generativity vs. Stagnation     | Concern for future generations; productive.  |
| • Maturity           | Integrity vs. Despair           | Satisfaction with one’s life.  |