

A close-up photograph of a child's hand holding an adult's hand. The child is wearing a blue denim shirt and blue sneakers. The adult is wearing a light blue sweater. The background is a blurred outdoor setting with a paved ground and some greenery.

Conscious Parenting in the Pandemic and Beyond



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

We talk about the issue of placing expectations on children rather than allowing their natural inclinations to emerge while they try to 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 behaviors.

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 emphasizes 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 behaviors impact your children's brain and future wellbeing
- Co-regulation: 4 clues that your children are feeling anxiety
- Helping children cope with anxiety: Todos and NOT todos
- How to use the current circumstances to bond with children: compassion, control, boundaries, and minimalism
- Praising children: Fostering a growth vs. achievement mindset
- Modeling 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

