The PRACTICE of PARENTING
with Elena Brower

BE AN EXAMPLE. OUR SACRED DUTY AS PARENTS IS TO FEEL WHOLE SO OUR CHILDREN HAVE AN EXAMPLE OF THEIR OWN SELF-WORTH.

RESOURCES

Triple Focus by Daniel Goleman and Peter Senge
Parents' Tao Te Ching by William Martin
Tao of Motherhood by Vimala McClure
Tao of Leadership by John Heider
Three aspects of Social Emotional Learning / SEL :: Inner, Other, Outer

INNER : LISTENING
MINDFULNESS, SELF-OBSERVATION, SELF-REGULATION

Inner knowing. Honouring and recognizing ourSELVES, through practicing observing ourselves, we teach by our example.

Self-observation is critical to good parenting. Here are exercises to create an opening for you and for your children. Be vulnerable. Be honest about what's difficult. Your children will feel the results of your work here. We are teaching our kids how to look at their own circumstances with more generosity, spaciousness and creativity. Your state of consciousness can create a climate of openness for your children.

Tao No. 19
Parent's Tao Te Ching "Recognize the Inner Realities"
Tao of Motherhood "Return"
Tao of Leadership "Self Improvement"

Tao No. 49
Parents' Tao Te Ching "Respect"
Tao of Motherhood "The Particular"
Tao of Leadership "Be Open to Whatever Emerges"

1. NOTE SOMETHING YOU'RE PROUD OF. THANK YOURSELF FOR THIS UNDERSTANDING OR ACTION.

1A. CONSIDER SOMETHING WITH WHICH YOU'RE NOT SATISFIED. ACKNOWLEDGING BEGETS SOLVING / EVOLVING. INITIATE THE ARCHITECTURE OF FOCUS AND COMMITMENT TO SORTING THIS OUT.

1B. PRACTICE CHANGING YOUR MIND RIGHT NOW. WHAT WOULD THE OPPOSITE OF THAT THOUGHT / ISSUE LOOK LIKE?

2. FEEDBACK LOOP AT BEDTIME. WHAT COULD I HAVE DONE BETTER TODAY? NOTE THEIR RESPONSE(S).

3. RESEARCH YOURSELF. WHAT IS THE EXAMPLE YOU'RE SETTING IN ANY MOMENT?
Actions speak louder than words; what you're NOT doing is making a very real impression. Evolve your memories. Be available. Make silence into a place of security.

Ways of seeing how the "other" person is thinking, feeling, seeing. How practiced are you at diving into the other person's perspective? This is an important skill. This is empathy. This is the empty space where we 'pick up' another's feeling. It's been scientifically shown that a child's ability to empathize is reflected in their academic performance. If you feel you don't know how to empathize, you can rebuild that neural circuitry NOW. Practice. Then when you understand how it feels to really feel into someone else's experience, even when you don't want to - teach that to your kids. Stay open.

1. ASK YOURSELF IF YOU'VE EVER TURNED YOUR BACK ON SOMEONE IN NEED. INITIATE THAT CONVERSATION WITH YOUR KIDS. BE FEARLESSLY HONEST. YOU'LL ALL LEARN FROM A BIT OF BRAVERY AND WILLINGNESS TO SHARE WHERE YOU COULD'VE BEEN MORE EMPATHETIC, MORE COMPASSIONATE.

2. PRACTICE CARING ABOUT OTHERS AND ARTICULATING THAT PROCESS TO YOUR KIDS. WHERE COULD YOU SHOW MORE CARE?

2A. DR. TSABARY'S DEFINITION OF COMPASSION: SHARING ANOTHER'S EXPERIENCE WITH AS LITTLE RESISTANCE AS POSSIBLE.

3. 3 TYPES OF EMPATHY. COGNITIVE, EMOTIONAL, EMPATHIC CONCERN / CARING.

