

# The Conscious Parenting Handbook Free Version



Bee  
Conscious!

365+ Conscious  
Parenting Posts, Tips,  
and Therapeutic Play  
Activities

By Jay Morgan, LPC  
Hannah Morgan, LPC

A **FREE** resource for anyone who wants to learn the art of conscious parenting— and how to escape the grip of unconscious parenting.



All the information contained in *The Conscious Parenting Handbook* is by me unless otherwise specified. My daughter Hannah has made her own contributions and has helped me with structuring the book and editing. While we would love readers to share our work :), we would frown upon anyone who would try to present our work as their work. :(

*The Conscious Parenting Handbook* (condensed version) is free to download from my website, [Jaywmorgan.com](http://Jaywmorgan.com). Or you can pay less than 15 bucks for the paperback. (The paperback has twice as many Conscious Parenting goodies!)

And, to support our efforts to expand the Conscious Parenting movement, please consider purchasing another one of my books,

*Fingerpainting in Psych Class* artfully applying science to better work with children and teens, and *the little book of sutras* spiritual snacks for those on the road less traveled. They can both be found on Amazon, Barnes and Noble, etc. See Below for a link.

LINKS>>

Fingerpainting in Psych Class:

[The Ultimate Conscious Parenting Guide](#)

the little book of sutras:

[A Spirituality primer](#)

The Conscious Parenting Handbook: [New Book!](#)

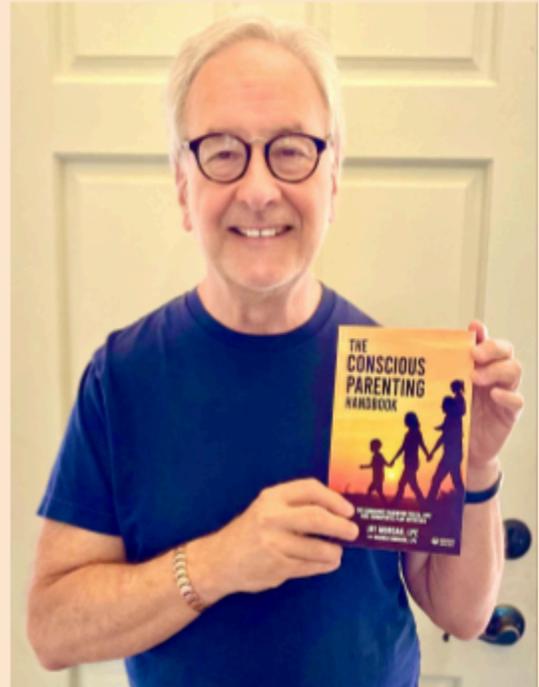
The Conscious Parenting Handbook [Audiobook](#)

## Dedication

***The Conscious Parenting Handbook* is dedicated to the reader who is ready, not only to better their parenting, but to transform it...**

## Prologue

Hi. My name is Jay Morgan. As I jokingly like to say, "All I've ever done in my life is deliver newspapers, wait tables, and help children and families." (Of course, I'm exaggerating, but not much...



Now that I'm approaching the end of my career, I want to help others by sharing what I have learned, and, more often than not, what children have taught me...

*The Conscious Parenting Handbook* has at least one Conscious Parenting post for every day of the year. But, *The Handbook* is not just a one year calendar— it's an *every year* calendar. The generic format allows the reader to go through the daily posts, again and again, no matter what year it is. And since it's a book, it's portable. As parents, we can't afford to leave Conscious Parenting on the shelf; we have to take it with us.

*The Handbook* also contains some informal case studies, pulled from my work with children, along with some compelling information on

child psychology that will bring this often underappreciated science to life. Finally, there are some fun, therapeutic activities where kids will learn, and have fun, all at the same time. So, let's get to it...

## **Conscious Parenting Versus Unconscious Parenting**

Conscious Parenting and unconscious parenting are polar opposites. Let's take a brief look at some of the key differences between the two.

Unconscious parenting is when we reflexively say, and do, the first thing that comes into our mind. It is almost always driven by feelings. These can be feelings from the past that we suppressed, or the feelings we experience in the now moment (or a combination of the two).

Unconscious parenting can also be an old, conditioned behavior pattern, or communication style, that was imposed on us when we were young (sometimes called a “psychodrama”). As parents, we then take these ingrained patterns and play them forward, bringing them into our own families, and directing them at those we love. This is, in large part, an unconscious process. Examples would include criticism, relentless teasing, labeling, sarcasm, shaming, and “not good enough” comments, just to name a few.

In contrast, Conscious Parenting is the ability to notice, in our mind, what we want to say and do, but taking the time to make sure that what we want to say and do is a good idea, to make sure it has a therapeutic value, and will do no harm. It is not an emotional reaction, or an old, ingrained style of interacting.

Conscious Parenting is always fresh and new. And, it is not arrived at solely through thinking, but through intuition, coupled with our personal knowledge, and the compassion we have for another.

Conscious Parenting is vital to the health and well-being of our children and families. It is a gift that lasts a lifetime... And the personal benefits? They are immense.

"With Conscious Parenting, children and parents grow up together." -Jay Morgan



## Love and a Hard Truth

"LOVE... LOVE... LOVE..." 🎵 🎵

The Beatles, From the song, All You Need Is Love

**Love** is the foundation and starting point. When in doubt, *love*.

But what keeps us from loving the way we want? Why do we so often fall short?

The author, Dean Koontz, once made an interesting observation. He wrote that we are all "the walking wounded."

The Walking Wounded? What?!?! That's a very uncomfortable thought! Not a great way to start a book. And a sure fire way to turn off some readers.

But other readers? They know all too well the truth of this statement. And many readers may sense the truth behind these words and be curious enough to read on...

All of us, unknowingly, accumulate emotional pain. This pain can be created by the mean words and selfish behavior of unconscious people, or we can absorb it from others throughout the day.

But, believe it or not, our compulsive thinking—our internal dialogue—generates most of our emotional pain. We don't control our thinking—in a very real way, our thinking controls us. A sad thought generates a sad feeling, an angry thought generates an angry feeling, a nervous thought generates a nervous feeling, and so on. This emotional pain then turns into a type of negative energy that becomes lodged in our psyche and keeps us psychologically closed. This is the natural result of woundedness. Then it becomes hard, if not impossible, for us to give and receive love...

The sad truth is that if we parents don't heal from our past woundedness, we will unconsciously inflict wounds on our children ("Hurt people hurt people"). Or we will simply not be all that we want to be—what we need to be—for our children.

The fix? Psychological healing and spiritual practice (See my book, [the little book of sutras](#) for more on this subject).

So, to truly love ourselves, our children, and other people, we must: **1)** create the conscious intention (or plan) to love, **2)** develop enough self-awareness and discipline to not act on harmful emotional impulses— impulses that would push us into saying and doing things that are unloving, and **3)** devote ourselves to personal growth and healing.

Oh, yes. There is one more thing. Love can originate from the egoic self, or love can be almost effortlessly channeled by the higher self.

Egoic love is great — a solid starting point. But the ultimate goal is to channel loving words and actions which are “gifts” from our higher self (If the reader’s belief system would replace “higher self” with “God,” “The Universe,” “Christ Consciousness,” that’s great!)

And, by the way, the entire Koontz quote is indeed sobering, but also uplifting:

*“We are all the walking wounded in a world that is a war zone. Everything we love will be taken from us, everything, last of all life itself. Yet everywhere I look, I find great beauty in this battlefield, and grace, and the promise of joy.”*

But I disagree with Koontz on one important point: Our real life, the essence of who we are, isn’t taken from us at the time of our death. That part is eternal and will be surrendered in death, but not destroyed. Eckhart Tolle once said that many people think the opposite of life is death. But that’s not true. Tolle points out that the opposite of death is **birth** and that Life has no opposite. Life is eternal and not subject to time and physical death. And perhaps the best part is that this energy can be accessed, tapped into, and utilized in our daily lives.

And while most people do live in a war zone—inside and outside their minds—others are opting for peace and transcendence. They are starting their inward journey and beginning to rise above the ego and escape its destructive influence...

**Now on to one full year of Conscious Parenting Daily Posts! Thanks for joining us!**

*“A Conscious Parenting post a day keeps unconscious parenting away.” - Jay Morgan*



# January

1. Infants do not know who they are. How could they? At birth, a baby is pure beingness interwoven inside a tiny body. Young children “learn” who they are by the messages they receive from parents and significant others. These messages become the building blocks for a child’s ego, or self concept. A child will literally “grow into” and become the messages we give them.

2. The most important message we can send to our child is that they are loved exactly the way they are. They don’t have to do anything to earn love, and they can’t do anything to lose it.

3. Grace is an undervalued but powerful Conscious Parenting tool. Showing grace is when a parent does not immediately give a child what they think the child deserves. Grace often creates an “Aha moment.” The child messes up but there’s no reactive punishment. Then a child is more likely to think about their behavior, see how it was maladaptive, and maybe even notice how it made another person feel. Grace is patient and loving, and a very powerful catalyst for change. And once grace is employed, a parent’s response will be more compassionate and effective.

4. Loving others is our gift. To do it right, expect nothing in return. A parent’s felt love, consciously expressed and received, helps children learn to love themselves.



**Bonus Activity:** Elizabeth Barrett Browning said, “How do I love you? Let me count the ways.” Sit down with your kids and brainstorm all the ways you show each other love. Make sure your children understand that we can do a nice thing begrudgingly (where our heart is not in it), or we can do something nice for someone as a way to show our love.

**Extra credit:** Then everybody gets to sing along with the song, “Love Train” by the O’Jays, and hopefully, everybody will get on board!)

5. Love is not like Skittles. We don’t have to be afraid we will run out. With the intention to love, there will always be love to give, and to receive.

(Caveat: Egoic love can run out as we try to make ourselves love. But love from our higher self love is more enduring.)

**Bonus Quote:** “How bold a child becomes when they are completely sure they are loved.” ~Sigmund Freud

6. Most communication is nonverbal. Send your kids some love today: a gentle touch, a hug, bouncing them on your lap, playfulness, listening and giving them your full attention... The language of love knows no bounds. Let it flow!

**Bonus Quote:** “My mother had a great deal of trouble with me, but I think she enjoyed it.” ~Mark Twain (*Translation:* If parenting is more headache than fun you're doing something wrong.)

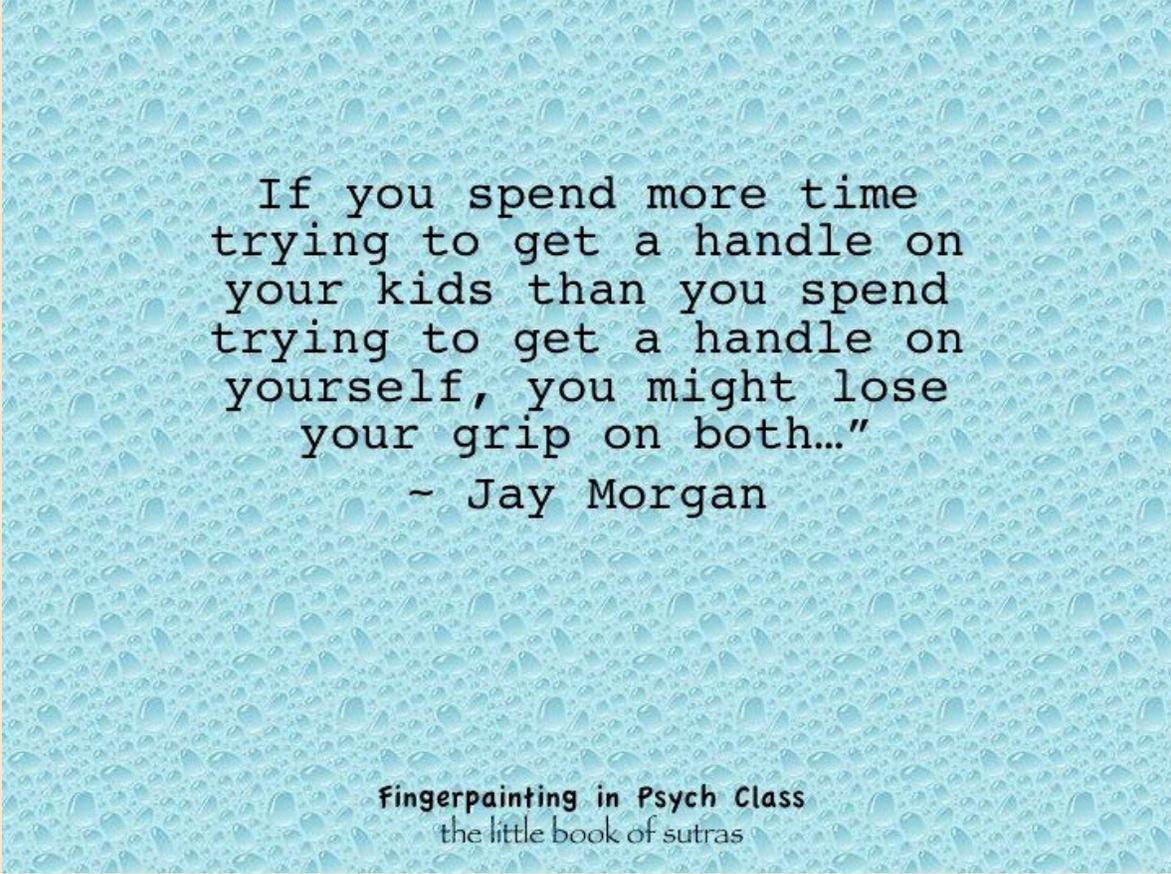
7. I am completely enamored with my children. But, if I'm not careful, I can end up wrapped around someone's little finger with their footprints up and down my back. Parents must rely on non-emotional reasoning to make sure their decisions are where they need to be. Even the love we feel for our children can sometimes be a stumbling block if we're not careful.

8. Love is the glue to any healthy relationship. When in doubt, love. Conscious Parenting is expanding on our ability to show love to our kids, regardless of how they are acting.

9. Positive attention is proactive. Negative attention is reactive. Positive attention, done consistently, often keeps behavior problems from ever arising.

10. Using negative strategies to change a child's behavior— lecturing, raising our voice, threatening, intimidation, or punishment— is like pushing a boulder uphill. And pushing a boulder uphill is the easiest of the two.

11. Once we more clearly understand our child's specific psychology, we will see them and work with them in a completely different way. Until then, parents are often just working on a child's “bad behavior” or “poor attitude.”



If you spend more time  
trying to get a handle on  
your kids than you spend  
trying to get a handle on  
yourself, you might lose  
your grip on both..."

~ Jay Morgan

Fingerprinting in Psych Class  
the little book of sutras

[Link to Fingerprinting in Psych Class](#)

12. Parents want their kids to feel their love. But how do we do that?

The four major ways to relate our felt love are: 1) **eye contact** 2) **physical touch** 3) **focused attention** and 4) **positivity**— positive feedback, encouragement, compliments, and affirming comments. Don't leave this critical responsibility to chance. Make it your intention and practice daily. Kids need to be “filled up” with a parent’s love. This translates into a positive sense of self, and later, plenty of feelings of self love, and the ability to better relate love to others.

13. If we had magic glasses that let us see the inner damage we create in our children when we are harsh and critical it would be easier to stop and to change.

14. When we are fully immersed in positive parenting—when we are fluid with noticing positive behavior, improvement, and the absence of negative behaviors—any constructive criticism we offer will be truly constructive, and helpful. And it will come from a completely different place inside us and cause little to no defensiveness and reactivity in a child.

15. We can't build a stable family without working on our own instability.

**Bonus Quote:** “Anything that irritates us about a child's behavior can lead us to a deeper understanding of ourselves.” Carl Jung

16. "Fast and Furious" may make for a good action movie, but not for a smoothly running and healthy family. Is all the busyness and hectic pace really necessary? Fast and Furious can morph into a lifestyle if we're not careful. It pushes us towards hurriedly doing things and with less attention. If we can do something quickly and efficiently, great. But we can't let this mindset creep into our interactions with our children. Busy and hectic parenting often devolves into haphazard and unconscious parenting.

17. Parents should anticipate and meet a child's needs. But then there are their “wants.”

“But I want it!” a child will say. Or, they will dig in their heels and say, “But / *don't want* to do that.”

