

A close-up photograph of a person's hand holding a child's hand. The person is wearing a light blue sweater, and the child is wearing a blue denim shirt and blue sneakers. The background is blurred, showing what appears to be a table with glasses of beer. The text "Conscious Parenting in the Pandemic and Beyond" is overlaid in a white banner across the center of the image.

# Conscious Parenting in the Pandemic and Beyond

*“The way we talk to our children becomes their inner voice.”*

- Peggy O'mara

While the external world has been immersed in a collective anxiety attack and major transformation since early 2020, our family dynamics have been undergoing similar changes and upheavals.

Many parents have been grappling with running a claustrophobic household, navigating personal relationships, keeping the kids on task with online learning, and providing some form of inspiration and entertainment; all this on top of juggling remote working responsibilities for the past (too) many months.

A few months into the lockdown many children began to experience emotional and behavioural problems.

Now as restrictions continue, even otherwise well-adapted and resilient children start acting out, becoming anxious, irritable, aggressive or withdrawn.

The purpose of this webinar is to help parents navigate these delicate times and learn skills that can help them better understand, connect to, calm and motivate their children during the pandemic and beyond.





The webinar gives an introduction into the practice of conscious parenting, and how parents' expectations, language and personal challenges could manifest as behavioural problems in children right now.

We talk about the issue with placing expectations on children rather than allowing their natural inclinations to emerge while they try make sense of their current reality.

We touch upon how your children's developing brain is getting wired and pre-disposed to future wellbeing or difficulties just by observing your daily behaviours.

We discuss the different manifestations of anxiety, and how to help children co-regulate, self-regulate, calm down and re-source themselves.

The webinar provides simple but effective tips to better bond with your children, and emphasises the 3 most essential needs they have. We explore the qualities you desire your children to display and how you can help them to develop them.

The webinar concludes with an exercise to help you look after yourself and conserve energy for what really matters to you.

# Content

- What is conscious parenting and the holographic family principle
- The child of your dreams vs. your real child: Whom are you parenting and why it matters
- The 3 most important messages for your child: What your child truly wants from you
- Childhood conditioning: How the pandemic and your specific behaviours impact your children's brain and future wellbeing
- Co-regulation: 4 clues that your children are feeling anxiety
- Helping children cope with anxiety: To dos and NOT to dos
- How to use the current circumstances to bond with children: compassion, control, boundaries, and minimalism
- Praising children: Fostering a growth vs. achievement mindset
- Modelling desirable qualities to children through parental embodiment: influencing your children through the way you speak and carry yourself
- An essential self-care practice: Weeding the inner garden and building energy reserves

