



How to Be the Best Parent You Can Be

Lesson 6



The best thing a parent can do for their child is to get their own adult needs met by other adults.

- Pat Love, Ph.D.

Intention

A large, irregular pink watercolor shape resembling a speech bubble or a thought bubble, centered on the page. It has a soft, painterly texture with varying shades of pink and magenta.

Think about what lights
you up and makes you
feel fulfilled.

Guidelines for Continued Personal Development



- 1. Be aware of the fear that accompanies change (i.e. becoming a parent).**

Guidelines for Continued Personal Development



2. Realize that psychological pain is valid.

**We can change our present by feeling
the full pain of our past and making
sense of what happened to us.**



Guidelines for Continued Personal Development

3. Develop a more realistic view of your parents.



Guidelines for Continued Personal Development

A man with a backpack and sunglasses on his head is smiling and looking at a map he is holding. He is standing behind a wooden fence, and the background shows a scenic view of a body of water and mountains.

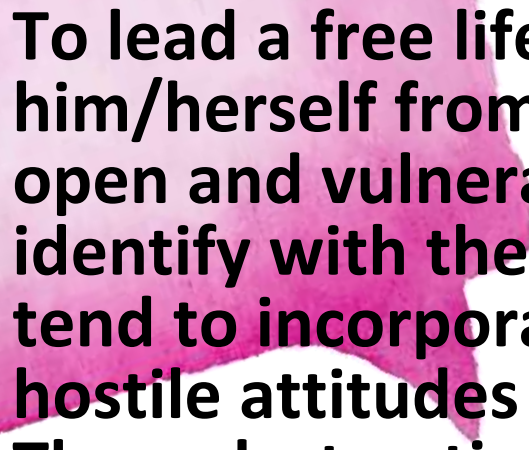
4. Unlearn old behaviors and learn new behaviors. (Differentiation)

Differentiation

Differentiation refers to the struggle that all people face in striving to develop a sense of themselves as independent individuals. In order for people to live their own lives and fulfill their unique destinies, they must differentiate themselves from destructive interpersonal, familial and societal influences.



Becoming Differentiated

A pink watercolor splash graphic is located on the left side of the slide, partially overlapping the text.

To lead a free life, a person must separate him/herself from negative imprinting and remain open and vulnerable... As children, people not only identify with the defenses of their parents but also tend to incorporate into themselves the critical or hostile attitudes that were directed toward them. These destructive personal attacks become part of the child's developing personality, forming an alien system, the anti-self, distinguishable from the self system, which interferes with and opposes the ongoing manifestation of the true personality of the individual.

- Robert Firestone, Ph.D.