First kids must first learn to accept “No.” Then they have to get their wants met in a healthy way. Getting a want met in an unhealthy way (through manipulating, wearing a parent down, being sneaky, etc.) leads to bad learning and negative behavior patterns. For more on this subject, see [Fingerpainting in Psych Class](#).

18. Parents will necessarily have to label behaviors as good or bad. But we have to be careful. Too many “bad behavior messages” can make a child begin to question their inherent goodness. This can lead to more, not less, negative behavior as a child begins acting out a role they feel they have been assigned.

19. A basic premise in behavioral psychology is, “Any behavior that is rewarded is more likely to reoccur.” With many children this premise has to be modified to, “Any behavior that you make a fuss over (or put energy into) is more likely to reoccur.” Put your energy into your child's positive, or improved behaviors— not their negative and unhealthy ones.

20. There is “old stuff” and “new stuff.” The “old stuff” will, not surprisingly, bring the same old results. To make a place for the “new stuff” you have to practice “not doing.” This is a regular practice of not saying or not doing the first thing that comes to our mind— intentionally not saying or doing the same old stuff. This makes room for the “new stuff” to enter our mind through intuition and creativity. The “new stuff” creates new connections, fresh ideas and novel approaches. This is the highest form of Conscious Parenting.

21. Along with compliments on specific behaviors, let's be sure to praise a perceived trend. here's an example.

**Behavior:** “I love how you're getting along with your sister right now. You're sharing and taking turns.”

**Trend:** “I have noticed you are trying harder to get along with your sister and be friends. That's so great! Thank you.”

These kinds of messages consolidate gains and help a child get to the final step of positive change—internalizing a prosocial behavior. Then they no longer need reminders or parental direction.

22. Multitasking and Conscious Parenting are like oil and water—they don't mix. Be tuned in and present with your children. For best results, try, “This one thing,” not “These five things.”

23. Saying ‘Thank You’ makes sure you never take your child's positive behavior for granted, and helps ensure a cooperative spirit settles in.

24. To have a healthy family, a parent must be ‘the boss’ (or if you prefer ‘the leader’ ). But Mom and Dad exercise their power and authority with firm and loving kindness and with no attempt to control (unless it's a very

young child refusing to take a bath or refusing to stay in the car seat. Then a child's, "I don't have to!" is met with the parent's general firmness – "Yes dear. Yes you do."). If a parent abdicates this important responsibility, a power vacuum is created. Then a strong willed child may step in and try to fill that void, becoming selfish, insensitive and demanding.

25. If your interactions with your child feel like a tug-of-war, drop the rope. If your interactions with your child feel like you're hitting your head against a wall, go around the wall and figure out a way everyone can work together. Always try to foster "the team approach."

26. Have a rousing good time with your kids! If you play with them now they'll be more likely to work with you later. This is a great (and fun) way to build a spirit of cooperation in the parent-child relationship.

*Bonus Quote: "Conscious Parenting is connecting with a child and building bridges. But Conscious Parenting is also detaching from a child's strong emotional drama to ensure love is conveyed and not lost." - Jay Morgan*

27. Parents, make it more about a child's effort and hard work... and less about achievement. Focus on what a child is learning—not just their grades.

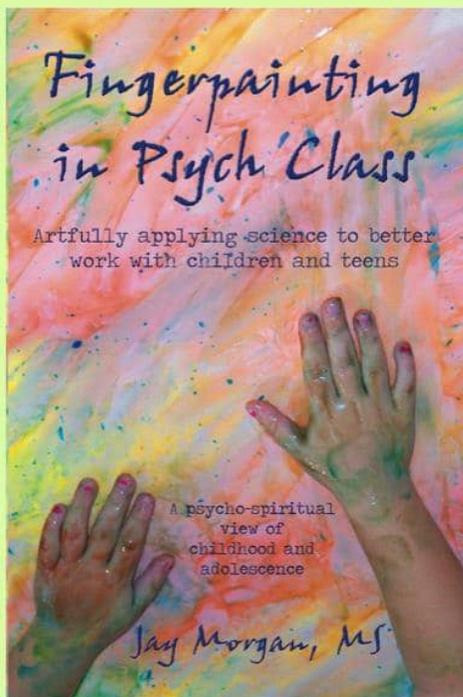
*Bonus Activity: At dinner, go around the table and give everybody a chance to say what they learned today. Make your home a culture of learning.*

28. Initiate, or better yet, join your child in, "pure learning." Help them learn something of interest where there is no grade attached. Help them see that learning can be its own reward. This one thing can make conventional school more tolerable as a child realizes that school, however imperfect, is for learning, not just making good grades.

29. Kind words and kind actions make for a kind person. Unkind words and actions pollute a person's inner, and outer world.

30. When a child thinks, “Mom is happy with my behavior,” they feel satisfaction. When a child thinks, “Mom is unhappy with my behavior but she still loves me,” they know peace.

31. When we reactively punish a child for misbehavior, a child begins to see a parent as insensitive and out of touch. In a word, *mean*. This does not help, and usually strains the parent-child relationship. Let’s do our homework. Let’s try to figure out what is driving a child’s misbehavior so we can more compassionately respond.



Now available on Amazon!

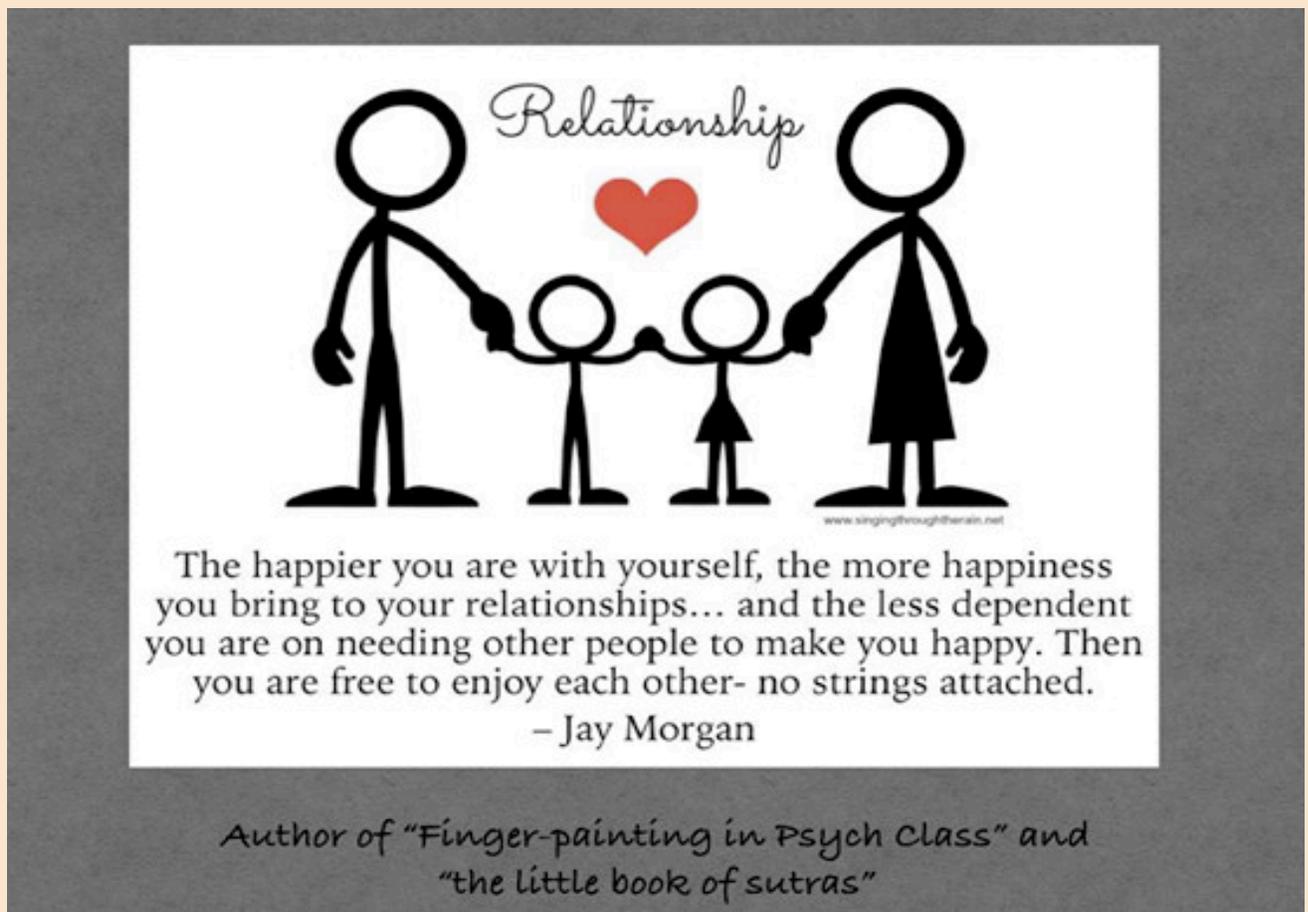
“If only we could acknowledge how far our child has come, instead of going on and on about how far they have left to go.”

- *Jay Morgan, author, therapist, and Conscious Parenting instructor*

## February

1. Have you laughed with your child today? If not, it may be time to have some fun. Adults can be so serious!
2. You have a 0% chance of changing your child—unless you use some threat or manipulation (which will likely not last, and breed resentment or fear in your child). But you have a 100% chance of influencing and shaping your child through Conscious Parenting strategies.
3. Some people get overly frustrated and upset because they haven't wholly accepted the truth that other people have viewpoints and opinions contrary to their own.
4. The #1 best way to be a better parent is to talk less and listen more. Truly listening says, "I love you" without saying anything at all.
5. Conscious Moms and Dads never gang up on their kids with criticism or scolding. Instead, they gang up on your kids with positivity and encouragement.
6. Children can make us so happy— and so crazy— sometimes in the same day... or hour for that matter. Anticipate good behavior but don't be shocked or floored when the not-so-good behavior comes. Step back. Be patient. Let strong feelings pass. Deliberate. Then act.
7. The world can be a stressful, if not cruel, place. Home needs to be a sanctuary— peaceful, so children can get their batteries recharged and be rejuvenated. How a child views their homelife is often how they will come to view the world as they grow up.

**Bonus Quote:** “When we clearly see that we cannot change our children we are challenged, and left with nothing else, but to try to change ourselves.” Adapted from a quote by Viktor Frankl



[Book Link](#)>>

8. Practice your listening skills. As you listen better, your child will talk more. As they talk more, you will better understand them. As you better understand them, you will be better able to parent them. Listen...

9. It has been said that children are the future. Build a better child and you help build a better future. Conscious parenting is a gift to your child, and humanity, that lasts a lifetime.

**Bonus Activity:** Ask your child to talk about their day in some detail. The easiest way is for them to talk about what happened first, second, third, and so on. At certain points, a parent can say, "OK. Let me see if I'm following along" and they reflect back what the child has said to that point. The child can even give the parent a letter grade on how well they are listening and how well they understand. This is a great exercise to help kids be more open with their thoughts, feelings, and experiences.

**Bonus Quote:** "Most people do not listen with the intent to understand; they listen with the intent to reply."  
~Stephen R Covey

*Note to self:*

*Sensitive kids don't hold up very well under a lot of negativity.*

*All kids are sensitive.*

*Handle- and parent- with care.*

10. Feelings that are not expressed often come out through a child's behavior. This is why feelings identification and expression exercises are so important. [See Book Link For more](#)

11. The simple truth is that you can't make a child behave just like you can't make a child misbehave. So let's focus on what we can do. Let's communicate better, let's build a spirit of cooperation, let's praise naturally occurring positive behavior, and let's sparingly implement strategic consequences, but only when positive interventions have failed.

12. Our child's misbehavior can be our 'cross to bear,' or the little so-and-so purposely giving you a hard time. Or our child's misbehavior can be an opportunity to learn, develop and perfect our Conscious Parenting skills. We get to decide.

13. Stop rushing. You can't rush Conscious Parenting. Take as much time as you need to engage in a conscious action so you can keep from engaging in an unconscious reaction.

14. The quickest and best way to end an argument is to refuse to participate.

15. "Silence is golden..." and a pretty good way to go when you don't know what to say or do. In a tense situation. Wait... Be patient ...There is usually no hurry. And if there is a hurry you will act— not from thought, but from your instincts.



[Book Link>>](#)

START HERE 16. Arguing is usually one ego bouncing off another—one ego trying to dominate another ego, or defend itself. But once you see it, you begin to rise above it.

17. Conscious Parenting is ego-less parenting. As parents notice how their ego works— how it tries to control people and situations— they pull away from their ego and its influence. *With no ego, kids have nothing to push against.* Then they will likely be more open and cooperative.

18. Do you really think a smart, strong-willed child—a child who wants to do what they want to do a heck of a lot more than they want to do what you want them to do—Do you really think that child is *not* going to test you? Really?

**Bonus Activity:** Teach your child to play chess. It's hard to find a better way to teach complex thinking. This is when a person is able to consider multiple perspectives at the same time. And chess is fun so kids have a great time in the process!

19. Regret and guilt suck. Conscious parenting is much better.

20. Do you have an edgy teen? Irritable? Reactive? Handle them—and yourself—with care. Be pleasant and gracious. Don't take their comments personally. They are suffering from the multi-symptom, serious, but never fatal, malady called “Adolescence”. Be the one to smooth the edge off of their edginess.

21. So my five year old nephew got in the car after school and told his grandfather he only got two stars that day (four stars were possible). Grandfather asked what happened and my nephew said the teacher “never watched me when I was being good.” LOL. But it's true. We see our kids' behavior problems with 20/20 vision but so many times miss when they are “being good.” Welcome to the art of Conscious Parenting!

22. Helping kids works best when help is offered, not pressed upon; when we acknowledge that a child can accept our help... or they can reject it.

When a child feels no pressure (no effort to control) from a parent, they are open and more likely to accept the help that is being offered.

23. Hugging is a good thing. But what if you weren't hugged that much when you were a child? Then it might not occur to you to hug, or to be affectionate. To change, you first have to create a conscious intent, or plan ("I will be affectionate by hugging"). Then practice, practice, practice on the ones you love.

24. Power seeks to control. Love seeks to benevolently influence.

25: When a parent is harsh, yells, or talks down to a child, the child will likely see them as a powerful authority figure... just not a credible and approachable one.

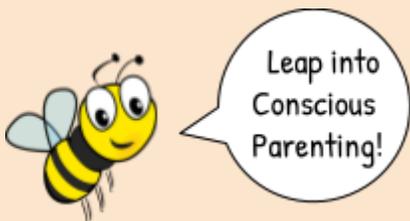
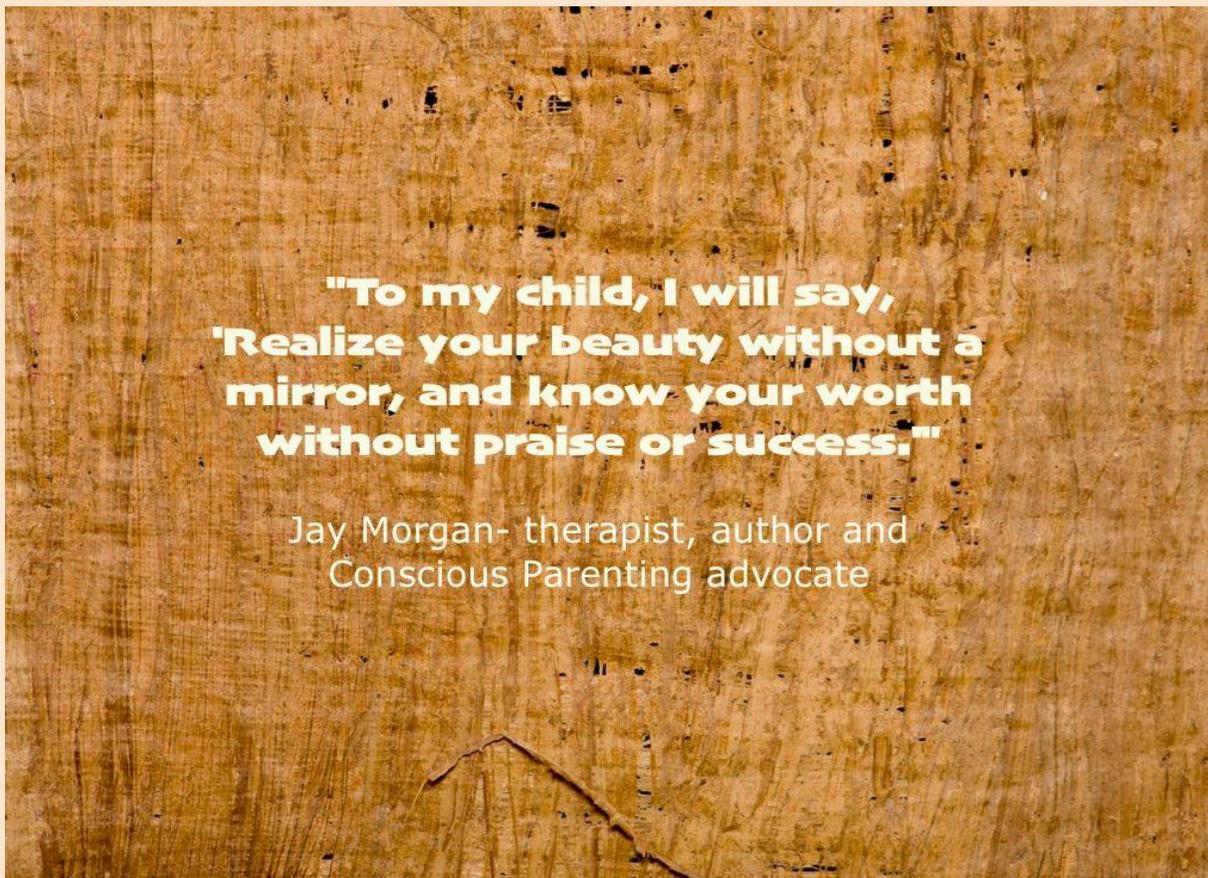
**Bonus Quote:** "The single greatest talent a therapist can possess is the capacity to be simultaneously both involved and detached. It is not, however, a talent to be developed just by a therapist; it is a capacity that must be developed by anyone who desires to be a healing presence in the world." Scott Peck

Buddhists refer to this as the ability to "cry with one eye." What a great way to describe empathy! This allows our interactions to be nurturing and healing without us getting caught up in the ego and the emotional pain of another.

