

THE PARENT TO PARENT HANDBOOK

5 COMMON PARENTING MISCONCEPTIONS

THE PERSPECTIVE OF PARENTING NO ONE PREPARES YOU FOR.



FROM ONE PARENT TO ANOTHER & PROVIDED BY LISTEN WITHIN TO WIN LLC

CONGRATULATIONS YOU ARE A PARENT.

It is an amazing gift and life takes on an entire new meaning. By now you have experienced sleepless nights, defiant behaviours, unwanted talk back, and at times just want to pull your hair out and a lot more. Regardless of all the challenges did you ever imagine you could love someone so much?



PARENTING DEFINED

Parenting is defined as the methods, techniques ect. used and required to raise children. What does that mean exactly? We provide for them, keep them safe, cloth them, make sure they do well in school, follow the rules, listen, do as we say, abide by society's definition of being a "good" student, go to college, graduate, get a job, make enough money to be happy, get married, eventually have their own children. This unspoken road map is what many of us believe a parent is "supposed" to be and provide.

WHAT THEY DON'T TELL YOU ABOUT PARENTING

No one tells you parenting is equally about you, the parent. Your child is NOT guaranteed to listen, they have their mind, their own soul, their own dreams, their own methods, they come through their mother but are not by any means a possession. They have their unique disposition, attitude, temperament and are not required to be like you.



No one shares with you the importance of language. Your daily use of language can be a deciding factor if a child will like themselves or think they are good enough to live life. No one tells you that you as the parent have to be willing to grow and evolve with your child and actually learn from them as much, if not more, than they learn from you. No one talks about how we as parents hang onto our childhood memories, usually the not so great ones, and we parent from those experiences. No one tells you that your daily actions and vocabulary program the subconscious mind of your child. No one shares with you that communication is a two way street and parenting is a relationship not a dictatorship. No one tells you to set the example and BE all the things you want them to be. You can't just say things and not model them, no one tells you your kids learn more from watching you than listening to you. No one tells you the amount of shame and guilt you will feel when your child does not “act” accordingly or about all the judgement that comes with your parenting skills.

The time is now to gain perspective, skills, and to embrace the beautiful messy relationships that come with parenting. Parenting simply needs to be redefined.

5 NECESSARY FACTS A PARENT SHOULD BE AWARE OF

- The first 5 years of a child's life are vital. These years shape the brain's organization, development, and functioning.
- The subconscious mind is like a computer and you program it. You set the foundation of belief systems and how the child will see themselves and the world.
- The conscious mind makes up only 10% of the mind and the subconscious mind makes up 90% and the subconscious doesn't know the difference between pretend and reality.
- 1 in 6 children are diagnosed with a mental health disorder and only 1/2 of them receive proper care⁵.
- Suicide is rated 2nd for claiming lives of our youth ages 10-24 years of age.

The majority of parents I work with are unaware of the facts I shared with you above. It is important as parents we gain a new perspective on parenting in our current society and technology driven lifestyle.

Allow me to share with you 5 UNINTENTIONAL PARENTING MISTAKES that cause more harm than good. Lessons I learned from having a suicidal child. This is NOT the time to judge yourself or beat yourself up, instead this is a time to be open to gaining a new perspective on parenting.

PARENTING MISTAKE 1: THE POWER OF THE TITLE “PARENT”

You take on this role and embrace it and assume all the responsibility that comes with it. Parent equals the boss, the rule maker, the dictator, the authority. You enforce your beliefs, your ways, your values, your rules, your idea of what life should be. Bottom line it's your way, period.

What if instead you considered parenting a gift to grow and expand your perspective. The opportunity to gain insight into another way of being, living, thinking, relating? The opportunity to demonstrate and BE all the things you want for your child. Parenting from a place that teaches compassion, communication skills, listening skills, life skills, and much more.

A relationship that allows all parties to grow and learn from one another and together. Yes as the parent you are the authority but that doesn't require you “push” your weight around to enforce your authority. It doesn't mean you control or squash the spirit of the human being you are raising. It means you get to CHOOSE to embrace the challenges, the messes, the tantrums, the yelling, the fighting, the bad grades, the behaviours you do not like and you get to choose to learn and grow through them.