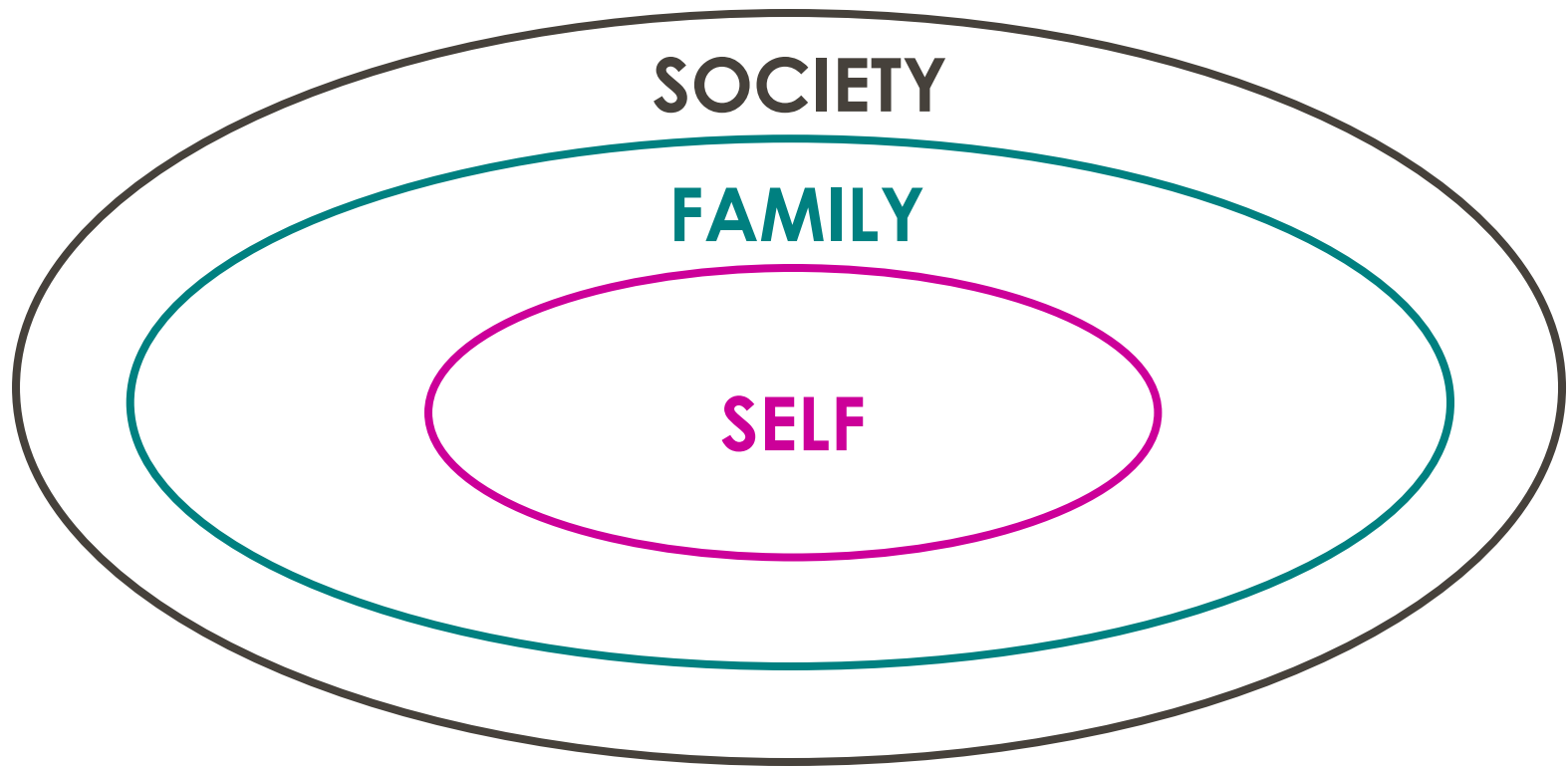


Child Self

Real Self

Parent Self





Steps of Differentiation

- 1. Break with internalized thought processes, i.e., critical, hostile attitudes toward self and others.**
- 2. Separate from negative traits assimilated from one's parents.**
- 3. Relinquish patterns of defense formed as an adaptation to painful events in one's childhood.**
- 4. Develop one's own values, ideals and beliefs rather than automatically accepting those one has grown up with.**



Guidelines for Continued Personal Development

A woman with short dark hair, wearing a red top, is shown in profile, looking down and resting her chin on her hand. She appears to be in a contemplative or thoughtful state. The background is a blurred outdoor setting with stone steps.

5. Become more aware of specific defenses against feeling that hurt you and your children.

Break the Ways You Self-Parent

Self-soothing

You're under too much pressure. Just be by yourself where no one can bother you.

What a failure! You're useless in this house. You should just throw yourself into work.



Self-critical

Guidelines for Continued Personal Development



6. Recognize the value of friendship.

Support System

- Surround yourself with people who support you being a better parent.
- Children need a minimum of **five** loving adults to thrive.