26. While we're doing the work to consciously raise our children, our children transform us. The entire process strips away what is no longer necessary, and pushes us to grow up in all the many ways available to us.

27. Not letting kids help because they are "too young," or it will "just take even longer," or "It's easier to do it myself" is almost always a missed opportunity to build a spirit of giving and cooperation in the parent-child relationship. Let kids help.

28. Some parents want to rush the parenting process. They want their child to stop lying, stop aggravating their sister, and stop leaving their bicycle in the driveway. And parents want their child to start doing their homework, start feeding the dog, and start following directions. But rushing the parenting process is like trying to get a cake to bake faster: if you turn up the heat, you'll burn it. Parenting is an art. You consciously take advantage of opportunities as they present. You just can't force it and do any real good.



29. A lot of teenagers reactively see work or chores as something to be avoided. If this is the case, you might try saying something like this: "Hey Ellen. It's easy to look at folding clothes, helping your little brother, or cleaning the kitchen

as bad. But you can also look at these tasks in a different way. You can step back and see them as special ways to help family members— to make things a little easier for everyone. And when you consider this viewpoint, something inside of you gets tender and sensitive. Then, you begin to see a request we make of you as an opportunity to help, serve and learn a new skill— a skill you will likely value, now, and later in life.

## MARCH

1. It's impossible for a young child, who has no notion yet of who they are, to grow up feeling good about themselves if they receive a lot of criticism and negativity. It is, however, likely for a young child, who has no notion yet of who they are, to grow up feeling good about themselves if they receive a lot of encouragement and positivity.

2. The Conscious Parenting secret weapon: Praise and express appreciation for even small efforts a child makes. And do not criticize or discourage. If you are building a fire you certainly don't douse it with water; You slowly feed it with kindlin. The same goes for helping children. If you want to help a child build a positive behavior pattern, you don't want to “douse it” with criticism and negativity. You want to feed it with encouragement and positivity.

3. Are we more interested in good behavior from our child? Or are we more interested in a good relationship? If our efforts are to maintain a close and healthy relationship, behavior problems will be few.

4. Sometimes parents get so worried and upset over a child's negative behavior (or emotional issue), there is more focus and talk about what's wrong with the child than what's right. This can quickly make a bad situation even worse. Remember, *whatever we put energy into is strengthened*. So let's remember to put our energy into naturally occurring positive behavior, and let's reframe a negative behavior as an improvement over some time in the past.

5. A child's misbehavior can push us into more unconsciousness... or, with patience and understanding, it will propel us into greater consciousness and personal growth.

6. Children will hurt our feelings and make us angry. But, at these times, if we can extend kindness and love through our words and actions, hard feelings will soften and not build up. This will then initiate the forgiveness process and make it easier to deal with a child patiently and with compassion.

7. If we don't make a conscious plan to stay close to a child or partner, we will likely drift apart. Conflicted feelings and a lack of forgiveness can sabotage any relationship. A healthy relationship, therefore, has to be consciously developed and consciously maintained.

8. "My child is so stubborn! He fights with me all the time! He'll never amount to anything!" Or with more conscious awareness, "My child is so stubborn! It won't be easy, but if we do this right, our child will go far and do great things!" Same child. Different perspective.

9. Sometimes kids close down. They pull away from a parent, and stop confiding in them. I teach children that feelings have a small weight to them. Ignoring their feelings and never sharing them will cause them to "stack up" and accumulate. Then feelings build up on the inside and begin to weigh a child down. This is when emotional problems can occur — exaggerated expressions of anger, sadness, or fear, or a change in their mood. These accumulated feelings can even affect a child's attitude and behavior. Talking about feelings is usually the first way kids learn to release their feelings and keep things "light" on the inside.



feel in your body. If you can wait and ***allow it to be there*** you can disengage and respond consciously— and not react unconsciously

11. Some kids are born with a strong willed temperament. These children have extra work to do. They have to learn to use their strong will to do what their parents want them to do, not what they may selfishly want to do. To the degree a child is successful, they free themselves of unhealthy selfishness, and their strong will becomes one of their greatest assets. To the degree they are unsuccessful, unhealthy selfishness settles in and their strong will can become one of their greatest liabilities.

12. Parents should anticipate and meet a child's needs. But then there are their “wants.” “I *want* this!” a child will say, or “I *don't want* to do that!”

Kids must learn to accept “No” and get their “wants” met in a healthy way. Getting a “want” met in an unhealthy way (manipulating, wearing a parent down, being sneaky, etc.) leads to bad learning and the development of negative behavior patterns.

**Bonus Activity:** (for hyperactive or impulsive children): Sit down and play blocks, Legos, or some other quiet seat activity where attention to detail is important. Then watch for opportunities to say things like, “You are being so still, for so long!” or “You look like you’re planning ahead now.” or “You don’t give up! You keep trying to get it just the way you want it.” or “You’re going slow and being careful now.” or “Your planning skills paid off. It’s very nice!” Behold! The power of positivity!

13. What happens when we try to **make** a child do something?

When we try to make a child do something, we can create a power struggle.

“You WILL clean your room! Today!” Sounds strong, right? No nonsense.

The only problem is that it is unenforceable! No parent can MAKE a child clean their room. And kids know that...Strong willed kids can have a field day when parents slip into the “illusion of control.”

As difficult as it may be, a parent must consciously **honor** a child’s free will to follow directions, and yes, to not follow directions. Let your focus be on building a spirit of cooperation between you and your child.

14: Sure, it would be easier if your child would just be quiet and do what you say... But then you wouldn’t have a child— you’d have a robot.

**Bonus Quote:** “Your child is not attention seeking. Your child is *attachment* seeking”

-- Dr. Vanessa Lapointe

Interesting quote. Kids will sometimes try to establish a negative attachment through their misbehavior. At these times, they are after

negative attention, not positive, So parents must consciously form positive attachments by conveying love, and through strategic positive cuing.

15: Maybe parents try too hard to make a child feel they are important (self esteem) instead of helping them understand, discover, and experience their own innate importance, which can only come through spiritual understanding and practice (meditation, yoga, inner body work, etc).

**Bonus Quote:** “Too often adults give kids answers to remember rather than problems to solve.” ~ Unknown

Conscious Parenting allows you to deliver information so a child can see the “answer” for themselves. With practice, we can give them just enough information so they can discover their best course of action for themselves.

16. The healthiest relationships contain spaciousness so each person has room to grow; it has love so emotional closeness is maintained, and there is respect so each person feels free to be themselves.

17. Don't be stingy with your “Thank you's.” This is one of the simplest ways to build cooperation in a parent-child relationship.

18: Children need to consistently receive the message, “I like you just the way you are.” Then a child will be secure in the parent-child relationship and come closer to discovering their authentic self— and not grow into the self they think their parents want them to be...

19. Raising your conscious awareness puts more healthiness in you so you can put more healthiness in your child.

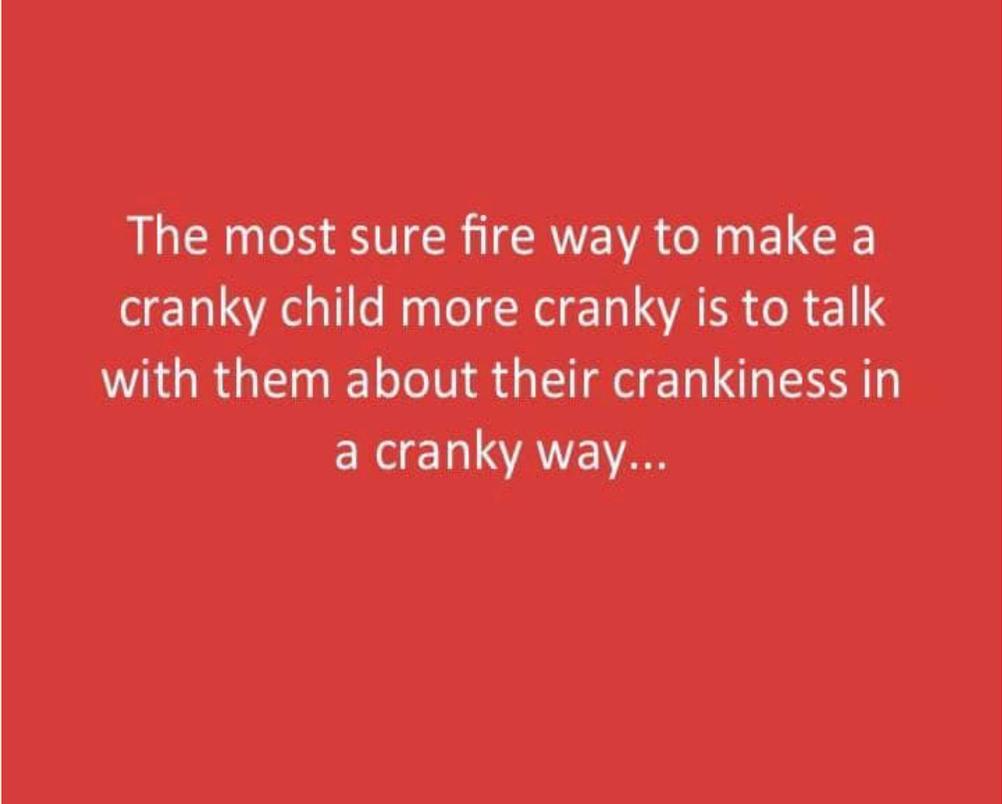
**Bonus Quote:** “ When you create a problem, you create pain. All it takes is a simple choice, a simple decision: No matter what happens, I will create no more pain for myself. I will create no more problems.” – Eckhart Tolle

Most pain comes from thinking about a past or future event. When you practice present moment awareness, all of that breaks down and sanity returns.

20. It would be nice if parenting was like cooking a microwave dinner. You talk with your child for 90 seconds and it's done. Your child is changed!

But Conscious Parenting is hardly ever like that. It's more like ultra-slow, low heat cooking. Get ready to take your time... Observe your child. Deliberate. Then you can take full advantage of each opportunity as it arises.

21. We work to consciously become the kind of person (and parent!) we decide to be— or Life's hardships, in conjunction with our unconscious mind, will dictate the kind of person we become.



The most sure fire way to make a cranky child more cranky is to talk with them about their crankiness in a cranky way...

[artfully applying science to better work with kids link](#)

22. Kids tend to be egocentric and self absorbed...

Parents help a child be more thoughtful by noticing and commenting on their small attempts at thoughtfulness— not by going on and on about their perceived **thoughtlessness**.

And parents help a child be more sensitive to the feelings of others by noticing their small attempts at being sensitive— not by going on and on about their perceived **insensitivity**.

23. It's automatic. We immediately notice when our child overreacts— crying when something small doesn't go their way or when they get fighting mad when a parent feels the need to say “No.” But when we focus on the overreactions, we feel frustrated when they don't go away... and become very concerned when they begin to get worse. It's much more challenging, but infinitely more helpful, to notice a child when they are not overreacting. Consciously making this the focus of our attention has tremendous therapeutic benefit and is a powerful catalyst for positive and lasting change.

24. A little time alone makes the time with the little ones a little easier.

25. As parents, we must train ourselves to notice our childrens' “naturally occurring positive behaviors” and make a big deal out of them.

My word picture for this is an pre-toddler learning to stand up. I remember my daughter pulling up on a table and trying to get her legs underneath her. Everyone in the room would stop what they were doing, smile, and cheer: "Hooray! Hannah's standing up!" Hannah would literally beam.

We want to provide a lot of positive energy even for small things. This draws children away from any secondary gain they may be getting from their negative behavior.

At the same time we have to learn to come at negative behaviors— problem behaviors— with little to no energy. And we want to use as few words as possible. A parent might even want to rehearse or come up with

a pat phrase so not too much emotion goes into it. ("You know it's not OK to push your sister. Why don't you go sit on your bed and think about what you should do next.")

26. Wu Wei is a Taoist term that means one's actions spring forth effortlessly from the natural flow of life. With Wu Wei, decisions are arrived at (or, more accurately, come to us) through stillness and silence. There is no strain or deliberation. And these decisions are only there when we need them— a perfect response to the situation at hand. After a Wu Wei response, a person might scratch their head and think, "Now where did that come from?" These responses are not of the ego. They are gifts from the higher self.

**Bonus Quote:** "Behind every child who believes in themselves is a parent who believed in them first" -- Matthew L Jacobson (adapted)

27. Balance. Always balance...

In the morning, we wake up and reach for the alarm.

Then breakfast. Then we reach for our toothbrush, clothes and our car keys as we rush out the door.

We interact with others. We do work. We shop. We pick up lunch.

And so it goes until evening... and then it is all repeated the next day.

Where's the balance? We interact with the outer world (often frantically) but we disregard our inner world.

Be still... Be silent... Look inward.. Rediscover balance.

28. Kids have to be taught what is right and what is wrong. But after that many parents, reactively, tell their child what they like about their behavior, and what they don't like about their behavior.

And on the surface, this sounds okay. But many times this can push a child into trying to be the child they think their parents want them to be. This is a very subtle process that happens even with the best of intentions.

Then children find themselves trapped on an imaginary treadmill of trying to please their parents– doing the things their parents like, while trying not to do the behaviors they know their parents don't like.

Kids then try to grow into their parent's projection of them and in the process cave into parental pressure. Or, some kids get mad and rebel, refusing to give up their free will and cooperate in this process. But these kids then struggle alone trying to discover who they are, but often in unhealthy and self defeating ways.

29. When a parent nags, scolds, and lectures, it irritates children. It also says, "You need me to be over involved, supervise you constantly, and spell things out for you." When a parent takes the time to say what needs to be said simply, a child is more likely to listen. It approach also says, "You're smart. You know what I am talking about. You've got this."

30. Affirm your child's thoughts and feelings. Don't automatically challenge or discount them, or try to convince your child they are wrong to think or feel a certain way... Remember you are talking to a unique, one of a kind, little person... not an extension of yourself.

Bonus Activity: Take 5 minutes to be still and silent. Notice what you would have said or done if you had not been doing the exercise. With practice you are then more likely to notice the unconscious words and actions you would have said or done when your child (or partner) says something that is unexpected and creates strong emotion.

At these tense times you can bet that the first thing you want to say or do is the "old stuff." But with this simple exercise, you can ward off unconscious reactions and learn to plug in a conscious response instead.

