

PARENTING- lesson 2

Setting the environment





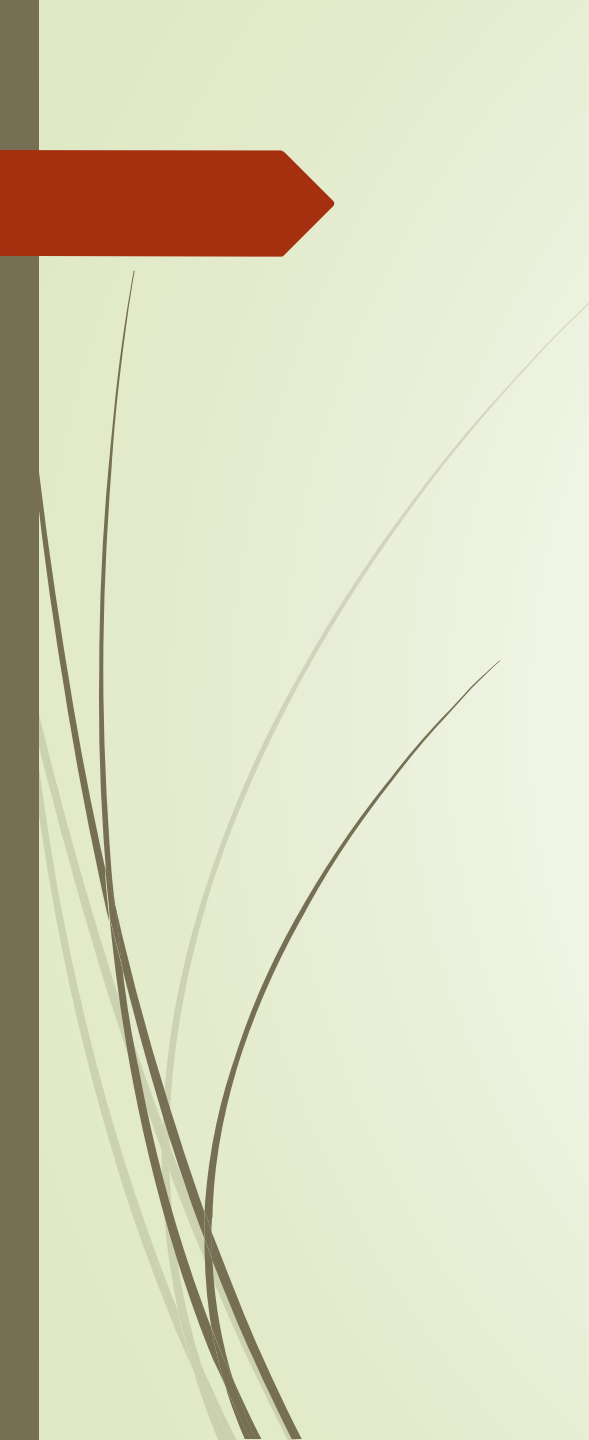
GOSPEL PRINCIPLE:

Love at Home

Kings 19: 11, 12

... and a great and strong wind rent the mountains, and break in pieces the rocks before the Lord;
But the Lord was not in the wind; and after the wind an earthquake; but the lord was not in the earthquake;

And after the earthquake a fire; but the lord was not in the fire;
and after the fire a still small voice.



“It’s no surprise we fail to tune into our children’s essence. How can we listen to them, when so many of us barely listen to ourselves? How can we feel their spirit and hear the beat of their heart if we can’t do this in our own life?”

– [Shefali Tsabary, The Conscious Parent](#)



Conscious Parenting

- Model respect
- Develop resilience - gain mastery and self respect/esteem
- Help discover creativity and a sense of wonder
- Teach Understanding of self to form character
- Expect self discipline-understand consequences
- Define priorities-discriminate harmful from helpful

The tenor of a marriage—or divorce—creates a kind of “emotional ecology” for children. Just as a tree is affected by the quality of the air, water, and soil in its environment, the emotional health of children is determined by the quality of the intimate relationships that surround them.

Dr. John Gottman
Raising an Emotionally Intelligent Child





What is being taught?

Dad sweeps Mom into his arms and showers her with kisses.

Mom shoos him away saying “Oh, stop that!”

Mom learns that Dad is having a rough day at work so she includes the children in creating a special surprise for him when he comes home.

Mom tells Susie that according to pre-set family rules, since she did not complete her chores, she cannot go to the movies with her friends.

Susie appeals to Dad and he tells Mom to lighten up and let her go.

Dad gripes about his job and belittles his co-workers in front of the kids.

Parents say, “If we get this list of chores done in 1 hour, we can all go bike riding!”

Parents include fantasy in play with their children – Wouldn't it be fun if...., silly if..., scary if...

Birthdays and Christmases are lavish, expensive productions.

What is being taught?

Something breaks down and Dad is angry at everyone because he is having trouble with the repairs.

Mom and Dad sit next to each other holding hands while watching TV.

In quiet moments, parents always have a book they are reading.

Dad gets up early and exercises before work.

Mom makes birthdays very special for the children but does not do the same for Dad.


Mom discusses her church lesson plans with the family at dinner.

Dad buys treats for kids while out with them and says "Don't tell your Mom."

Mom says she is having a rough day so she needs to eat chocolate.

Kids come to Dad over a disagreement, but Dad refuses to take sides.

Parents say, "Let's save all our change until we get \$30 and then we can get a new game, or ice cream, or go to zoo."



“When you parent, it’s crucial you realize you aren’t raising a “mini me,” but a spirit throbbing with its own signature. For this reason, it’s important to separate who you are from who each of your children is. Children aren’t ours to possess or own in any way. When we know this in the depths of our soul, we tailor our raising of them to their needs, rather than molding them to fit our needs.”

– [Shefali Tsabary, The Conscious Parent](#)