You get to choose to help your children understand themselves, their emotions, behaviours and teach skills to manage them and more so you get to get in touch with your own. Parenting is a 2 way street and there is much to be learned for both the parent and child. Honestly, since I have been working with parents and children I wonder if parenting is more about the parent growing and evolving than the child. Think about it a moment.

MISTAKE 2: YOUR WAY IS THE “RIGHT” WAY THE “ONLY” WAY

I invite you to pause and think about your daily use of language. What words do you use everyday? This is where you get to be very honest with yourself. Does your daily language include words like: No. Not like that. Don't do it that way. Oh my goodness. What's wrong with you? What a dumb idea. Now what? Can't you just listen? I am gonna take that. I am gonna spank you. You're going to get a time out. Stop. Stop it. Not now. No. Can you just do what I said. Sit down. Stop moving. Shut up. I said eat it. Just do it. I said so. I am in charge. Just do it my way. Be quiet and do as you are told.

Phrases like this cause children to doubt themselves, lack self-esteem, not develop life skills, and even question their self-worth. Now don't get me wrong none of us are perfect but if your vocabulary is majority negative, condemning, controlling, limited, or just mean you are programming the subconscious mind of your child with those beliefs. Most of the time our intentions are good but the way we go about is not the healthiest.

I invite you to consider allowing your child to try things their own way, offer ideas, share their thoughts, maybe even have a say so in whatever you are dealing with. If you promote communication and utilize positive language you will then be programming the subconscious mind of your child with a solid healthy emotional foundation. As a parent we are unaware of the unintentional harm we cause our kids.

PARENTING MISTAKE 3: INTERRUPTING & PROJECTING

When is the last time you truly listened to your child? As they express themselves to you or share stories do you actually listen? The most common reaction parents usually have is to interrupt and push your opinions, control the conversation, and dictate the outcome. Parents simply do this because as the parent you know better. You are wiser and more experienced and you already know what is coming and you aim to prevent your child from experiencing anything that you do not see as a positive.

You know or believe that you know from your own experience the outcome you want or don't want for your child. Your intentions are usually good because as a parent we truly want what is best for our kids, we want to protect them, and prevent failure however doing this is more harmful than good.

Imagine the life skills you can teach your child if you simply listen. If you allow them to share their ideas, what they see happening and what they think. They naturally feel validated, important, respected and heard. Allowing them to create, plan, execute, and fail are life skills needed to develop into successful adults.

Model listening, supporting, educating, and allowing them to mess up. These skills are necessary for children to develop in order to navigate through life. They learn from who you are not the things you say. This is mission critical to understand. As a parent you must choose to BE the things you want for your kids. To BE and show the appropriate behaviours and skills you wish them to have as adults.

" Don't worry that children never listen to you; worry that they are always watching you."
Robert Fulghum

PARENTING MISTAKE 4: EXPECTATIONS

We can all agree we want what is best for our children however at what cost? You as a parent know the importance of doing things “right” and the future consequences that come with decisions made. You automatically want your child to have good grades, behaviours that do not challenge, be well spoken, follow the rules, not to be embarrassing, act a certain way, speak a certain way, think a certain way and if their way challenges you “the parent” you discipline or get upset and react. Unintentionally you send signals to the child that they don’t measure up and they are not good enough.

Pause here and think about the expectations you have for your children. Have you considered the effect those expectations may have? Working with many kids ranging in age I hear first hand how much they feel the pressures from your expectations.

They often feel not good enough, not smart enough, not clean enough, and simply come to the conclusion that no matter what they do you will find something to be unhappy with. It is important to realize that you can help them understand standards and expectations all while embracing what they do, how they do it, and who they are. The goal here is to celebrate and acknowledge them for what they do and attempt to do, even if it doesn't meet your expectations. It is important to remember that they themselves have struggles and thoughts that may not match with yours.

If we are really honest, oftentimes parents are more ashamed or embarrassed by our children if they do not comply with what is "proper" and "acceptable." We feel even more ashamed or like we failed if they do not perform like we think they should. We often think if our children misbehave or act out it is a direct reflection on our parenting. Here is a gentle reminder that your child is a person too and they have their path. They learn and evolve and oftentimes it's not for your convenience.