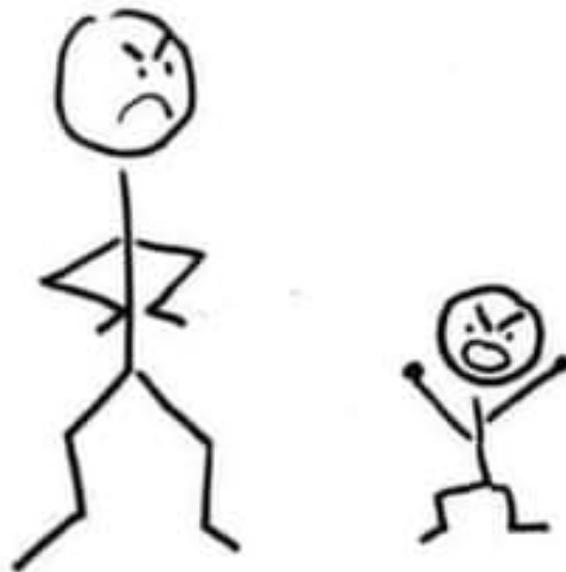
31. Our greatest contribution may not be something we do, but someone we raise.

- Stacey Westfall

# APRIL

1. When you're always trying to "keep your child in line," the unspoken message is that you don't believe your child can make good decisions for him or herself.

2. When a parent tries to impose their will on a child, they are seeing their child more as an extension of themselves, not as a smaller human being with free will. Children have free will to listen and cooperate and they have free will to NOT listen and NOT cooperate. Don't attempt the impossible! Instead, focus on connection, positivity, relating felt love, and building a spirit of cooperation.



As long as a parent thinks that their child must talk to them more respectfully than they talk to their child, all is lost.

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**The Illusion Of Control.** Imagine you and your teenager are visiting the Grand Canyon. In this hypothetical situation, you are tied to a tree while your teenager is wearing a blindfold, walking around, shaky and disoriented. What is it that will keep your teenager from walking off the side of the cliff? You can't grab them (or physically control them) so all you have is: 1) the quality of your communication and, 2) the trust that you have built up with him over time. Try to work on these two things— ideally before they become teenagers...

3. Your psychological state, attitude, and behavior say, “I’m open and available” or “I’m busy and preoccupied.” Be open and available.

4. When a parent harshly reacts to a child's belligerence or misbehavior, the child will automatically project and focus on the inappropriateness of the parent’s behavior... and no longer focus on the inappropriateness of their own.

5. When a parent’s approach becomes harsh and negative, children close down to what they sense as a threat. Then they will no longer take in and benefit from even positive and potentially helpful information a parent tries to share. In short, they become a closed system— either afraid or angry and resentful.

6. Unconsciously scolding a child might make them feel inadequate and inferior. And what parent would consciously want to make their child feel inadequate and inferior?

7. Be sure to comment on a child's behavior when it is good. And make sure to convey love when it isn’t.

Bonus Quote: Every time you are tempted to react in the same old way, ask yourself if you want to be a prisoner of the past or a pioneer of the future.

~ Deepak Chopra

Conscious parents break away from old, conditioned, reactive patterns so we are pioneers of the future, working to build healthier and more conscious families.

8. You find calmness within yourself, not in the middle of a domestic drama.

9. Love that is not felt means little. Love that is related inconsistently– or marred by anger and harshness– might make a child question where they stand in the parent-child relationship.

10. What have you done today to make your children feel that you are all on the same team? Work to build a spirit of cooperation daily. Don't leave this important Conscious Parenting strategy to chance. Be watchful. Every chance you get, look for opportunities to say, “Thanks for working with me on that!”

**Brain teaser:**  
If a child consistently heard a parent say, "That was a good decision!" 3 times a day, how many days would it take for that child to become a good decision maker?



11. Every time we love, connect and empathize with our child, their brain and body gets flooded with feel-good hormones. Imagine this building or strengthening millions of neural pathways in your child's brain, soothing them, and making it easier for them to regulate their emotions, empathize, create, and make well thought out decisions.

12. The love we have for our children is the best motivator, pushing us to parent them better and more consciously.

13. The more positive we are with our children, the less negative their behavior will be. Give what you want to get.

The exception is when parents try to be positive with kids, but their negativity is still there— just enough to keep old, maladaptive behavior patterns in place.

14. Many people like to go window-shopping. This is when we take a casual look around the mall making reactive comments: “Oh, look at those pants! They are so cool!” Or, “Look at that dress! It’s hideous!”

If we are not careful, “window-shopping parenting” will creep into our relationship with our children. This is when a parent unconsciously tells a child what they like about their behavior, but also, with just as much enthusiasm, or more, they tell their kids all about the behaviors they don’t like. This can put them on the imaginary treadmill of trying to please parents, or fill them with anger and resentment.

15. Today- right now- this moment. This is the only time you will have with your children. Make it count!

16. Positive comments generate positive feelings in our children while negative comments generate negative feelings. It's just about that simple.

And one of the most positive feelings we can generate in our children is the feeling of love.

When we create the intention (or plan) to love, what we say and do will be filled with and enveloped in love. This becomes our gift— a gift that will be received and embraced by our children. This is how we take our felt love and instill love into our children.

17. To a child, overcorrection and reactive criticism is like poking them with a sharp stick. Ouch!

Noticing a child's positive behavior (along with noticing the *absence of negative behavior*) is a much better way to go.

> "You cleaned your room with less of a negative attitude. I bet that felt better than cleaning your room in an angry way like last week."

> "We've all been up for a couple of hours. We've had breakfast and watched some TV and no one has aggravated or gotten into an argument. I could get used to this!"

18. We soothe an angry or upset child with our own inner calmness. Our inner calmness must come first, before we say or do anything. If we start to talk or act when we are upset, our words and actions can easily upset things further.

19. Raising kids can evoke fear.

Parents think, "What if my child keeps doing this? Or, "What if my child never learns to do that? What will become of him?!?!"

Fear is understandable but ultimately becomes a psychological barrier to Conscious Parenting. If a parent is afraid, fear will be expressed, consciously and unconsciously, through their words and actions. Then you have a child who is not all that confident that he can change or reach some desired goal. And he may begin to realize that his parents are not that confident in him either...

20. No one will have more influence on your child than you.



Stubborn kids,  
well-parented,  
are the leaders  
of tomorrow...

[It's not just better parenting. It's Conscious Parenting Link>](#)

21. Parents must somehow generate faith and verbalize belief in a child, ideally pointing out past successes or times when a child worked hard, did not give up, and persevered. Parents relate confidence that a child has learned a lesson, can change a maladaptive behavior pattern, or can reach a desired goal. In short, we must be our child's confidence until they have developed their own.

Bonus Quote: “The moment you expect something, it's business, not love.” ~Swami Parthasarathy

“In the Conscious Parenting business, we give our child the gift of unconditional love... no strings attached.” ~ Jay Morgan

Love will lead, or our reactive thoughts and feelings will. Let love lead!

22. Are you interested in what's right for your child? Or, are you more interested in what YOU think is right for your child?

Being interested in what's right for your child is being “child focused,” and it is likely to lead to a satisfactory course of action. Being interested in what you think is right for your child is “parent focused.” This is seeing your child through the screen of your own mental expectations and is likely to lead to a course of action that is unsatisfactory because a child's viewpoint is not consciously considered.

A parent’s message is then, “You need to become what I think you should become. I know better than you who you are and how best to live your life.”

23. When we envelop a child's angry reaction with love and acceptance, our child’s anger will more quickly run its course, and begin to melt away. This is a psycho-spiritual exercise that always takes us beyond the ego.

♪ “That’s the Power of Love.” ♪ Huey Lewis and the News

24. When it comes to helping a child feel loved, one minute of undivided attention is better than one hour of scattered attention.

25. Self-compassion is better than self-love.

Self compassion is loving one’s self, but also being patient and understanding with one’s self— with our weaknesses and blindspots. It's forgiving one’s self each and every time we fall short. Self compassion helps us learn something new, something better. It allows us to push forward in a gentle way and never give up.

26. What parents say to a child and how they say it not only “registers” but strongly influences and directly impacts how a child begins to see herself. The younger the child, the stronger this tendency is present.

27. When a loved one emotionally hurts us, resisting the reactive impulse to hurt them back is conscious self control at its best. Extending grace, kindness and love at these difficult times is person changing, situation changing, and relationship changing.

28. For many people, critical thinking becomes their way of viewing others. Critical people usually want to help (or sometimes “straighten someone out”), but they mistakenly believe their criticism will “open another person's eyes” and help them to “see the error of their ways.” In actuality, criticism— especially harsh criticism— only makes another person feel attacked, so they withdraw, defend themselves, or attack back. **The Fix:** Stop using unbridled criticism and negativity and focus on the positive, the good, and the improved in other people.

29. One reason parents never realize the power of positive parenting is they continue to make reactive negative statements. They like one behavior but they strongly dislike another. This dilutes and negates the power of previously made positive comments. A child may then continue to chase after a parent’s praise, or they settle for the devious satisfaction of creating negative dramas. Then the parent remains confused and frustrated. And the child never makes the shift to getting their emotional needs met through a parent's loving and affirming positive attention.

30. Adversity in a relationship is unavoidable.

If you deal with it reactively, adversity will in all likelihood create hard feelings, pull you and another person apart, and damage the relationship. Or, if you address it consciously, adversity can be a catalyst for personal growth. It can help you transcend the ego and guide you to employ strategies that have the potential to pull you, and another person, closer than ever before.

**Bonus Quote:** The smoothest stones are found in the fastest moving part of the brook.

— Zen proverb

Friction can smooth things out if we don't allow it to tear things apart. – Jay Morgan

## May

1. If something keeps making you mad hours after an event, you are mentally revisiting it and keeping it alive in your mind. Divert your attention. Drop it. Come back to the Now moment. With no angry thinking, anger evaporates quickly.

2. Kids behave in an egocentric manner so parents can't afford to.

3. Just because you think it... and just because you feel it... doesn't mean it needs to be said. Words are more powerful than we know.

4. You can try to change a family member or you can try to love them more perfectly. An atmosphere of love and acceptance creates the perfect environment for self exploration and growth.

5. If we are going to be conscious parents, we have to give up the felt need to reactively punish our children when they anger or upset us.

6. Speak to children in love— with love behind your words. This actually has a chance of working.

7. Children who were raised by very unconscious parents have more difficulty learning and practicing being a conscious parent to their children. But often, they are the most motivated to do so...

At first, unconscious parenting is the norm. Then we wake up... We see and hear the automatic-ness of our reactive responses. We see and hear the same old verbal exchanges repeated between family members. We become determined to stop the old and reach out for something new. We

begin to pull free. We carefully choose our words. Our actions are more calculated. We become a true force for good.

8. Say what you mean, but don't say it mean. Conscious parents try to talk in a way that helps... and not in a way that hurts a child, strains the relationship, or makes a situation worse.

9. One reason parents get mad so easily is that we unconsciously presume a child has the same thoughts, feelings, attitudes, and beliefs that we have.

When it becomes obvious that they don't, some parents reactively try to convert a child to their viewpoint before they have done the work of fully understanding their child's viewpoint.

10: Just because we see critically— which helps us identify a potential problem— doesn't mean we have to speak critically.

Bonus quote: “You must love in such a way that the other person feels free.” ~Thich Nhat Hanh

This describes love of the higher self. Anything else is egoic love, full of personal projections and expectations.

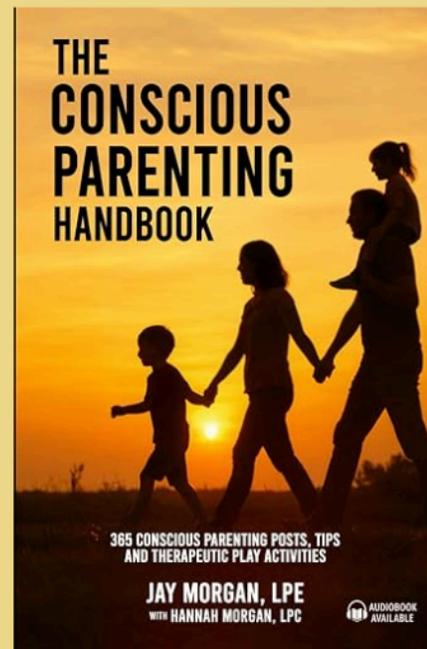
11: Words are powerful! Our words and tone can push a child away— hurt, scare, or anger them— or draw them into an adversarial relationship. But our words and tone can also draw a child into a cooperative relationship, characterized by love and mutual respect. For this reason, conscious parents make their communication count, using their words carefully, strategically, and with self-control.

12. Trying to orchestrate outer peace before we achieve a certain degree of inner peace won't work. When we are peaceful, we emanate calm. When we are agitated but try to appear peaceful, it is something, but usually not enough. Either a person will draw us into their agitation or we will draw them into our peace.

**A Conscious post for  
every day of the year,  
and more...**

**Here's May 4th:**

**“You can try to change a  
family member, or you can try to  
love them more perfectly.  
An atmosphere of love and  
acceptance creates a perfect  
environment for self-exploration  
and growth.”**



**NOW AVAILABLE!**

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13. When we are so immersed in the Now moment... When the past and the future no longer have any significant influence on what we say and do with our child, we have arrived. Welcome to Conscious Parenting!

14. If we want to raise free thinkers and non-conformist— adults who are in a position to “shake things up” and make a positive difference in the world— we have to quit becoming enraged or freaking out when our child disagrees, challenges us, and refuses to blindly obey and conform to our wishes.

**Bonus Quote:** “Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.” ~ e.e. cummings

15. “I can talk to you anyway I want! I'm your parent!” said the unconscious parent. But here's a newsflash: Your child can talk to you anyway he wants to. Don't give kids an excuse to be disrespectful.

16. When your strong-willed child is fighting you but eventually complies, why not say, “Hey, we are not there yet. You just gave me a very hard time, but then something changed in your mind and you decided to work with me. That's exciting! It's challenging for you to cooperate but so important. Thanks for working on that!”

17. Don't think, “Punish them!” Think, “Understand, and help them.”

18. You get to decide how you will touch your child's life– today, and every day.

19. When our child is upset and hurting, we reflexively soothe and comfort them. But when our child is upset and angry, we punish them? No. Anger is also a kind of hurt. Try to soothe and comfort an angry child too.

**Bonus Quote:** “Anger is sadness’ bodyguard.” – Unknown

When a child is angry, sometimes they feel more comfortable being mad than sad. Once a child’s anger has passed, why not ask them if something was making them angry... and sad. This question can educate and maybe get to the heart of the matter.

20. If you don't give your child some latitude to express herself, don't be surprised if they shut down and talk to you less. Or, they might become more frustrated and even more belligerent in an attempt to be heard, and to get their point across.



21. When you introduce a moment of quietness before you say and do something, new ideas can emerge.

Until you introduce a moment of quietness before you say and do something, it will always be the same old thing. Give pause...

22. Black and white statements are toxic to a child's developing self image.

(“You’re always making a mess!” “You never finish the whole job!” “Why do you always hit your sister?!?!”) These messages, and the associated energy behind these remarks, pollute a child's developing ego, potentially shaping her in a negative way.

23. Every time you slow down and get off cruise control; every time you pause to make sure what you say and do has some therapeutic value; every time you intentionally convey love to your child, you are being a

conscious parent. It doesn't happen all at once, but it does happen. Just stick with it!

24. A dad told his 12-year-old daughter, Bella, to go clean her room. Bella rolled her eyes, mumbled something disrespectful, and kicked at the floor as she headed back to her room. Every fiber of Dad's being wanted to say, "Just lose the attitude and do what I said!"

But fortunately, he didn't. Instead, he called Bella back. Bella turned angrily and continued kicking at the floor. Her whole demeanor said, "Now what?!?!"

Dad calmly said, "Bella, I'm proud of you. You don't like to clean your room and it's a real mess, but right away you started heading to your room to clean it. You don't feel like it. You don't want to clean it, but it looks like you're going to clean it anyway. That's great! It makes me sure that you're going to have the inner strength you need to tackle other tough or undesirable tasks in life." Bella stopped huffing and puffing and went to her room and did a great job.

For best results, when there is a negative behavior, step back, emotionally disengage, and design a reframe.

