



# 3 STEPS TO CONNECT WITH YOUR KIDS

**Self** Balanced Solutions

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# TRUST THE PROCESS

When we choose to actively and consciously engage in more positive and conscious parenting, the biggest leap of faith is “trusting the process.” It’s a willingness to shed the old patterns and habits of parenting that have been passed on from the ways we were parented.

Sure, some parenting ways may have served us, but there are others that we intuitively know did not and it’s those we’re seeking to not repeat. Most of our parents did not walk a conscious path and so there are aspects of how we were raised that perpetuated the spinning wheel of guilt, doubt, shame, blame and frustration.

Parenting is a process and it’s a process of self-discovery and introspection because PARENTING is about the PARENT. Conscious and mindful parenting is having that quiet confidence to connect with the exact moment as it is unfolding.

It’s being “mindful” of how our own emotions and beliefs of what’s unfolding right in front of us are dictating how we RESPOND instead of REACT to what we and our child need at the moment.

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## **IN THAT MOMENT ARE WE ASSERTING OURSELVES WITH A MINDSET ROOTED IN FEAR OR ABUNDANCE?**

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### **Fear that...**

- Our children will not be successful or fall behind?
- They won't be economically secure?
- They will get hurt or that someone will hurt our children (accident, bullying, stranger), or perhaps even that they'll be the perpetrator?
- Won't fit in or he/she will struggle from being "different"?

### **As we open ourselves up to adopt a more mindful and conscious mindset, we naturally begin to operate from a place of Abundance ...**

- Empowering our child's sense of self worth
- Facilitate confidence & team work with age-appropriate responsibilities and commitments Inviting cooperation
- Building trust
- Giving and feeling gratitude
- Embodying calmness

Before you're in the eye of the storm of that power struggle or conflict, here are three steps to help you consciously connect with your child(ren):

# 3 STEPS TO CONNECT WITH YOUR KIDS

## STEP ONE: CURIOSITY

Be curious instead of being in your head and getting hijacked by your one-sided mental script of events we've created.

## STEP TWO: ASK QUESTIONS

Ask open-ended questions that encourage your child to have a deeper level of understanding of what's going on internally.

## STEP THREE: LISTEN

Listen for what's keeping your child feeling stuck. What's your child "really" saying underneath the resistance, defiance, conflict and power struggle?

Get into a space (with them) that allows a new perspective to surface. Come up with alternate outcomes, points of views, possibilities.

Play out how equally possible these other perspectives are versus the one your child is "choosing" to hold on to.

## COMPLIMENTARY DISCOVERY CALL

Parenting Without Fear, Guilt, Control or Frustration.

[Click Here To Schedule Your Call](#)