

## 8 TIPS FOR CONSCIOUS PARENTING

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Children are the greatest teachers we have, and provide us with the opportunity for real awakening. They will trigger us, wear us down, push every button we have, and elicit emotions from deep love to anger and frustration. It's ideally set up to be like this. Our children are just being authentically who they are, and holding up a mirror that shows what is going on inside of us. The more we know ourselves and our inner process, the more natural, compassionate, authentic, and loving parents we naturally become.

- 1) Deep within each of us is a free, whole, and perfect spirit. Your child's true nature is pure goodness. Don't be deceived by behavior that seems "bad," or try to fix what you perceive to be "faults." Look deeper into the heart of your child, remembering their inherent goodness, to help you understand what is really going on.
- 2) Most of the challenges we face when raising children come from fear. But fear is simply an acronym for "False Evidence Appearing Real." If we overly protect our children, they will fear failure and avoid pain. But failure and pain are important lessons in life and you can teach them to gracefully face both.
- 3) Learn to go with the flow. Be ready to let go of one plan to embark on another. If you are able to release some of your need for control, you will amazingly discover that things turn out just as they should
- 4) When you make a parenting mistake or wish you could do it differently, be gentle with yourself. Just like your children, you are still learning. Your mistakes are some of your best teaching opportunities both for you and your children. Nothing teaches a child more than a parent who is willing to learn.
- 5) Feel your emotions. All of them. The anger, sadness, grief, frustration, happiness, elation, fear. We have all learned to repress, push away, modify, and numb out the emotions we feel. If we aren't dealing with our own emotions, we risk taking them out on our children.
- 6) Figure out who you are, so you can not only help your child understand who they are, but also prevent projecting your dreams onto them. Live your own life. There is no need to live theirs...they will do this fabulously on their own.
- 7) Engage in self-awareness work which might be therapy, journaling, meditating, yoga, or reading books about this topic. The more you know yourself, and the deeper peace you find within, the more contentment and peace your children will feel. Remember, you are the roots of your children, so when you feel internal peace and compassion, they will also feel this.
- 8) Practice acceptance of your children, at all times. When they behave, give them acceptance and love. When they misbehave, give them acceptance and love. Exercising control and domination over your children can be tempting, but power over your children is a great illusion. The healthiest relationships, including the ones with our children, have equality, respect, and acceptance.