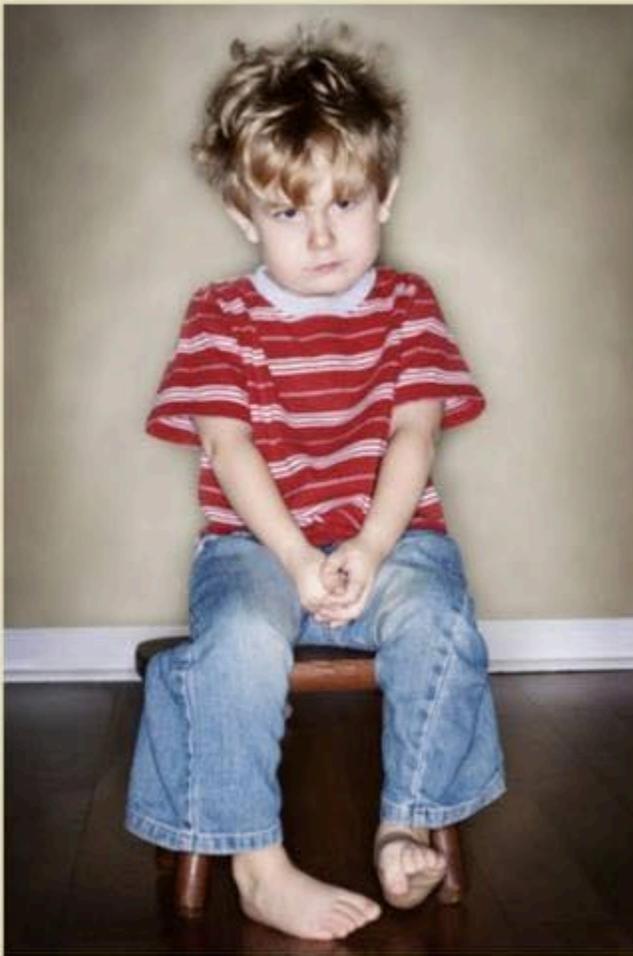
25. Your child does not have to confide in you. Some kids are naturally private people and prefer to keep things to themselves. Others withhold information when Mom and Dad start playing "20 Questions," grilling them for information. And this usually occurs when a child is in trouble or a parent feels he is withdrawing from family members.

Instead, try this: When a child talks to you; when they spontaneously share something no matter how mundane, say something like, "Thanks for sharing that with me."

And sometimes, you might add, "Knowing more about your personal life helps me to feel closer to you and be a better parent." Your child will do the rest.

26: Your child's stubbornness is not the problem. It's your child's "misdirected stubbornness" that causes all the problems. This is when a child stubbornly, and selfishly, goes after what they want without regard for other peoples' feelings, or what is really best for the situation.

27. Conscious parenting isn't just a parenting tool. It's a child changing, parent changing, life changing experience.



**“Parents rely on discipline too strongly, go to discipline too quickly, and employ discipline too harshly. They then wonder why their child isn’t changing or why he seems to be getting worse.**

**Instead, rely on conveying love and positivity. Go to it quickly and employ it with conscious intent.”**

**-Jay Morgan**

Fingerprinting in Psych Class

[Top Shelf Parenting Link>>](#)

28. A daughter (We'll call her Eve) came home from college for the weekend. She started telling her mom and dad about the changes she felt she needed to make: more exercise, working more efficiently, and trying to

get her days and nights back the way they're supposed to be. Eve's dad almost reactively said, "...and you could also do this, and this, and this." But, thankfully, he stopped himself. Dad realized a comment like that would be very discouraging and would probably anger her, perhaps making her think that Dad thought she wasn't doing all that well at college. (Her GPA at the time was 3.8) Instead Dad was able to enthusiastically say, "Those are great ideas!"

This illustrates an important principle of Conscious Parenting: The first thing you want to say is often the last thing you need to say.

29. When you look at a child's problem behavior and address it in a positive and encouraging way, a child will be more likely to look at life's problems and challenges in a positive and encouraging way too.

**Bonus quote:** it is not enough to love your children. It is necessary that they are aware that they are loved. ~ Saint John Bosco

30. If I took one step forward and then one step backward, I would go nowhere. I'm afraid that parenting works the same way.

If we give our child one positive comment for every negative comment, our parenting is balanced but I'm helping my child go nowhere. This is why parents need to be so cautious when they feel the need to give a child negative feedback. Reframing the less than stellar behavior as an improvement over a time's past is much more helpful.

31. Kids will raise their voice and be disrespectful.

That's because kids have strong feelings and haven't learned how to manage them yet.

And kids are egocentric and selfish so they say and do things without enough sensitivity.

And kids want what they want— not what we want for them. And they don't mind battling to get their way no matter who might get hurt.

Plus kids don't understand and clearly see how yelling and disrespect damages relationships.

But as adults and parents, what's our excuse?

**Bonus Quote:** The first half of life is devoted to forming a healthy ego. The second half of life is transcending the ego and escaping from its control. - Carl Jung (paraphrased)

## June

1. Have a conflict? A disagreement? Now you get to teach your child how you want them to resolve their personal conflicts and disagreements. Kids: They're always watching. 🙄
2. A child who feels appreciated will usually do more than what is expected. And a child who feels unappreciated, won't.
3. As you become a more conscious parent, the problems don't go away. You just start dealing with them in a better and more conscious way.
4. Mistreating a child is always a reflection on the adult. But often a child personalizes the parent's harshness and begins to think something is wrong with them. They may even begin to think they are "bad," "deserved it," or they are unworthy of love.
5. We will never draw a child into a cooperative relationship by going on and on about how uncooperative they are.
6. A child's behavior might initially be annoying. But it doesn't have to stay that way. Step back, and observe...  
Now what do you see? A little boy tapping his pencil instead of doing his homework. A little girl playing with her dolls instead of cleaning her room. A little boy tracking mud into the house once again. In short you have a kid being a kid.  
OK. Now you're ready. No emotional reactivity required. 😊
7. We always have to start from here and now — not from there and later.

8. When a parent devotes him or herself to personal growth and improvement, the whole family benefits.

9. Mindful parenting guards against mindless parenting, where we unconsciously hurt our children, and sabotage the parent-child relationship.

10. Kids will be wounded by unconscious people. The prevention and cure is the same: love them well.

11. Unconscious parents demand respect. "I am the parent! You will respect me!

Conscious parents command respect. They carry out their authority with compassionate firmness and integrity in a way children appreciate and positively respond to.

12. Children pick up and absorb what parents feel. And our words and actions reflect how we feel. This is the reason there is nothing more important than discovering our inner peace and activating our intent to love. 🍷

13. Recently, I was watching some parents with their three young children. Every time they would say a child's name it was to tell them to stop doing something, or to give them some other directive. I think when kids hear their name they should anticipate a word of praise or another positive exchange, not a reprimand or directive.



“A child is not an empty vessel to be filled, but a lamp to be lit.”  
adapted from a quote by Robert H. Shaffer

[A top shelf parenting resource>>](#)

14. When someone hurts us or makes us angry those feelings squeeze out and momentarily replace the love we have for them. If we think about what the person means to us; if we reintroduce the intent to love; if we become open and allow uncomfortable feelings to pass; the love begins to return, squeezing out the hurt and angry feelings. Then what we say and do will reflect that love, calm the situation, and have a true therapeutic value. 🤔

15. When we tell a child what they must do to solve the problem, we take away an important opportunity for them to learn how to be a good problem solver.

It's their problem. Let them own it. Guide them. Help them. Support them. Offer information. But whenever possible let them struggle with their problems so they can come up with their own solutions.

16. My kids sometimes make me feel worried, angry, upset, and disappointed. On occasion it is therapeutic for them (and me) to tell them how their behavior makes me feel. I do this carefully with no attempt to control or lay a guilt trip on them.

17: "A child who is not respected by his parents will not have true respect for anyone, including himself."

18: Unbridled criticism and harshness makes the light go out in a child's eyes as they become discouraged. Or a child gets angry and enters "fighting mode."

But when we parent consciously, we are tuned in and sensitive to our child's inner state. Discouragement does not motivate kids to change. And anger will only magnify the initial problem.

19: Some parents try to assert authority but totally forget the importance of earning respect.

20: You cannot punish and consequence a child into good behavior. Helping a child change negative behavior and build positive behavior patterns takes positive and conscious interventions focusing on the good or improved behavior that is already there.

21: It is much better to compliment a child for her hard work and persistence, not just for her successes. In this way, a child will more likely become a hard worker with persistence, not an adult who chases the next success... and becomes devastated when she fails.

Bonus Quote: "When children are allowed to help make small, but relevant, family decisions, they tend to be much more supportive and happier with family life. Also, when allowed to help make rules, they will follow them much closer than if rules are imposed on them. All this adds up to a happier home life for all."

~Rudolf Dreikurs (adapted)

22: You gain much more by talking to a child about an improved behavior for one minute than by talking about a negative behavior for one hour.

23: Consistently convey love. Don't leave this important task to chance. Otherwise your child might get the wrong idea – that it's more about their good behavior and pleasing parents– instead of the child knowing at a deep level they are loved and valued, just the way they are... even when their behavior is less than stellar.

25. Detachment is easily misunderstood. Detachment doesn't mean you care or love less. It means you aren't as affected and thrown off by the psychological pushes and pulls present in all and unconscious interactions.

Bonus Quote: “In this modern world where activity is stressed almost to the point of mania, quietness as a childhood need is too often overlooked. Yet a child's need for quietness is the same today as it has always been— it may even be greater— for quietness is an essential part of all awareness. In quiet times and sleepy times a child can dwell in thoughts of her own and in songs and stories of her own.” ~ Margaret Wise Brown

24: If we always tell a child what to do, he might become dependent on that level of direction. If we prompt a child indirectly, he will quickly learn to monitor his own behavior.

Example: “We have to leave for school in 30 minutes. What do you need to do to be ready on time?” or “Bedtime is in 10 minutes. What else do you have to do to be ready for bed?”



25. When parents are always trying to "keep our child in line," the unspoken message the child receives is that we don't believe she can make good decisions for herself. Strategic positive cuing- pointing out the naturally occurring positive behaviors- is a better way to go.

26. Corporal punishment is sometimes the unconscious thought, "My child is misbehaving. I will hurt her. Then she will stop." Sound harsh? Maybe. But what else would drive us to hit our kids?

In contrast, Conscious Parenting is the conscious thought, "My child is misbehaving. I will try to understand, be patient with her, and try to help

her. And I will be open and honest with my own feelings so I can keep my words and actions from making things worse.”

27 You will never draw a child into a cooperative relationship by going on and on about how uncooperative they are. We have to catch them being cooperative, more cooperative, or even less uncooperative and make this the focus of our attention.

28 To help a child with their weaknesses, compliment them on their strengths AND compliment them on their efforts and improvements in their weak areas. Compliments create an open psychological state. Then, when you talk to them about their weaknesses, they will be more open to your advice.

29 If a parent isn't able to relate, love and encouragement to a child who is not behaving well, the negative behavior in all likelihood will escalate.

30 Conscious Parenting is positive parenting. The idea of being so positive with kids seems weird or unnatural to many parents. That's because it IS weird and unnatural to many parents. This is one reason Conscious Parenting is so difficult to implement. But not impossible...

Bonus Quote: “Opinion is really the lowest form of human knowledge. It requires no accountability, no understanding. The highest form of knowledge is empathy, for it requires us to suspend our egos and live in another's world.” — Bill Bullard

## July

1. When your child is belligerent, don't freak out! Your child is practicing assertiveness, a critically important life skill. At these tense times, disengage. Your job is to help your child temper her strong words and emotions- not to terminate them.

2. Usually the more a person says they don't care, the more they really care. Usually, they mean, "I don't want to care! When I care it hurts. And I don't want to hurt."
3. You don't help a child grow up to 'be somebody'. You help him to grow up with the knowledge and assurance that he already is.
4. To the degree a parent fails to relinquish the need to control, the more a strong willed child will assert her autonomy in an unhealthy way.
5. Don't waste your time trying to 'make a child be good.' Focus instead on conveying love, practicing good communication, and building a spirit of cooperation. Your child will do the rest.
6. Children who feel they are cherished by their parents rarely have any serious self esteem issues.
7. Focusing on your child to the point where there is only you, and there is only them, is the ultimate self-esteem builder.
8. The person devoted to self healing has more consciousness in their dealings with others. The unhealed person blindly lashes out at others whenever they feel threatened (when someone comes too close to their suppressed emotional pain. I call it their "stuff") so there's more unconsciousness and more unintentional pain to others- sadly, mostly toward those they love...



The more positive you are  
with your children, the less  
negative their behavior will  
be. - Jay Morgan

[www.facebook.com/Consciousparentingnow](http://www.facebook.com/Consciousparentingnow)

9. When you win an argument with your child, you lose something much greater – closeness.

10. Your positive attention is the lifeline to your child's positive behavior.

11. Recipe for helping a child be motivated. Make encouraging comments and refrain from making discouraging comments. Your child will do the rest.

12. A child can draw you into a head-to-head conflict or you can consciously draw them into a heart to heart relationship.

13. When we pause- when we do not reactively meet a child's resistance with adult resistance- that is not weakness, but a demonstration of self control and inner strength. Conscious responses can then find their way to you.

14. Conscious parents keep their cool even in the heat of the moment. Yelling at kids is the psychological equivalent of putting a small drop of poison in their oatmeal. Uncontrolled anger is toxic to the system, especially little systems.

15. Don't you just love the kids who, not only march to a different drummer, but make their own music? They can be tricky and difficult, but can take us places we've never been.

16. I don't care how many letters you have after your name, how many people you supervise, or how full your schedule might be. If a toddler hands you a toy phone, you darn well better answer it!  
(Don't be too busy or too important to miss an opportunity to connect with your children)

17. When a child is acting "too big for his britches" does he really need a parent to "cut him down to size"?

18. Parents who try to control kids leave kids with few options. Strong-willed kids will usually do some unhealthy thing to show a parent they can't run their life. Other children will begin to cave-in and become more and more dependent on and subservient to the controlling parent. The fix? Be aware of subconscious attempts to try to control. And most importantly, acknowledge and honor a child's free will. *Work with* them, not *on* them.

19. Conscious parents are always trying to work themselves out of a job. They carefully and lovingly parent so their children will grow up and be able to "parent themselves," responsibly telling themselves what to do, and what not to do, so they can secure a happy future and a fulfilling life. To accomplish this, conscious parents often ask themselves, "Right now how can I do less so that my child can do more?"

Trying to answer this question will lead a parent to a response that will foster more independence in their child, and less dependence.

20. Parents have a map in their head on how they think they need to parent. It is made up of the “old stuff” a combination of how they were parented as a child- both the good, and the bad. That's why conscious parents consult the old map but change it as needed so their parenting is dynamic and growing.

21. We are changing all the time. The goal is to change consciously and not let the stuff in our unconscious mind keep us fearful and stuck in the same place.

“Some parents try to assert authority but totally forget the importance of earning respect.”

~ Jay Morgan, author of *Fingerpainting in Psych Class* and the little book of sutras

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22. When a child messes up, if we can credibly present this message: “Your behavior is not OK but it is an improvement (over a specific time or similar incident in the past),” you have practiced Conscious Parenting: The advanced course. (ex: “Yelling at your sister is not okay but I did notice that you stopped yourself and didn’t push her like last week. That is much better self control. Thanks for working on that! Now that you’re calmer do you think you can tell your sister what you wanted to say without yelling?”)

Since this communication is encouraging, a child continues to try harder to change or improve. This message also builds optimism so that a child feels they can do even better in the future. In contrast, critical statements create pessimism where a child feels discouraged and thinks he will never change.

23. “My child seems to actually enjoy getting in trouble.”

Many parents don't understand how a child could possibly feel good about getting negative attention. For many strong-willed kids, creating a negative drama gives them a feeling of power and control. For others it serves as a diversion, momentarily taking their attention away from an inner state where they are experiencing uncomfortable feelings. This is called acting out as a defense to try to escape uncomfortable feelings.

24. Many parents say, “My kids never get along! They fight all the time!” This statement is never true but that doesn't matter because it is true to the parent. All they see is the children “not getting along” and the children “always fighting.” For Conscious Parenting to begin, a parent has to notice the children getting along, or getting along better, or not arguing as much, or not arguing as loudly, or practicing enough self-control to not let things get physical. Then a parent makes these behaviors the focus of their attention and gives the children feedback that reflects these exciting improvements.

