“The Promises, Challenges, and Successes of Conscious Parenting”

Daily Reminders featuring insights from Dr. Shefali Tsabary

**"Presence is the greatest gift we can give our children."**

* Set aside time each day to fully engage with your child, without distractions.
* Practice mindful listening: Listen without interrupting or planning your response.

**"It’s not our job to control our children. It’s our job to create the environment where they can thrive."**

* Trust that your child’s path is theirs to discover. Focus on guidance, not control.
* Let your child make choices and experience the outcomes, both good and bad.
* Release the need for perfection—mistakes are part of learning for both you and your child.
* Notice your child’s experiences and perspectives, and respond with empathy without trying to fix or solve.

**"We cannot give our children what we don’t have ourselves."**

* Notice what triggers you. Take time to explore what from your past created those triggers?
* A well-rested and nourished parent is better equipped to be conscious.

**"When we parent from a place of awareness, we allow our children to become who they are."**

* Honor your child’s unique strengths and interests, even if they differ from your expectations.
* Be aware of your hopes and fears to avoid projecting them onto your child.

**"It’s not about being perfect; it’s about being aware."**

* Parenting is a journey, and it’s okay to make mistakes. Repair missteps by acknowledging them, forgiving yourself, and moving on.
* Model self-forgiveness for your child—teach them that making mistakes is part of being human.

Daily Mantra:  “I am here. I am present. I am evolving. My child is too.”

Conscious Parenting Resource List

This [*Conscious Parent*](https://www.amazon.com/Conscious-Parent-Transforming-Ourselves-Empowering/dp/1897238452/ref%3Dsr_1_1?crid=1DEG02E3UJUHI&dib=eyJ2IjoiMSJ9.K0HRBQsgYLmNmFFUkeTuM7v3mtOzRyrJvwTlR7IU4b-OzCjiZpGEKdqLbpXxkSN9fFZZxvw2qf2MESojn_eQytBuCSxnpJVgwupUvjJSkgBei1O-fPoINXnpmlfuY98n4PWYZvROsGgyrgTjhkMaqs0QdC7KSFivJbSRsO3Pk8D4hqsulpO7zB9me9a5ge1ZienZQKYRXjG_-EdcWOILPiBuYLN_LWQ3qNC1V7DkDt4.5hf5QZsiDKciXITyQWc2aMQzyU1hd3kSuU6V5MdDmHM&dib_tag=se&keywords=conscious+parent&qid=1726665852&sprefix=conscious+parent%2Caps%2C112&sr=8-1) book by Dr. Shefali Tsabary

[This conscious parenting YouTube channel](https://www.youtube.com/c/drshefali) by Dr. Shefali Tsabary

[This TED Talk](https://www.youtube.com/watch?v=PHpPtdk9rco&ab_channel=TED) by Dr. Becky Kennedy

[This podcast](https://www.youtube.com/watch?v=b-mZ6I6OU-8&t=238s&ab_channel=TonyRobbins) episode by Tony Robbins

Related Caregiver Approved Resources (shared during our conversations on 9/18)

* [Ekhart Tolle’s book “Milton’s Secret”](https://www.amazon.com/Miltons-Secret-Adventure-Discovery-through/dp/1571745777/ref%3Dsr_1_1?crid=2LL6H11GAKR36&dib=eyJ2IjoiMSJ9.Loxc2kHtgwU3uzq7swHGqfBp3ykPyERMlb8fPQX9UsRm70KGUyFTbk86Tqcqd6kkij523mDvZTqH-gmrog93RV2aSG8toZZ7UlLZAbZtnCRE9Bl7Z5HL3ZVeTYiDeLlYBo_JHNYIvATcx2e7a2EVY6SEF6-PqLX4cqH-V9PQPeI.PU630yDsUHQF1IjWKv85RD93Rl8VmIV1_J2qr4Crosg&dib_tag=se&keywords=milton%27s+secret+eckhart+tolle&qid=1727104938&sprefix=milton%27s+secre%2Caps%2C239&sr=8-1) (The story about a boy who feels empowered by learning about his inner strengths)
* [Yoto speaker](https://www.amazon.com/Yoto-Player-Gen-Make-Wake/dp/B0C7HFFTQD/ref%3Dsr_1_1_sspa?crid=29VEBU1K8CYC2&dib=eyJ2IjoiMSJ9.S-IH2lNE3GVJgmk_lOfqztpEsPcbqVlE8oXVF0YP5-9pk2DWcNOVWjsT6WHzNXlF6SLPI0caYJzrIkwQzqeJaRafKHPPn8308PQhxxA3tYNUbdv4X2PtorRfW9to1nA716M3V-6A-3A1n40uqP7Qk91B2hHWNAOAyAg9ivANe_iPyoQZsT9yJyevu-9p6e6QCQoqL9I_Eywe1nWPl5BLjeECK78HtED4lmKfyzCm--A.th9JZeIVMYbYBSTax8rMx9GtovLrZNduXRDsQiCGQd0&dib_tag=se&keywords=yoto+speaker&qid=1727104967&sprefix=yoto+speake%2Caps%2C119&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1) (To play music and audio books so we don’t get sucked into our phones when we just want to play something for our kids)
* Reach out to Cat Cotera for her conscious parenting coach contact
* Reach out to Maele Hargett for her play therapist contact
* [*Raising a Kid Who Can*](https://www.amazon.com/Raising-Kid-Who-Can-Adaptability/dp/1523518596/ref%3Dsr_1_1?crid=3MIH5NZZ8OI80&dib=eyJ2IjoiMSJ9.0_wOicQVx1u3OBj3L5iRBTfp714KBpFMyg9mBLyf63-Lrw-gnIOjKXZC-nJrvqpfXTNOlYaIKCFH1Thh9HLtKgMJTIxEZs3Y3VfwS4PirJxj-c_gbVUsFSzXzIpUc_o2HXerWSlVumgskfcB3MhyrWUjRUkQSkLICUNB3h_K1e_uJ6id6u-odBNOX4NRU5d7DjJ9IxdfDTiMcU6OVkFIB6tp1UHzwM57wgxK20IRC8Y.XUQZr0JzWgU_6YOP7-u9fxgemCzy_zPtZiTjXY52Ycc&dib_tag=se&keywords=the+kid+who+can&qid=1727105111&sprefix=the+kid+who+can%2Caps%2C118&sr=8-1) book based on neuroscience and child development through a lens of connection and the sacred calling of parenthood
* [Brain States Model](https://carmelmountainpreschool.com/conscious-discipline-the-three-brain-states/) that the teachers use and some children have been talking about at home