

Peaceful Parent, Confident Children

The End Goal

To parent from a state of calm unconditional love and acceptance that does not change regardless of whether you are acknowledging wonderful behaviour or if you are disciplining inappropriate behaviour.

The Basics

Distinguish between the Child and the Behaviour

Separate the child from their behaviour. We can love the child unconditionally while not condoning the behaviour.

Gifts & Opportunities

See all behaviour, either wonderful or in need of coaching, as a gift, an opportunity to learn.

Their Stuff vs. Your Stuff

Your child's behaviour is their stuff, not yours. Embrace acting responsibly with your children, rather than taking emotional responsibility for their actions.

Embody Love Consciousness

As a parent or teacher, you bring accepting and respectful energy to every child interaction. To embody love consciousness is to ask ourselves if this is the highest expression of love that I can give.