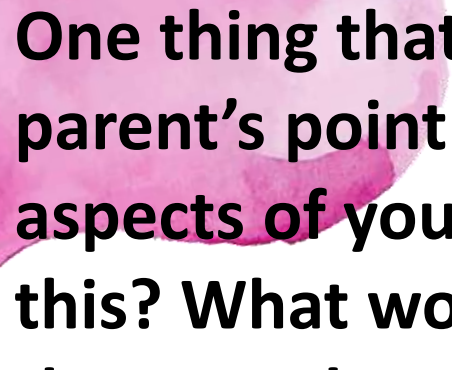
The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change, and the most powerful therapy is human love.

- Dr. Bruce Perry

Guidelines for Continued Personal Development

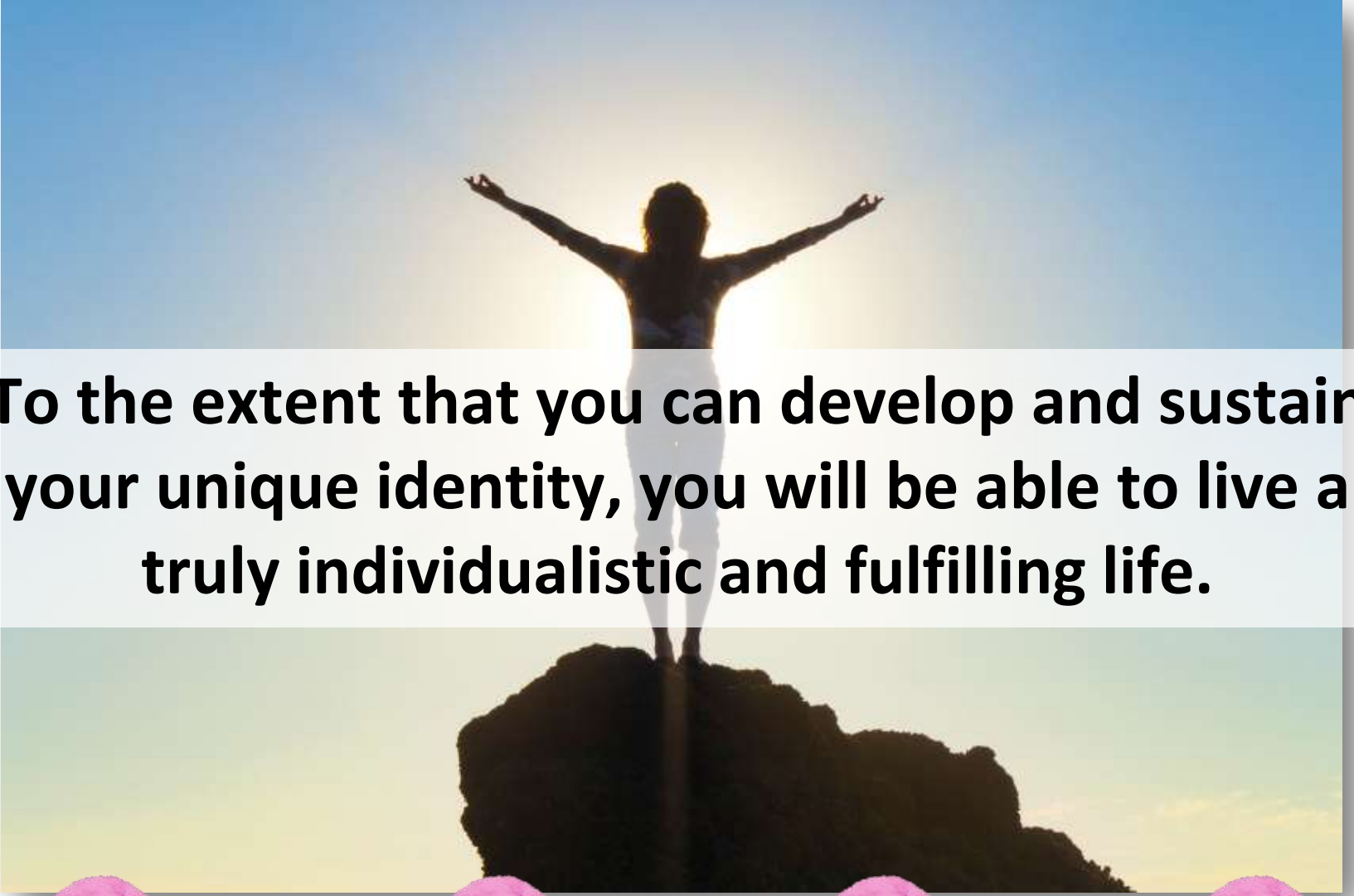
7. Seek your own personal meaning in life.

