tips + resources for parents of middle schoolers

MIDDLE SCHOOL STUDENTS: EGO WORK/CONSCIOUS PARENTING

WHAT IS CONSCIOUS PARENTING?

- becoming a conscious parent= Letting go of the parents own ego + desires
- being present and engaging w/child

Instead of forcing behaviors on children, parents focus on regulating their emotions

- less punitive- parents establish boundaries FIRST and utilize positive reinforcements
- focuses more on long-term relationship building and looking at situations from the bigger picture- example: teen slams door +cries- why did they respond this way? what triggers happened leading up to this? How can I self soothe my own anger and annoyance right now?
- Children grow and develop through struggles, parents help prompt them to navigate this- not just making them "happy"

PRACTICAL EXAMPLE OF CONSCIOUS PARENTING

A father grew up with harsh dad who told him he would amount to nothing. Thus as a child, he seeked out validation by sports and getting good grades. When he himself had a son, he wanted him to be an achiever too because if it appeared his son was failing his ego would believe that he as a father failed too. After his son lost a tournament, dad gets angry. He ultimately realizes its deeper than just his son "losing the game". Dad decides to seek out counseling.

THE EGO

Our self-identity or who we believe we are based on our past experiences (often childhood)

When we are feeling unworthy or triggered, the ego attempts to protect us

Often, the ego is manifested from unresolved pain in childhood- this a sign that we need to do some work "reparenting" our inner child

HOW YOUR KID TRIGGERS YOUR EGO

Example: You come home to see that your child didn't clean up their legos strung out across their room like you asked them to (ego got triggered and created a story)

Ego says: "He is so ungrateful and disrespectful. He doesn't appreciate what he has and wants to make me mad"

Ego work: Pause + breathe
(internal dialogue): When my son doesn't listen to what I asked, I feel unheard and ignored like I did when I was a kid

HELPFUL SOCIAL MEDIA ACCTS

@the.holistic.parent: insightful information on parent wounds and projection on to children
@consciousdiscipline
@themompsychologist
@responsive_parenting
@parentselfcare

https://www.thepathway2success.com/25-ways-to-integrate-social-emotional-learning/

This week's content is credited to @the.holisitic.parent

tips + resources for parents of elementary schoolers

ELEMENTARY STUDENTS: EGO WORK/CONSCIOUS PARENTING

WHAT IS CONSCIOUS PARENTING?

- becoming a conscious parent= Letting go of the parents own ego, desires and attachments
- being present and engaging w/child
- Instead of forcing behaviors on children, parents focus on their own language, expectations, and regulating their emotions
- less punitive- parents establish boundaries FIRST and utilize positive reinforcements
- focuses more on long-term relationship building and looking at situations from the bigger picture- example: temper-tantrum- why did child respond this way? what triggers happened leading up to this? How can I address this with my child for the future?
- Children grow and develop through struggles, parents help prompt them to navigate this- not just making them "happy"

THE EGO

Our self-identity or who we believe we are based on our past experiences (often childhood)

When we are feeling unworthy or triggered, the ego attempts to protect us

HOW YOUR CHILD CAN TRIGGER YOUR EGO

Example: You come home to see that your child didn't clean up their legos strung out across their room like you asked them to (ego got triggered and created a story)

Ego says: "He is so ungrateful and disrespectful. He doesn't appreciate what he has and wants to make me mad"

Ego work: Pause + breathe
(internal dialogue): When my son doesn't listen to what I asked, I feel unheard and ignored like I did when I was a child

PRACTICAL EXAMPLE OF CONSCIOUS PARENTING

A mom just saw that their 8 year old destroyed a lego statue their 6 year old just built. They see their 6 year old become upset, start crying and screaming. The mom cannot handle that much emotional response. They feel themselves withdraw and go numb and give the 6 year old candy to stop the situation. They realize this isn't a healthy thing to do and decide to google why this happened and discover steps to practice conscious parenting.

KEY FOCUSES OF CONSCIOUS PARENTING

- Parental self understanding
- Models healthy behavior to children
- Healing of own childhood wounds
- Responsive versus reactive
- Empowers children to validate their truth
- Asks "why" "why am i feeling this emotional response + where did it come from?