

# Peaceful Parent, Confident Children

## The Premises

### **1. As we grow our children grow.**

Personal growth and self-awareness is vital as our children tend to grow proportionate to our growth.

### **2. Parenting is relationship.**

Children are a catalyst for our personal development and self-awareness, the most potent ingredient is unconditional love.

### **3. Let go of right or wrong and seek understanding.**

All children and parenting situations are unique, there is no one right overriding answer, only the right way for you in that moment.

### **4. Emotions are not good or bad.**

Emotions do not have to be linked to behavior, rather our emotions can inform us of our thoughts, fears and intentions.

### **5. Love is our access to wisdom and truth.**

Love consciousness shifts our perceptions and connects to our logical mind and intelligent heart.

### **6. We get what we allow.**

Raising the standards for ourselves and our children of mindful communication positively impacts the relationship.

*“The relationship that you create with your child profoundly affects your child’s confidence and inner peace.”*