Finding Your Own Point of View



One thing that is very valuable to look at is the parent's point of view about life, about all the aspects of your life. What would they say about this? What would they say about you? What would they say about your marriage? What would they say about the way you are with your kids? What would they say about your profession, your career, and then answer back with your own point of view, separating yourself from the anti-self.

- Robert Firestone, Ph.D.

A silhouette of a person standing on a dark, jagged rock formation. The person's arms are raised in a 'V' shape towards a bright, glowing sun that is partially obscured by their head. The sky transitions from a pale yellow near the horizon to a clear blue at the top. The overall mood is one of triumph, freedom, and achievement.

To the extent that you can develop and sustain your unique identity, you will be able to live a truly individualistic and fulfilling life.

Guidelines for Continued Personal Development



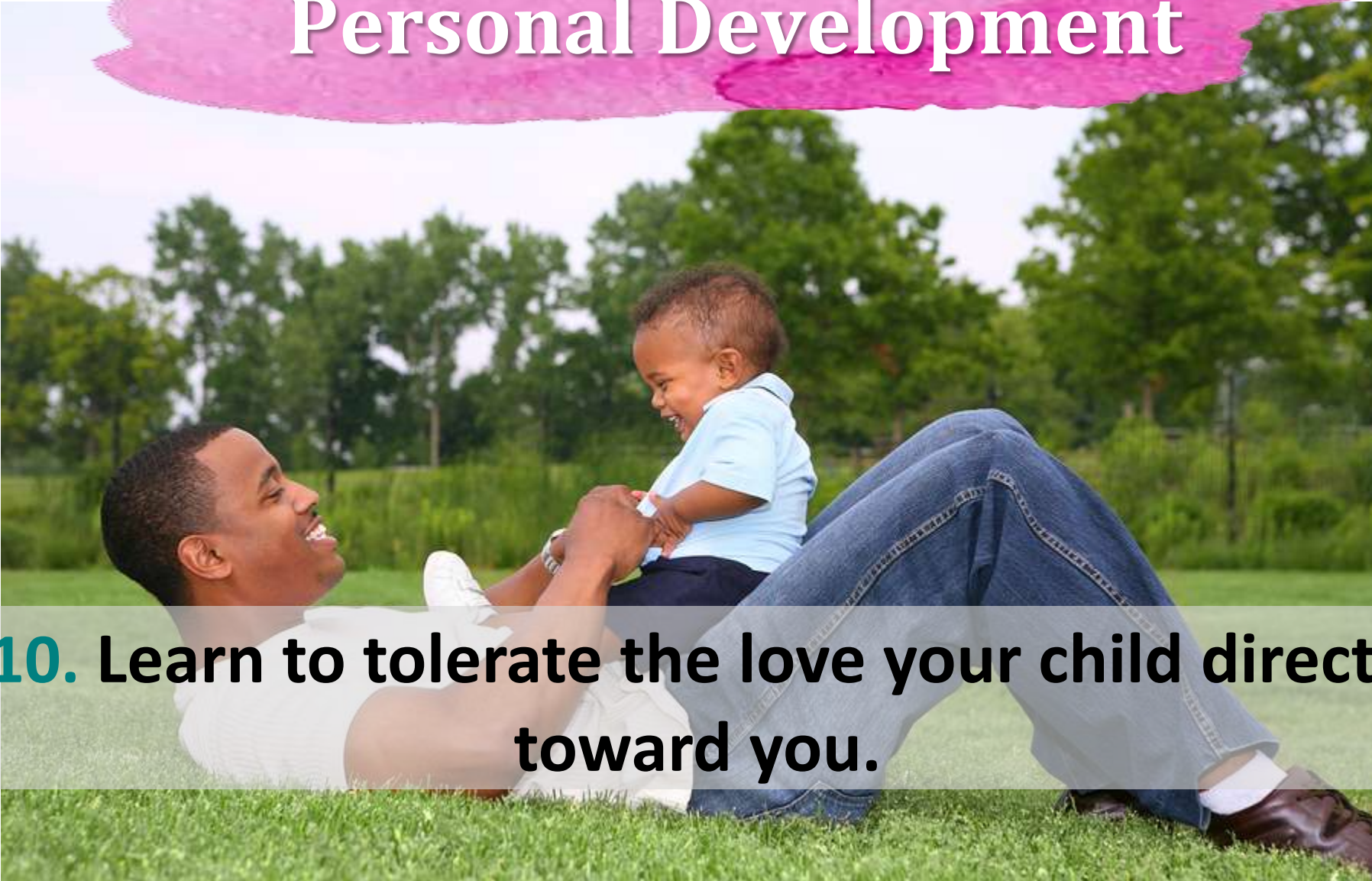
8. Model the characteristics that you want your kids to have.