4. SURVIVING V. THRIVING. WHEN YOUR KIDS FEEL SAFE, SEEN, HEARD, THEIR CREATIVITY CAN FLOURISH.

5. DOING V. BEING. RICHARD FREEMAN'S "OPEN SKY OF COMPASSION AND INTELLIGENCE."
1. In what contexts do you find yourself making empty threats? Consider talking to your kid(s) about this and discussing “natural consequences” of their actions.

2. How could you do less and have more of an impact on the flow in your home? Think of a time when you typically raise your voice and think of other ways to come to a solution.

1. Do you need to practice being more the warrior or more the healer?

How we understand the larger system, how we relate to the world around us. How we talk about the world informs how our kids think, talk, complain or celebrate.

Holding to the Feminine, whether we are male or female. The delicate balance between Warrior and Healer. Knowing when to listen. When to act. When to withdraw.
In order to understand this third focus, we must know how to first observe ourselves (INNER), and how to care about others (OTHER). Then we can understand how one action can impact an entire system.

QUALITIES OF A GOOD SYSTEMS THINKER.

11 PRACTICES TO STAY CLOSE TO THE BIGGER PICTURE AND RESPECT OURSELVES AND OUR CHILDREN.

1. RECEIVE NIGHTLY/DAILY FEEDBACK, SAY THANK YOU, AND IMPLEMENT IT.

2. HAVE A DISCUSSION ABOUT COMPASSION. TALK ABOUT HOW TO STEP INTO SOMEONE ELSE'S EXPERIENCE; ASK IF YOU'VE EVER TURNED YOUR BACK ON SOMEONE IN NEED, TALK ABOUT THIS WITH YOUR CHILD(REN).

3. CULTIVATE INTERNAL PEACE. DISSOLVE, DISARM EMOTIONAL DISTRESS / ANGER. PRACTICE OF WRITING IT TO MOVE IT FARTHER AWAY FROM YOU, OR ANY SORT OF PRACTICE THAT HELPS YOU HAVE A DIALOGUE. SHARED VULNERABILITY IS OFTEN THE VERY BEST MEDICINE.

4. BOUNDARIES. CREATE HEALTHY TIME FOR YOURSELF. RESPECT YOURSELF TRANSPARENTLY WITH YOUR ACTIONS AND YOUR CHOICES. EXPLAIN YOUR MOTIVATIONS IN LIGHT OF HOW YOUR CHOICES WILL FEEL BOTH IN THE PRESENT AND IN THE FUTURE. KEEP AN EYE ON ANY TENDENCIES TO STIFLE YOUR CHILD(REN) WITH REGARDS TO THEIR EXPRESSIONS OF EMOTION.

5. ENSURE THAT EVERYONE IN YOUR FAMILY HAS "BEING" TIME, NOT "DOING" TIME. TEACH YOUR KIDS HOW TO BE ADAPTABLE, BE WITH DIFFICULTY, BE BORED, BE PRESENT.
In order to understand this third focus, we must know how to first observe ourselves (INNER), and how to care about others (OTHER). Then we can understand how one action can impact an entire system.

6. Practice naming your wishes, rather than naming what you don’t want. Teach your kids to articulate what they want, in a good and clear way. Demonstrate for your children someone who is an author rather than a victim. Dissolve the overuse of the words "no" and "don't" from your household.

7. Connect to your inner pulse, daily. Create a ritual that’s only yours. Take care of you for certain periods of self-care, especially without technology.

8. Connect to your kids with the smallest acts. Affection, knowing glances, let them know they are accepted. Share with them. Hear them. Invite them to speak.

9. Ordinary moments. Call these moments to your child’s attention. Point out the moments of marvel, the ordinary elements in nature.


11. Apologize. Let there be no residue when a tough moment passes. Keep them knowing that their comfort is a priority. Give your child(ren) their freedom and creativity back by keeping them nurtured even after you’ve shamed them. Note that when we are shamed, our neurology defaults to instinct. When we are in a healing, safe, nurturing space, our neurology defaults to intuition. Make notes about your understanding of this concept.

Make notes about actions you can take here.
Lead with humility, gentleness, by example. Power OVER our children is the great illusion. Stay below...