25. Unconscious parenting can be like putting out fires, rushing from one behavior problem to the next. In contrast, conscious parents have a plan. They are not reactive. They continually keep in mind what they are trying to accomplish and instill in their children.

26. Conscious parents know the importance of uninterrupted listening. They ask questions to clarify a point. They reflect what was said so a child feels heard and understood. When that work is done, it's not unusual for a child to pause and say, "Dad what do you think?" Then a parent will be completely ready to share and a child will be completely ready to listen. If you aren't listening well, everything else will be off too.

27. A formula for Conscious Parenting when your child is engaging in a negative behavior:

1. Wait.
2. Mentally accept the misbehavior.
3. Acknowledge and accept your associated feelings, and let them pass.
4. Watch and listen to what you would have said or done if you had reacted emotionally and impulsively.
5. Trust that the perfect response will come to you. Then proceed.

28. Parents earn respect by how well they exercise their authority over a child. If a parent is sensitive, compassionate and firm a child may not like every decision a parent makes but children will be more accepting of a parent's decisions, less angry, and more cooperative.

29. Many parents are super sensitive to their child's distress. They don't like their child to be sad, angry and upset so they try to "make it all better." They try to alleviate their child's uncomfortable feelings.

But sometimes a child is upset because of a decision they made that brought on a consequence or hardship. While parents should refrain from saying, "You should have listened to me!" they do need to allow this kind of suffering to be there and to help the child see that their emotional pain is of their own making and could have been avoided by cooperating with their parents. Too much comfort and consoling dilutes this important message.

30. "Consciousness is contagious. The farther you go with your Conscious Parenting skills, the harder it will be for your child (and partner) to continue to behave unconsciously... Stay at it... Consciousness will always win..."

One way or another.” — Jay Morgan, author of “Finger Painting in Psych Class and the little book of sutras

31. If you refuse to fight with a person with an angry ego, they will:

- Intensify their efforts to draw you into a fight.
- Stop, and walk away in frustration.
- Go pick a fight with someone else.
- Or maybe, just maybe, calm the heck down and begin to discuss a point of disagreement. And yes, this includes children and teens too.

## August

Bonus Quote: “To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself.” — Thich Nhat Hanh

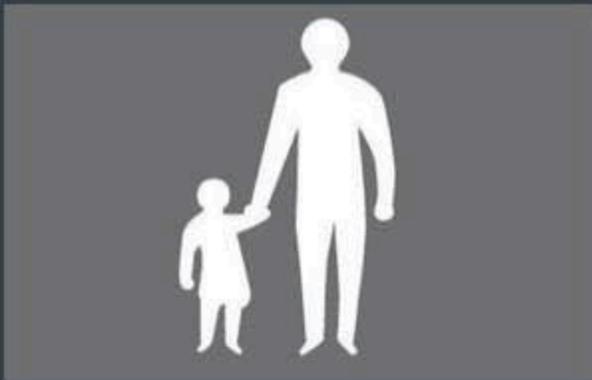
1. If you are going to give a kid “a piece of your mind,” make sure it's a piece of your conscious mind, not your unconscious mind.

2. Parents love doing nice things for their kids and they love getting them nice things. But how much is too much? When they begin to act entitled and become unappreciative.

3. Most of our frustration comes from our preconceived notions of what we think our child's behavior should be like at a given moment- what we think he should be doing or what we think he should not be doing. When we drop these preconceived notions and just be with and deal with our child openly in the Now moment, our frustration is minimal.” — Jay Morgan, Fingerpainting in Psych Class

4. It seems as if most parents rely on criticism to incur change when my experience shows me that positive feedback works much better.

If a parent gets adept at noticing all the opportunities to affirm a child and build them up through positive feedback, a child's sense of self is more healthy and positive- and more immune to unbridled criticism and negativity from unconscious people. And when a parent is adept at affirming their child and giving them positive feedback- if that is the foundation of their work with a child- then when they have to make a corrective statement it will come from a place of love, not from a desire to control. That is what I call healthy assertiveness.



**Children pick up, and absorb, what parents feel... And our words and actions reflect how we feel. This is the reason there is nothing more important than discovering our inner peace and activating our intent to love.**

**~ Jay Morgan, author and child therapist**

5. Don't neglect your partner. The better that relationship is, the better work you will do with your children.

6. Most of our frustration comes from our preconceived notions of what we think our child's behavior should be like at a given moment- what we think he should be doing or what we think he should not be doing. When we drop these preconceived notions and just be with and deal with our child openly in the Now moment, our frustration is minimal." — Jay Morgan, Fingerprinting in Psych Class

7. Some people mistakenly believe that love and hate are feelings when, in my experience, they are actually decisions we make. A person can make us furiously angry or hurt us badly; but they cannot make us hate them. Hate is our personal choice. But angry feelings can happen so fast we can reflexively say, "I hate them!", before we realize the dark feelings we are creating by our decision to hate. In a similar way, we can have positive and affectionate feelings toward someone, but they can't make us love them... because this most important decision always comes from ourselves. "I don't mind spoiling my kids as long as my kids don't act spoiled."  
-Jay Morgan

7. Conscious parenting would be easier if we felt unconditional love for our children all the time, which of course we don't. But true unconditional love doesn't have anything to do with feelings. It is a highly conscious, volitional act of our will. The highest form of unconditional love involves sharing and channeling love from our higher self, not the ego.

Strategic Verbal Cue: Observe your child after you have given her an instruction and if she is beginning to comply, no matter how reluctantly, you might say, "I know you didn't want to do that but thanks for starting. I love how I don't have to watch you every second for you to do the right thing. Thank you!"

8. The tone of your voice can be like a sharp stick or a gentle massage.

9. An unconscious parent's mindset: "I'll say what I want and I'll do what I want. I'm the parent!"

A Conscious Parent's mindset: "I'll say what I want and I'll do what I want with compassion and self-control."

10. When a parent snaps at a child, the child will not in all likelihood say, "Daddy please don't talk to me that way," so I will speak to parents for her. When a parent smacks a belligerent teen in the mouth, the teen will probably not have the wherewithal to say, "I have strong feelings about this and I wish you would just listen. I don't appreciate when you slap me. It makes me feel angry, resentful, and disrespected," so I will speak to parents for him.

When a preschooler asks a parent to play and is repeatedly told, "no," she will probably not be able to say, "I love you mommy but when you don't play with me it makes me question your love for me," so I will speak to parents for her.

~ Jay Morgan (From ConsciousParentingNow page on Facebook)

11. For sometime now I have regularly pulled my daughters aside and asked them how I'm doing as a parent. At first, each of the girls would respond by acting silly, refusing to take the question seriously, or dismissing me with, "Oh fine Dad."

But with persistence, and more specific questions such as, "Do you think I am being fair?" "Am I a good listener?" or "Do you ever question how much I love you?" I have obtained some very useful information.

My goal is to be a great parent to my kids, not just in my own mind.

~ From Fingerprinting in Psych Class

12. Strong willed kids often get the wrong idea. They want to put you off, negotiate, compromise, or make a deal before they have mastered the simple task and following directions.

In baseball, remind them that you have to run to first base before you can run to second base. Tell them you will be glad to be more flexible with them and make some special allowances when they demonstrate the

ability to consistently “run to first base”- to be able to listen and consistently follow your directions.

13. Instead of asking a child for a hug, be sure to mix in the statement, “Can I give you a hug?” Love is about receiving but love is mostly about giving. And as always parents must lead by example.

14. Selfishness is usually bad, but not always. Healthy selfishness is not neglecting yourself; not leaving yourself out of the equation. Healthy selfishness is knowing yourself and doing the things you must do so you can be at your best, for your partner, and for your kids. Healthy selfishness is love for self and love for others in balance. In that way everyone benefits.

Bonus Quote: “Raising your Consciousness puts more healthiness in you so you can put more healthiness in your child.” Jay Morgan

"It is much better to praise a child for her hard work and persistence, not just for her successes. Then she will more likely become a hard worker with persistence- not an adult who chases the next success... and becomes devastated when she fails."  
~ Jay Morgan

Fingerpainting

in Psych Class

#### 15. From the Conscious Parenting Dictionary

Mind Reading (verb) A nasty habit where a parent assumes they know why their child said or did something. Then the parent, usually in a bold and brash tone, proceeds to tell their child why they said or did something with no real objective basis- just opinion and conjecture. Mind reading is a sure fire way to build resentment, tension, and distance in the parent-child relationship.

Exploring (verb) A way of questioning a child that focuses on helping a child understand possible motives behind their behavior. Exploring is a

sure fire way to build cooperation, closeness and mutual respect in the parent-child relationship.

Bonus Activity: To help a child improve impulse control: Good impulse control is taking time to make sure that what a person wants to say or do is a good idea— something that is necessary, kind and helpful.

Bonus Activity: Tell the child that you are going to say a phrase and you want them to not automatically say it back but hold the information in their mind for a moment. (ex: “The sky seems very blue today” or “This is going to be a good day.”) Then, when you say okay, the child is to say the phrase back to you.

Then give the child a simple behavioral instruction like “Raise your right hand” or “Clap your hands two times.” The same rule applies: They are to hold the instruction of what to do in their mind until an adult says okay.

When a child pauses and waits he is exercising the part of the brain that can screen information and evaluate if something is a good idea or a bad idea. With this exercise a child is a step away from being able to evaluate their own thoughts and impulses to make sure what they say and do is a good idea... and not something that will hurt somebody’s feelings, get them in trouble, or make them feel guilty.

16. Before they learn differently, strong willed kids actively look for two things: power and control. These children can obtain an unhealthy satisfaction by drawing their parents into an argument, wearing them down so an initial ‘no’ becomes a ‘yes,’ or sneakily going behind their parent’s back to break a rule or disregard an instruction.

Conscious parents have to be aware of this propensity and guide their child into developing self control and exercising power, not over others, but over their unhealthy and self-serving decision making.

17. A “check up from the neck up” is important for all of us. This is when we look at our thoughts and try to understand why we said or did something. But don't forget about the check up from the neck down. This is understanding and being in touch with our feelings, expressing them

assertively, or letting them run their course. This is also an important step in Conscious Parenting.

18. Children understanding sex is like a youngster putting together a 5000 piece puzzle. He will start on the border pieces and then gradually work toward tackling the really tough and tricky pieces. Needless to say, it will be a difficult process that takes a lot of time.

On this "sex puzzle," parents need to provide information when needed to make sure a child does not get stuck and finishes the puzzle, helping them not only have information about sex, but assisting them in developing a complete picture of this important and critical life issue.

**Bonus Quote:** "If a person becomes neurotic (develop an emotional disorder involving sadness, anxiety, or anger), it will have something to do with sex, anger, or religion."

~ Unknown

19. When you're angry, Plan A will likely suck. It could be full of anger, or an unconscious desire to control. When you're angry you often have to go to Plan B, or sometimes Plan C, or even Plan D... as many plans as you need to make sure what you say and do will help, and serve to calm a tense situation.

20. A child is not a "tabula rasa" - a blank slate. A child is more like soft clay to be held gently in your hands and artfully molded.

21. Keep reading to a child. Keep reading with a child. Keep searching until you find that one book that hooks a child on reading. Parents can breathe a little easier when their child develops a love for reading.

22. When a child listens and complies with an instruction, conscious parents say, "thank you." So simple, yet so powerful.

23. Everyone carries a certain amount of emotional pain around with them, children included. When your teenager snaps at you or talks to you belligerently, don't take it personally. They are only experiencing acute

“teen-itis,” a common, but non-fatal, malady where the only treatment is time, wisdom, patience and love.

24. Forgive and you're free to love again. Don't forgive and you're not.

25. By their nature, positive behaviors are more subtle than negative behaviors so, if we're not careful, we will miss them... until we train ourselves not to.

26. Every spoken word has a message. And every spoken message has an energy or a 'vibe'. Are you giving out positive energy and good vibrations today?

27. Really listening to your child and asking questions; really listening to your child and reflecting back information; refraining from jumping in and making a premature remark -- all of this works to make a child think, “Wow! Dad wants to know me and understand what I think, and how I feel. He really cares.”

28. Unconditional love is intentionally engaging in loving actions even when you don't feel it – even with no feelings of love is present. Unconditional love is also developing enough self-discipline to not react negatively when you're being disrespected or mistreated, taking in the negative energy and not coming back with anything negative. Make no mistake. That is love too.

29. Trying to control kids will be like force-feeding a grizzly bear or trying to push a rope. Connect through positivity and build a spirit of cooperation instead.”

Bonus Entry: Be proactive. Focus on positive behavior and amazingly, negative behavior will lessen, often without a need for consequences or punishment. Plus your positive messages become building blocks that a child uses to build a more positive self image. Don't pollute this wonderful process with criticism and discouraging remarks.

30. A mental expectation can be a veiled desire or attempt to control. Make an expectation a preference instead. Then you will be less likely to

have a strong emotional reaction if your child falls short of what you were mentally expecting.

31. Misbehaving is a miss on behaving well— nothing more, and nothing less. Parents can't afford to take it personally. Then they'll lose their edge and start reacting, possibly even reinforcing and strengthening the negative behavior they were trying to get rid of.

## September

1. Parents tell me their child seems to enjoy pushing their buttons, and they are often right. Strong willed kids actively look for power and control. Button pushing is both. The strong willed child can come to believe that she has the power to make you lose your cool and control you by making you so angry.

The Fix? Allow your child to help you locate all your buttons... and then disconnect them. Let go of what would have been your emotional reaction and wait for a conscious response.

2. Imagine that you are taking a walk with your child. As you walk together, holding hands and talking, you lead them on a beautiful path around the park. This is a great word picture on how you work with children. Because of the closeness and quality of communication, and because of the love being conveyed, a child stays with you. A parent is able to lead them on a safe path until they are ready to set out on their own.

3. When you drop the mental expectations you are free to fully accept another person and to love them unconditionally.

4. You are taking a walk with your child. As you walk together, talking, you lead them on a beautiful path around the park. This is how you work with kids. Because of the closeness and quality of communication, a child stays with you. A parent is able to lead them on a safe path until they find and set out on a path of their own

5. Misbehaving is a “miss” on behaving well... nothing more and nothing less. Parents can't afford to take it personally. If they do they'll lose their edge and start reacting, possibly even reinforcing the negative behavior they want to get rid of.

6. Conscious Parents are proactive... They are pros at not acting until they are sure what they want to say and do will help a situation... and not make things worse.

7. Flattery will get you nowhere. Neither will criticism and negativity. Try praise, encouragement, affirming comments, and shaping positive behavior instead.

8. Your calm place is also your Conscious Parenting place. No turmoil. No labeling. No excess thinking. No problems... and always there when you need it.

