

1 KNOW YOURSELF

Know what makes you happy, sad, anxious, angry; know and acknowledge your past.

Parents who lack personal knowledge may:

- ❖ Expect their children to behave like adults;
- ❖ Fail to separate personal needs from their children's needs;
- ❖ React to children with a short fuse;
- ❖ Act out past childhood pains through their parenting.

2 SHOW YOUR LOVE

Understand that a child's perception of love includes:

- ❖ What the parent does;
- ❖ Why the child thinks the parent has done it;
- ❖ When the parent does it;
- ❖ Which option the parent chooses;
- ❖ Who benefits by what was done.

Children will feel loved if they sense you are acting with their best interest in mind. Also keep in mind, that showing affection is a powerful display of love.



3 LISTEN TO YOUR CHILDREN

Listening validates and allows children to trust in themselves.

When people are heard they grow stronger; they expand their ideas; they feel able to take emotional and verbal risks. Also, be aware of the non-verbal ways children communicate.

Make sure you have someone to talk to—someone who listens to you. Parenting can trigger one's own emotional vulnerabilities.

4 SHOW BY EXAMPLE

We are mirrors for our children and show by example. Don't expect children never to do something you occasionally do (i.e., yell, smoke, cuss).

Perfection is not the goal, but we can strive to do our best while keeping our lives in balance.

5 CREATE A FLEXIBLE STRUCTURE

For a child, a flexible structure creates a sense of independence and security. The aim is to create an environment that is structured without rigidity and stable with spontaneity.

6 MAINTAIN APPROPRIATE EXPECTATIONS

Learn what children are expected to do and know at different ages. Communicate your expectations. Encourage growth when it is the right time.



7

**PRACTICE POSITIVE
DISCIPLINE**

Children need rules. Rules give them limits in a limitless world and create emotional security. Discipline helps children integrate rules into their lives.

Make discipline about accountability, correction, and learning, not punishment.

Maintain a list of consequences and rewards for each child.

Remember that the best reward is spending one-on-one time with a parent doing what the child wants.

ALWAYS FOLLOW THROUGH
with consequences and rewards.

PRACTICE PATIENCE
when correcting a child.



For the past 11 years, I have worked with families and individuals on a broad range of issues. I assist children, adolescents, and adults in processing and healing from grief, loss, divorce, addiction, trauma, and unhealthy relationships.



I support parents in the balancing act of self and family. I help couples and families by addressing conflict with the goal of personal empowerment and choice for all involved.

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