



An acceptance &  
nurture process  
for parents

Move away from complaining, controlling, giving in and guilt in the relationships with your partner and child... and choose to be conscious of your own triggers.

**CONNECT**

to your OWN moments of  
inner conflict

**CENTRE**

on your OWN inner  
experience

**CREATE**

acceptance for YOURSELF  
& of others

The best 'present' you can give your child is to be fully in the moment - but this is only possible if you can be mindful - aware - accepting - compassionate

*(Katy has worked with families for fifteen years as parent, teacher, counselor and family therapist. Her experience supporting children with social, emotional and behavioral issues and advising parents and teachers equips her to coach these classes with caring, compassionate wisdom)*

Becoming conscious of vulnerable thoughts and feelings helps a parent understand their own reactivity. Our personality traits are often pre-set well before parenting begins and we don't have to change it, but be kind to it! Acknowledging our own flawed and complex natures allows us to be more fully available to contrasting or conflicting attributes within our child, reducing criticism, control, anger and the need to 'fix' them - managing your internal world better, you will find adaptable solutions without strain.

It is less about regulating, ruling and reassuring your child, and more about developing the tools to slow down, reflect and become aware of responses within to help yourself in moments of conflict

Experience gentle exercises and step-by-step learning that allows you the privacy of self-reflection within a supportive group environment. Feel safe - sharing is optional.

### **It follows a 5 week learning in which you**

- 1 - **Build the Foundations** of what this learning is
- 2 - **Create the bricks**, the basics of being mindful
- 3 - **Put them together**, with awareness & acceptance
- 4 - **Add the roof/shelter**, with self-kindness practices
- 5 - **Settle in get comfortable** - practicing the process

### **This course offers**

**Support** - hearing that all perspectives and personalities can be honored and adapted for better parenting

**Solutions** - on how to manage 'self' to improvement management in the home

**Strategies** - to help yourself rather than to be the helper

**Strengths** - to bring up better qualities and to moderate strengths to balance instinctual responses with wise ones

**Soothing** - to 'stay' with moments/thoughts that are hard and learn to cushion them with useful self-soothing