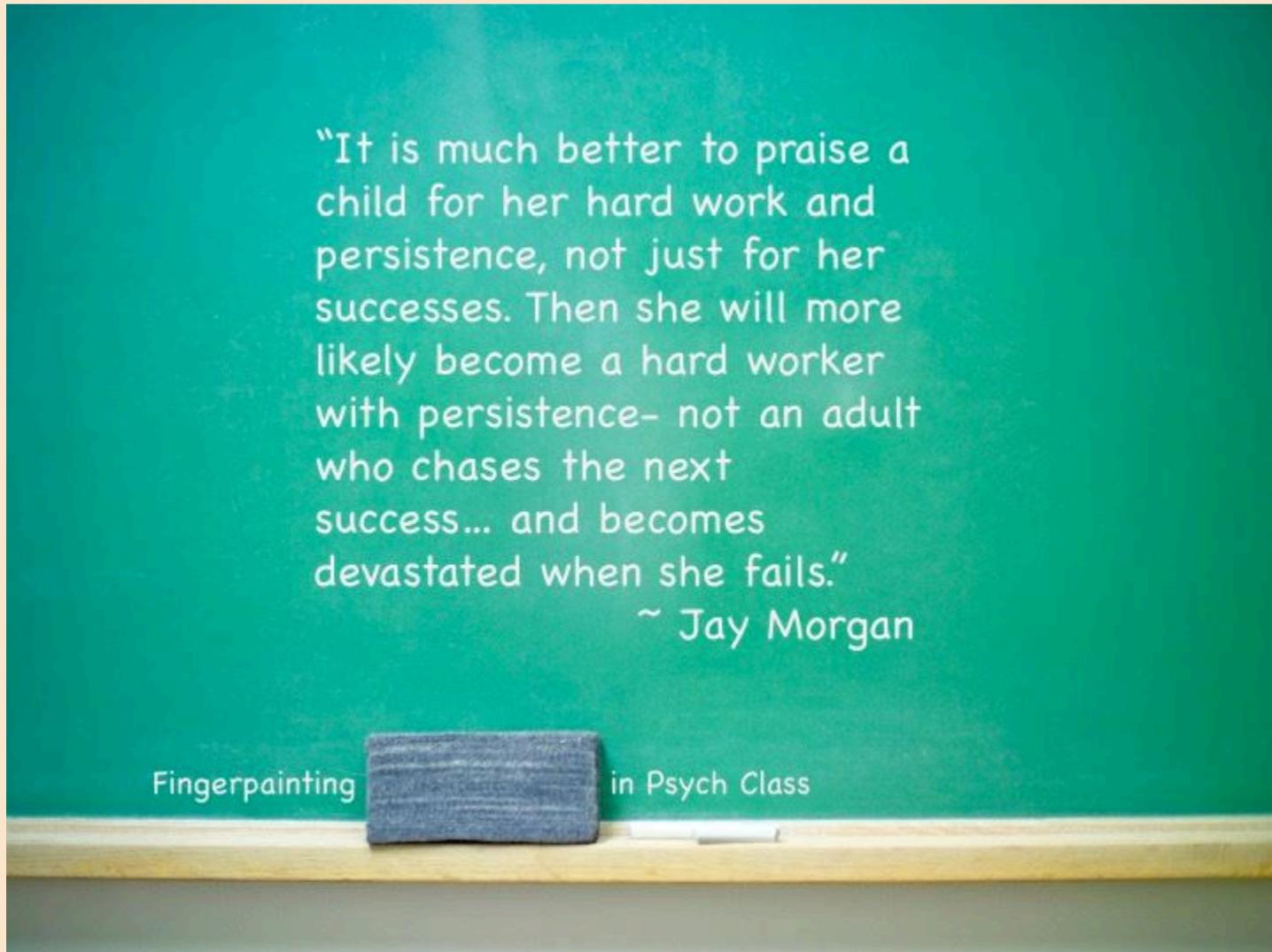
[More conscious parenting than you bargained for](#) Link>

9. Parental feedback can be positive, neutral, or negative. Kids prefer positive feedback- the message that a parent likes or is happy with their behavior. Then the child comes to see, often with help, that healthy behaviors ‘feel better’ than unhealthy ones. Over time this is internalized and you have a child who does ‘good,’ not to please anyone, but because he prefers it.

10. Conscious parents make conscious statements which become an invitation to children to join them, communicating and interacting on a more conscious level as well.

11. Your child will do best when you tell them what they are doing right or better. Wouldn't everyone?

12. Why do even Conscious Parents need so many reminders to keep things positive? Because we live in a critical and fault finding world. But we can change that starting with our family relationships.



13. In a disagreement, it will take two people to keep the peace. In a conflict it will take two people to rediscover the peace. However, if one party doesn't seem to want to keep the peace, or rediscover the peace, you will have to fall back on your own inner peace. Then you will know how to proceed.

14. "Do this!" "Don't do that!" "Not that way! Do it this way!"

Parental overcorrection is a nasty habit. All of these statements say, “You failed” and create a breeding ground for anger and resentment.

Emphasizing a child's positive behavior choices, reframing a negative behavior as an improvement, and providing plenty of affirming comments is a much better way to go.

15. If a child approaches a sibling in an antagonistic way, a conscious parent might say, “It looks like you want Sara to notice you. But instead of being nice you grabbed her doll and threw it down. Can you come up to her again and ask her if you can play too or if she wants to play something else with you?”

Then praise any and all efforts. And be sure to ask the child which way made her feel best and which way helped her feel closer to her sister.

16. Every time you learn something about Conscious Parenting you add another tool to your tool belt. But these tools don't weigh you down; they empower you.

17. Inner strength and outer loudness are polar opposites... and mutually exclusive. Inner strength is an attempt to control one's self while outer loudness is an attempt to control another person... or to just dump anger onto them.

18. Expressions of love can "clean up the mess" made by unconscious words and actions.

19. If you do small things- washing your hands, chopping vegetables, walking up stairs- with a lot of conscious awareness, it helps you be more prepared for parenting with more conscious awareness.

20. When working with a child who is misbehaving, Conscious Parents never lose their centeredness and, in that way, they never lose their love.

21. Conscious Parents need to clearly give children the game rules: “Don't jump on the furniture,” “Always tell the truth,” “Keep your room clean,” and so on. Then parents train themselves to notice when a child: remembers a rule, follows a rule, improves on following a rule, or when a length of time

goes by where a child has not broken a rule. If we don't, kids will only hear when they are breaking a rule or code of conduct. This can cause resentment, feelings of discouragement, less effort, or passive aggressive behavior.

22. With Conscious Parenting, patience is mandatory. When you're not sure what to say or do— wait. And don't stress out trying to think of something to say. Trust that the optimal response will come to you at just the right time... and it will.

23. Many parents give their children positive feedback, then negative, then positive, then negative, and so on. The message is "I like this behavior but not this one, and this one certainly displeases me."

This puts kids on the merry-go-round of seeking a parent's approval- a ride they feel they never master (or ever could master). A misperception of conditional love can then set in. Conscious Parenting is the remedy to this situation.



“If you ‘do battle’ with a child who is willful and stubborn, you give that child more practice on doing battle- being willful and stubborn in an unhealthy way. Instead, draw him into a cooperative relationship by conveying love along with noticing and commenting on behavior that is more cooperative, or even less uncooperative. ‘Doing battle’ will help produce a stubborn kid, a hostile kid, a submissive kid... but never a more cooperative kid.” -jmorgan

### Fingerprinting in Psych Class

24. Sometimes a small positive behavior (or improvement) is hidden by a larger negative behavior. I call this a SPARK. For example, a child may be slow following instructions but not argumentative like he has been in the past. Or a child may yell at a sibling but not be aggressive. Focusing on the SPARK helps the positive behavior grow and the negative behavior weaken. Over reacting to the negative behavior often creates negative emotion in the parent and the child. It can actually strengthen the negative behavior the parent hopes to change

25. Don't just say, “Good job!” After a while those words become meaningless. Instead, take the positive behavior you want to strengthen and “tie it together” with a word of praise: “I like how you are giving me good eye contact right now. You really seem to be tuning in.”

26. One reason parents get so weary and burdened is that feelings accumulate and unconscious interactions set in. Instead of really connecting and communicating with a child, parents react to unconscious mental projections- strong feelings about a child's past problems or some future concern.

27. Conscious Parenting is dealing with a child in the present moment. Parents do not allow feelings to accumulate so that interactions are always fresh and new.

28. If only we could acknowledge how far our child has come, instead of going on and on about how far they have left to go.

29. Conscious Parenting verbally connects a strategic compliment to a desirable behavior or changing attitude. This is very powerful in building a child up, coaxing them away from negative behavior, and strengthening the parent-child relationship.

30. Our psychological state, attitude, and behavior says, "I am open and available" or it says, "I'm busy and preoccupied." Be open and available.

## *October*

1. Unconscious parenting can quickly lead to an antagonistic and adversarial relationship. Then parents seem surprised their son or daughter is not listening and cooperating. Conscious parenting strategically builds and maintains a close healthy relationship. Mutual respect and a high level of cooperation are the end result.

2. "Right now you are using your purple crayon and drawing circles at the bottom of your paper."

"Your brother said something really mean and now you look angry."

"You have four dolls sitting together in a row. Now you're getting out your tea set. Is someone having a tea party?"

These are examples of active recognition. A compliment says, "I'm happy with your behavior!" and criticism says, "I'm not happy with your

behavior!” But active recognition says, “I am interested in you and what you’re doing.” There is no judgment on whether a behavior is good or bad and therein lies its power.

3. “Conscious parenting won't solve all the problems with your kids but it will solve all the problems you have with your kids.” ~ Jay Morgan, author of *Fingerpainting in Psych Class* and the little book of sutras

4. If one parent reads to a child, the child will think that reading is important to that parent. If both parents read to a child, the child will likely think that reading is important. If the child lives in a household where everybody reads, the child will likely become a reader.

Conscious Parenting Step-by-Step: To facilitate learning and get the best results, consider these steps:

1) A parent teaches a child something new- not through a long narrative, but experientially. Positive feedback is given for effort and any forward movement. No criticism is given.

2) Provide a level of supervision to help ensure a child succeeds in learning, practicing, and beginning to master this new skill. No criticism is given; only positive feedback as a child makes any steps toward practicing and learning the new behavior. Focus on an improvement over a previous try. If you criticize at this stage a child can quickly build resentment and then you have needlessly created a power struggle. Picture a small flame (the new behavior) being doused by water (a parent’s critical remarks). A fledgling fire needs fuel in the form of encouragement and positive feedback to get big and burn brightly.

3) Finally, initiate a spot check program. Step in periodically to supervise to make sure a child is continuing to be successful and that the new skill is becoming, to some degree, habitual. No criticism is given plus conscious parents entertain the idea that maybe the child can improve upon the parent’s method or that another method the child develops will be just as good- or, better in a way, because it is the child’s own idea, not the parents.

5. Kids want to be noticed. They can get noticed by reaching out for positive attention or they can settle for negative attention.

Positive attention is often missed by adults. And it's risky in the sense that kids can be rejected. Positive attention is the child putting himself out there emotionally to and then being ignored or mistreated.

Negative attention however is a slam dunk- it often cannot be ignored and the results are very predictable. With negative attention, a child gets noticed and gets attention but the attention is negative but, at the same time, expected. The child does not have to risk being rejected and hurt. If a child is mistreated there is a mental buffer because he set up the negative situation himself.

6. Relinquish control. You never had it anyway.

You can manage, influence, persuade, impress upon, shape positive behavior, nurture, love, and lots of other things... but control? No. Control is always an illusion.

7. Sara, an eight-year-old patient, had learned to wash her hair, condition it, and then rinse out all the shampoo and conditioner. Two months later, not rinsing her hair fully had again become a problem. What happened? Mom had taught Sara to wash and rinse her hair correctly. Then she supervised Sarah

8. Speak to children in love- with love behind your words. That actually has a chance of working.

9. Before you say, "Well let me tell you what I would do," ask your child questions and make comments to guide them and help them arrive at their own special solution to a challenge they might be facing.



Early attachments will not last  
unless they are consciously  
maintained...

*Fingerprinting in Psych Class- parenting in depth*

9.1

[Conscious Parenting and child psychology link>>](#)

10. I have a 9 y/o female patient I will call Chloe. She is being raised by her aunt and uncle. Her Mom died of an overdose and her birth father is a drug dealing sociopath who gave up his paternal rights.

Occasionally I will bring up the subject of her dad just to see where she's at on this issue and give her an opportunity to talk. In response to a recent query, Chloe responded, "Dad? Oh I don't give him my thoughts."

Dad turned his back on you and your response is to not give him a place in your mind- To not give him your thoughts. Brilliant Chloe! Thanks for the conscious reminder on how to deal with past hurts.

(Chloe's nonchalant remark made it clear she is not repressing a painful issue but simply "mentally sliding past it" preferring to keep her attention trained on the Now moment. No sad story needed.)

11. The first thing to do when you get angry is nothing... nothing until your anger passes... nothing until the good ideas return.

12. Ironically, the more you try to make a child happy, the more unhappy and discontent she can become. Happiness is, and will continue to be, an inside job. Teach and reinforce this truth early. get off the Merry-Go-Round of trying to make kids happy.

13. Some parents believe that a child talking back is a challenge to their authority. And in a way, they're right.

A child talking back becomes a test for the parent. How will they exercise their authority at these times? Harshly and reactively? Or with patience and compassion?

Parents are the authority figures in the family, no matter how a child acts. How we exercise that power is of the utmost importance to how a child matures and handles frustration, how they treat others, how they relate to other authority figures, and the quality and closeness of the parent-child relationship.

14. A young child's only love language is a parent's attention. A parent's attention is like air to them. Give them your positive attention or they may act out to get your negative attention.

15. If you try to bend a child's will with power and authority, you might weaken the bond and damage the relationship. If you try to perfect your ability to relate with love, a child will naturally follow your lead.

Bonus Quote: "When another person makes you suffer it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That is the message he is sending.

~Thich Nhat Hanh

16. Love... the ultimate parenting strategy.

17. "Ahhh! It's not working! All of these affirming comments, shaping positive behavior, and conveying felt love, and there's no change in my

child's behavior! I'm listening. I'm involved. I'm warm and affectionate. What am I doing wrong?"

Well, maybe nothing. There is a certain amount of lag time with conscious parenting. We have to be in this for the long haul. We definitely can't afford to drift back and forth between conscious and unconscious parenting, revisiting the "old ways" when things get tough or too heated. We have to stay the course with a steely resolve. We have to trust and have faith that conscious parenting will melt away bad behavior and turn a wayward child around.

18. If your mood and behavior are erratic, so will your child's. Find your calm center. Deliberate. Speak and act with love and with purpose.

19. If you fail to acknowledge a child's small attempts at being responsible, he might become discouraged and lapse into less responsible, or more irresponsible behavior.

20. Some people try not to get angry and deny or suppress angry feelings, while some people reactively blast people when they are angry.

Anger management is always a balancing act. The balance is being honest with our angry feelings while not fueling them with angry self-talk. We must also be open so anger can pass. Then we take the time to formulate a conscious response where thoughts and feelings are shared but in a compassionate manner.

21. When you sacrifice your relationship to try to stay in control of your child, you will lose both.

22. Many times a child will stop some behavior on their own. Then a parent has a great opportunity to say, "I was about to tell you to stop but it looks like you told yourself to stop. That's great!"

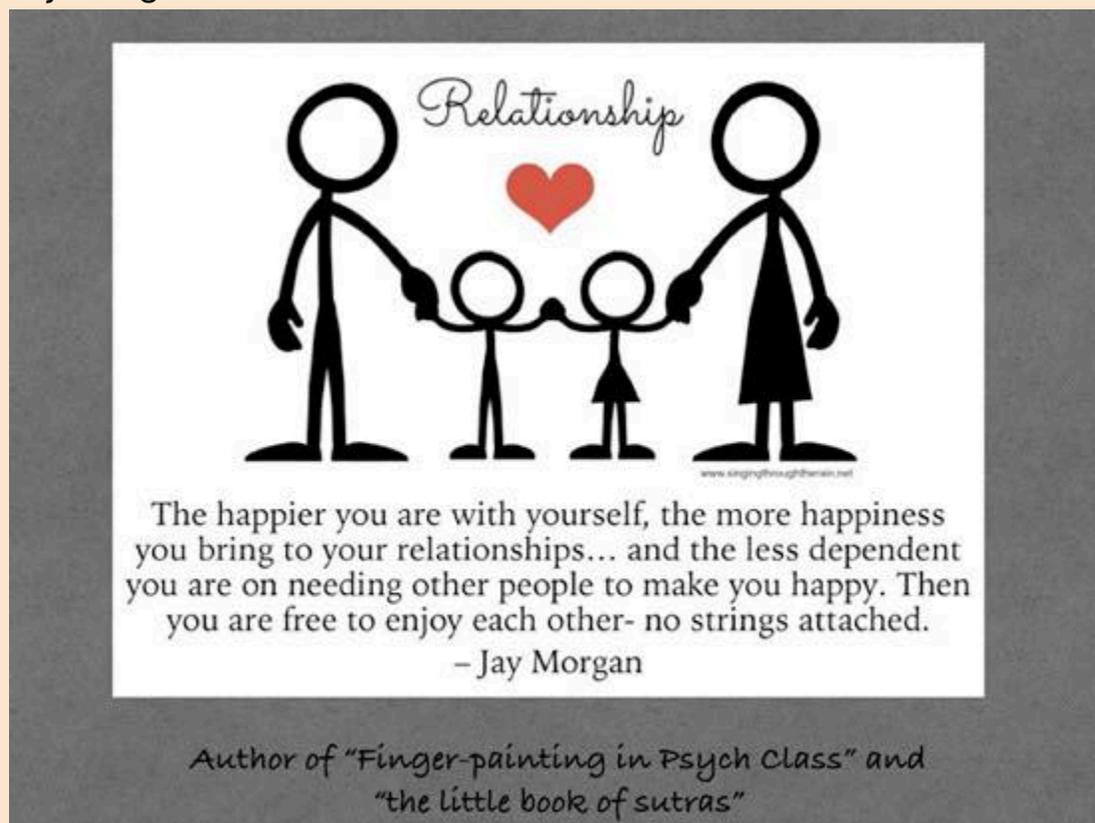
In this way, many behavior problems can be avoided altogether: "You guys are getting along!" will help keep an argument from ever arising or, "I like how you are staying so close to me!" will help to keep a child from wandering too far away from Mom or Dad when they are out.