FACT:

Your child hears 8x more negativity than positivity throughout everyday. Notice what you notice in regards to your use of language and expectations.

FACT:
**Parenting is just as much about
you as it is about them.**

PARENTING MISTAKE 5: LACK OF COMMUNICATION & CONNECTION

It is vital that your child feels comfortable and safe coming to you. Oftentimes as parents we attempt to control and shelter our children to protect them. The most common way to do that is to shut down and not allow anything outside of what we feel is “normal” or acceptable or makes us uncomfortable. This is important but also has to be done in balance.

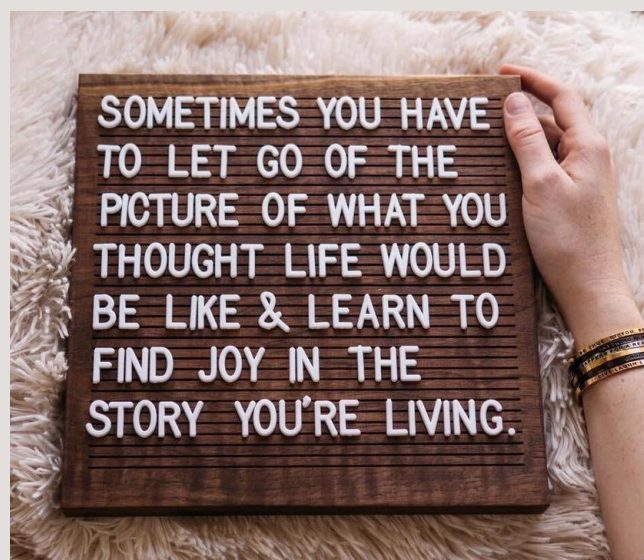
Our kids are growing up in a world and exposed to much more content than you and I were growing up. Technology has drastically changed the world we live in. The amount of adult content our children are exposed is outrageous and they get slammed with it everyday all the time. This alone means that they will see things and hear things that will make you uncomfortable and uneasy but regardless have to be addressed.

Your child will be introduced to topics including racism, cussing, sex, porn, sexual preferences, bullies, amongst other topics at a very young age. This is the reality. This is the world we live in and we can't slow it down so have to teach skills to navigate through it.

You have to choose to accept the reality and realize if there is no connection and communication with you, your child will get an answers from someone else and who knows what that could be. It is mission critical that as a parent you have some sort of open talk space where you can listen and connect with your child. A space they can feel safe, not judged and free to express themselves.

In our house we call it “safe space” meaning they can come and ask anything, tell anything, share anything and there is never judgment or consequences regardless of the content. With suicide rates so high and the vast emotional emblances our kids face they need a safe place to come and process and talk through it. I truly believe this tool and developed skill saved my family alot of heartache and saved my sons life.

Being a parent you do not have to know everything or have all the answers. It is OK! It is about being willing to learn, to talk, to say I don't know and show your child what being a human being is really about. A suicidal child saved my life and now I am here to supoort other families struggling.



This parenting guide has been written with the intention to raise awareness and offer a different parenting perspective. Life is short and your children grow quickly.

Having difficult conversations and learning skills will allow each of you to be happy, connected, and communicate. It is a beautiful journey but that doesn't mean easy.

Listen Within To Win LLC was designed to support parents and children struggling to understand themselves and each other communicate effectively through my Cassie's Communication Mastery Program guaranteed.

My son was 8 years old when he expressed his first suicidal thoughts and his reasons shifted my entire world. My darkest moment has been my greatest gift and now I support other families and children to bridge the gap in communication and connection within the home.



*A
GIFT
FOR
YOU*



I would like to extend a complimentary gift to you. If you are interested in a 30 minute Parenting Perspective Shifting Session please go to connectmecassie.com and fill out the questionnaire. Once I receive it we will schedule a time to meet.

Regardless of what challenges you may currently face, choose to look for the lessons that can be learned from them and seek the good. Our darkest moments, our confused moments, what we think are our "bad" moments can truly be the greatest gifts. My once suicidal son taught me that!

Warm Regards,

*Cassie Eads
Parent Connecting Coach
Founder of Listen Within To Win LLC*

