

# Setting The Scene For A New Way Of Motherhood

## NEW PARADIGM PARENTING

If you're like me you grew up in the old-school way – it's the way parenting was modelled to many of us and passed down through generations. The authoritarian aspects of it are what we 'know' and sometimes become our 'default pattern' of parenting when we don't know what else to do.

Even though there may have been a lot of love and 'good stuff' amongst it, you and I both know this approach doesn't always work that well in this day and age.

The kids are a different kettle of fish. Our lives as mothers have changed so much.

Modern day research has shown there's a better way for both you and your child to get your needs met.

It's based on the latest neuroscience. It's a skill set that has a more intuitive approach. It values that every child is unique, and every mother has needs as well.

The old school way sounded like this, "I'm the authority. I will tell you what to do. You need to listen to me".

YOU were the boss, and your child was expected, demanded and sometimes even punished to achieve the result of "doing what they were told".

The new way has you saying to yourself: "Wow, I understand what brain state you are in...(eg. the red, the yellow or the green). I know how to approach you + what you need. I have a flexible roadmap to follow. I experiment with my approach always keeping my eye on connection as the vital key."

This new way emphasizes understanding and compassion for both yourself and your child. You get to keep your heart open and boundary at the same time.

You understand that your child deeply desires to be connected to you, and will be more likely to behave the way you want if they feel seen and heard by you.

Following is a table that compares and contrasts the old and new and emerging way of parenting.

## OLD PARADIGM

## NEW PARADIGM

We believe their brain is fixed and can't change beyond 5-7 years of age

We understand neuroplasticity, and that their brain can be changed at any stage in life

We are human beings with 5 senses only

We have 5 senses and other intuitive senses which give us information and wisdom

We have to fill our child up with knowledge and experiences for them to develop

A lot of development happens organically when we provide a good environment + healthy relationship experiences

DOING lots of activities with your child will make you close and happy

PRESENCE and consciously Be-ing with your child will develop trust and authentic connection. This is the foundation of a close relationship & happiness

There are good emotions and bad emotions

All emotions are important. They are part of being human and give us information about ourselves and our lives

If children are too young to remember things it doesn't affect them

Our brain stores implicit memories from when we are young. These are often experienced as feelings or body sensations we can't explain, and can impact on us now & later

Children should be sheltered from difficult experiences and challenging emotions

Children need to be able to explore and take risks from a place of safety

You cannot repair the damage you've already done to your relationship with your child

You can repair any ruptures in your relationship with your child. This can be achieved at any age.

Bad behaviour is not ok. We need to focus on 'managing it'

All behaviour has a purpose. We ask the question 'why is my child behaving like this?' And then we focus on what our child needs

We need to be consistent with our expectations of our children, and not change from day to day

We need to be consistent in our approach. This means parenting to our child's brain state and adapting our response accordingly, from day to day

Each child in the family should be parented the same way

Children of the same family will have different needs, and will require an individual approach

As mentioned previously, in the old paradigm the understanding was that parents were always right, and that children should just do what they were told. In the new paradigm we understand that children are our teachers as well. We realise that they can help us get back in touch with our 'inner child', and liberate those gorgeous aspects of us that have been suppressed, and heal the parts that have been wounded. When these wounded parts come out in our words and actions, we can acknowledge this is 'our stuff'. We consciously bring awareness to 'our stuff' and take responsibility for the way we deal with it so it has less impact on our children. Then we are less likely to do, say things and behave in ways that we later regret.

In the new paradigm we realise that our actions and our being-ness speak volumes more than what we say, so we aim to embody the qualities we desire to see in our children within ourselves first.

## A C C E P T A N C E I S T H E K E Y

I believe that your child's being-ness is so much more powerful than we've previously given it credit. Each child has a unique essence that is here to be who he or she is, no more no less.

*To accept this requires that we surrender our ideas of who they 'should' be, and instead respond to them as they need us to.*

With embodied parenting practices we can help them develop the core qualities in our mama vision, but first we need to accept their individual uniqueness.

It's about wholeheartedly supporting our children's right to be who they are at their essence.

Responding to them as they need to be responded to, instead of in a way that reflects our own past conditioning, requires us to surrender to who they are, who they are yet to become, and what they can teach us about ourselves in the process.

Often it's the adjustment of our expectations, rather than reality itself, that's the hurdle we have to leap.

It's NOT about being passive. We can still set boundaries and have behavioural expectations. However, is vital that we 'see' and accept our child's essence.

Their unique magic will be revealed when we can be truly PRESENT and respond with complete OPENNESS.

Ask yourself "How can I create the space within myself to know my child each new day, one day to the next?"

The key to accepting our child is accepting ourselves first AND it's also about accepting the kind of parent we need to be for each particular child.

For those children whose lucky destiny is to experience this type of parenting, they will grow up with a sense of vitality and aliveness that they've had permission to truly be themselves. This is freedom in itself and is a key ingredient of real happiness.