23. The best way to raise a responsible child is to focus on, and point out, all of his responsible (or more responsible) behavior, not to go on and on about all the ways he is still being irresponsible.

24. Consistently show your child love and, when she grows up, she will have an ample supply of love for herself, and for others.”

25. Your child is a very important part of the family - an integral part of the family. But a child should not be the center of the family. That's too much on them. Parents who Center everything around their kids lose the balance and their effectiveness. The parent-child relationship will likely suffer or not be as healthy as it could be. Love your children. Meet their needs. But don't make a child the center of all your time and attention.

26. “Lasting change will always start with the one, not the many. And true change will always be an inside job, not just changing outer behavior.” ~ Jay Morgan



[dealing with kids in a positive way link>>](#)

27. We will stop pushing our children so much when we remember what it's like to be pushed.

29 Love is gentle... even when it has to be tough.

30. A parent can convey love all day long.... but one act of harsh insensitivity will bring it all into question...

31. Don't let worry and anxiety over a child's behavior turn into anger and scorn.... Relate your concern. Set parameters. Enforce them. Build insight. Resist urges to control...

## NOVEMBER

1. "To a child "love" is spelled "T-I-M-E." - Zig Zigler.

Time with your child. Make it your conscious intent...

2. "It's what we think we know that keeps us from learning." - Claude Bernard

To simplify: Be open to new stuff. No one has all the answers.

3. I can be a friend to my kids; but I have to be careful.. I am first and foremost their parent.

4. Graciousness and civility will often be mistaken for weakness and naivety.. usually by weak or naive people.

5. Some kids might not change because their parents work too hard to change them.

6. Until you are able to observe an angry reaction you are at the mercy of it.

7. Parents are always leading by example.. whether they are aware of it or not.

8. You cannot really connect with a child unless you play with him and talk to him about what he is interested in...These become connection points-ways to convey love, stay close, and help a child build a positive self image...

9. One of the quickest ways to become mad is to unconsciously expect your child or partner to behave as you would.

10. One of the most unconscious things we do is wait for someone else to change before we do the work we need to do.

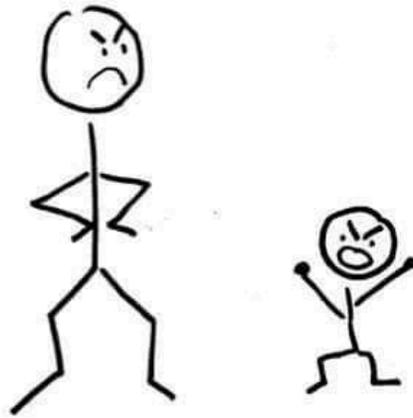
Bonus Quote: Do not be dismayed by the brokenness of the world. All things break. And most all things can be mended. Not with time, as they say, but with plan and intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you. L. R. Knost (adapted)

11. Don't just talk to your child about self-restraint.. Let them see it.

12. When a child thinks, "Mom is happy with my behavior," he feels satisfaction. When a child thinks, "Mom is unhappy with my behavior, but she still loves me," he knows peace.

13. Before you tell a child how he might do something quicker or better, give pause... He is learning... for himself.

14. Expect good behavior. Notice good behavior. Praise good behavior. Does this guarantee good behavior? No. But it's as close as you will get..



As long as a parent thinks that  
their child must talk to them  
more respectfully than they talk  
to their child, all is lost.

[www.facebook.com/parentingindepth](http://www.facebook.com/parentingindepth)

15. Mental preoccupation and conscious parenting don't mix. Be here-with your child-now.

16. Don't let obtaining more data be more important than applying conscious parenting information you already possess.

17. If we remember the good times we will not be so easily overwhelmed by all the bad.

18. The 'feel' of an interaction is at least as important as what you say and do.

19. We don't stop playing because we grow old. We grow old because we stop playing.

Bonus Quote: A grown up is a child with layers on. – Woody Harrelson

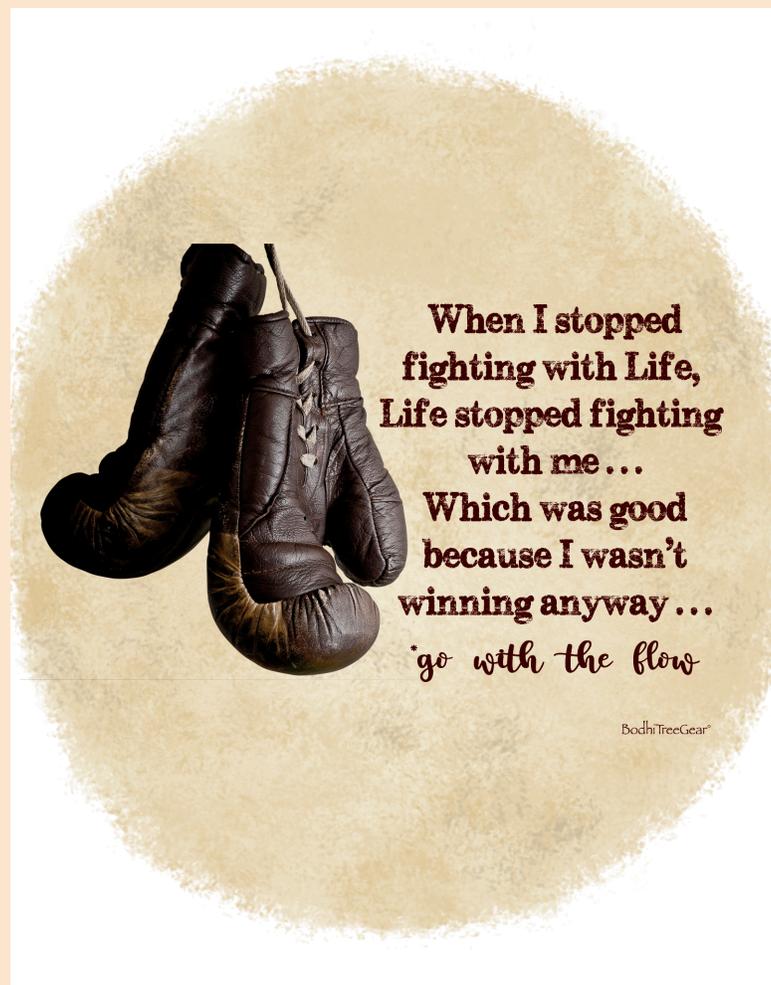
20. It is much better to praise a child for her hard work and persistence, not just for her successes. Then she will be more likely to become a hard worker with persistence— not an adult to chases the next success and becomes devastated when she fails.

21. Bringing up a child's past mistakes has no therapeutic value. On the contrary, it sows seeds of self doubt in some children and resentment in others.

Bonus Quote: "Only those who look with the eyes of children can lose themselves in the object of their wonder." Eberhard Arnold

22. A stubborn kid who learns how to harness his strong will and use it to accomplish only 'good' things-not selfish things-can change the world...

23. When your inner peace is greater than the outer drama, you are free to act consciously with volition and are no longer a part of the outer drama..



24. When you are in tune with your child it makes for a truly beautiful melody.
25. How you talk to a child when she's young will be the way she talks to herself when she gets older..”
26. Remember.. children are blessings... even if they aren't behaving particularly well..”
27. Harshness and scare tactics result in fearfully compliant kids or angry semi-compliant kids...”
28. They say love will find a way. I prefer, “Love will *Lead* the way.”
29. If real estate is “Location. Location. Location.” Then conscious parenting is “Relationship. Relationship. Relationship.”
30. Negative behavior screams at you... while positive behavior whispers. Listen for the whispers.

# DECEMBER

1. When children mess up, they need our help and guidance, not just consequences and punishment.
2. Strong emotional reactions are a display of one's outer power.  
Conscious responses are an exercise and display of one's inner power.
3. Troubles and problems are growth opportunities... in disguise.
4. A child is not an empty vessel to be filled, but a lamp to be lit.

**Children will naturally be drawn to adults who are adept at conveying unconditional love, and who exercise their authority with compassion and fairness.**

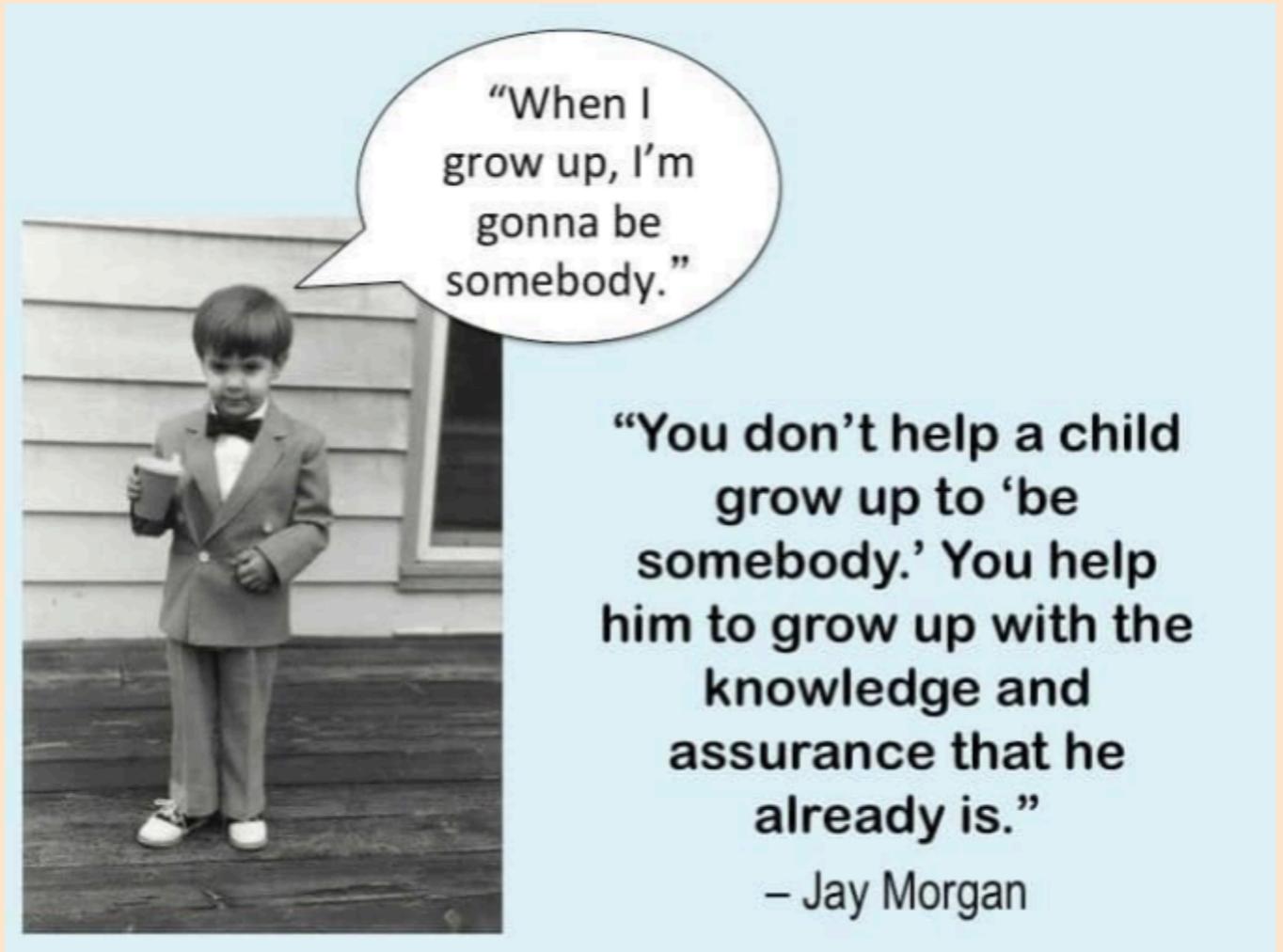
**Fingerpainting in Psych Class**



[The parenting made a lot easier link>>](#)

5. Unconditional love and acceptance creates the perfect environment for personal growth and self-discovery. Make it your gift to others.
6. By consciously working with children, parents shape the future more than they will ever know.
7. Kids follow the energy.. Make sure their positive behavior gets your energy, not the negative.
8. You can be as gentle as you want... until your child's behavior insists that you be firm..

9. Our parenting will always be best when we stop and remember what it was like when we were a child.



[The understanding kids so you can better work with them link>>](#)

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8. You can be as gentle as you want... until your child's behavior insists that you be firm..

9. Every parent thinks their child is exceptional— and every parent is exactly right.

**Bonus Activity: Invent a game with your child.**

10. Where listening is undervalued, talking will be over utilized. Listen.

11. To a child, overcorrection and reactive criticism is like poking them with a sharp stick. Noticing positive behavior— along with the absence of negative— behavior is the best way to go

12. It's amazing how well most kids will do when you stop talking about their failures and start talking about their successes.

13. Seven words every conscious parent needs to remember: I'm. Not. Going. To. Argue. With. You. And it's perfectly okay to say them more than once.

14. A gentle approach to life (and parenting) tends to result in a gentle response from Life-and from our children.

15. When we address a child's problem behavior in a positive and encouraging way, a child will be more likely to address their life challenges in a positive and encouraging way as they grow up.

16. If we are quick to anger, we should be slow to speak and act. Only then can we create a pause where alternate behavior choices can be considered.

17. A family is a group of people who use their individual love to create something bigger: Family love.

18. Action without compassion is business. Action with compassion is God's work.

Bonus Quote: “We find delight in the beauty and happiness of children that makes the heart too big for the body.” - Ralph Waldo Emerson

19. If I took one step forward and then one step back, I would go nowhere I'm afraid that parenting works the same way. If I give my child one positive comment and then one negative comment, my parenting would be balanced, but I would be helping my child go nowhere. This is why parents need to be so cautious when they feel the need to give a child negative feedback. Conscious Parenting and positivity will always help a child go much further than any kind of criticism.

20. Love doesn't count much if the other person doesn't feel it.. And every time there are unloving words and actions, love is brought into question.

21. Count your blessings-all the things you have to be thankful for-today and everyday. Living a life of gratitude makes the stressful and unpleasant things in life begin to melt away.

22. Your concern over being a good parent can propel you into being a great one.

23. When we drop the mental expectations we're free to fully accept another person, and to love them unconditionally. We are then giving that person permission to be herself.

24. The price we must pay for true love is our ego.



25. Kids will raise their voice and be disrespectful. That's because kids have strong feelings and haven't learned how to manage them yet. And kids are egocentric and selfish so they say and do things without adequate empathy. And kids want what they want, not what you want for them– And they don't mind battling to get their way no matter who it might hurt. Plus kids don't understand how yelling and disrespect damages relationships. But as adults and parents, what's our excuse?

26. When you reactivate your intention to love, your behavior cannot be unconscious.

27. The happier you are with yourself, the more happiness you bring to your relationships and the less dependent you are on needing other people to make you happy. Then you are free to enjoy each other- no strings attached.

28. Conscious parenting isn't just a parenting tool. It's a child changing, parent changing, life-changing experience.

29. When kids feel appreciated they tend to cooperate and do more than is expected. Be sure to notice and verbally appreciate your child's efforts.

30. If we can get in the habit of pausing before we say something, or taking a conscious breath, or reconnecting with our body, or reminding ourselves what our child means to us, it becomes impossible to behave unconsciously.

31. Every plant matures and blooms in its own time. As a parent, work with your child. Help her when she needs help. But periodically remind yourself that the beautiful, one-of-a-kind little person in front of you— the one you have the privilege of tending to for only a short time— is growing and maturing, and will bloom in her own time.

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Please share with your friends. Let's get Conscious!

Jay Morgan and Hannah Morgan