Guidelines for Continued Personal Development



9. Practice being generous in all your relationships.

Guidelines for Continued Personal Development

A photograph of a man and a young child sitting on a grassy field. The man is lying on his back, propped up on his elbows, wearing a white t-shirt and blue jeans. He is smiling at the child. The child is sitting on the man's lap, wearing a light blue polo shirt and dark pants, also smiling. The background shows a line of green trees under a clear sky.

10. Learn to tolerate the love your child directs toward you.

Guidelines for Continued Personal Development



11. Exercise self-compassion.

A Self-Compassionate Approach

A photograph of a young couple sitting on a bed, holding their newborn baby. The man is on the left, wearing a light blue t-shirt, and the woman is on the right, wearing a light pink t-shirt. They are both smiling and looking down at the baby, who is wrapped in a white blanket. The background shows a window with a view of greenery outside.

**The goal is not to be perfect.
There is not only one way to parent.**

Self-Compassion

Dr. Kristin Neff:

1. Self-kindness
2. Common humanity
3. Mindfulness



Interpersonal Neurobiology

Daniel Siegel, M.D.

Curious

Open

Accepting

Loving



Guidelines for Continued Personal Development

A silhouette of a person sitting on a stool, leaning forward with their head resting on their hand in a contemplative pose. The background is a warm, golden-yellow gradient, suggesting a sunset or sunrise. The person's shadow is cast onto the ground in front of them. The text "12. Become aware of existential realities." is overlaid on a semi-transparent grey band across the middle of the image.

12. Become aware of existential realities.

Guidelines for Continued Personal Development

A person is silhouetted against a vibrant sunset or sunrise over a mountain range. The sun is low on the horizon, creating a bright orange and yellow glow that fills the sky. The person is standing on a rocky outcrop, looking out over the vast landscape. The sky transitions from a deep orange near the horizon to a darker blue at the top.

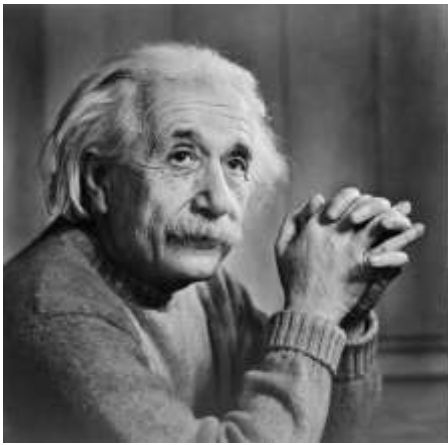
13. Develop a spiritual perspective and appreciate the mystery of existence.

The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

Copyright © 2011 David Rock and Daniel J. Siegel, M.D. All rights reserved.



A human being is a part of a whole, called by us 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest... a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself a part of the liberation and a foundation for inner security.

- Albert Einstein