

# RESTORATIVE PARENTING

## 7 Ways

### **ATTACHMENT** *Developing positive connections that transcend competing forces*

#### **RECOGNITION**

vs. Indifference

I let my children know that they matter to me – that I see them, and acknowledge their gifts.

#### **CONNECTION**

vs. Separation

I connect intentionally with my kids, I make eye contact, and I develop a rapport with them.

#### **SECURITY**

vs. Neglect

I respond appropriately, promptly and consistently to their needs. I commit time for them.

#### **LOVE**

vs. Discipline

I express unconditional love to my children and translate its meaning for them.

### **DEVELOPMENT** *Promoting healthy maturation in children and self*

#### **CONSCIOUSNESS**

vs. Denial

I promote my children's growth as unique human beings and model positive development.

#### **ACCEPTANCE**

vs. Expectation

I accept my children completely for who they are and try to meet them where they are.

#### **EDUCATION**

vs. Ignorance

I participate in their education and support a balance of aesthetic, moral, and scientific learning.

#### **INTEGRAL**

vs. Narrow

I see things from multiple points of view. I look for and find value and truth in all expressions.

### **EMPATHY** *Ability to connect with feelings and needs being expressed by others and self*

#### **PRESENCE**

vs. Laziness

I show up fully with Heart & Soul, Body, Mind and Spirit.

#### **NEEDS**

vs. Assumptions

I tune into the beauty of the living energy of our needs.

#### **COMMUNICATION**

vs. Judgment

I communicate nonviolently, in ways that promote unity as opposed to alienation.

#### **REQUEST**

vs. Demand

I make clear requests that take everyone's needs into account.

### **PATIENCE** *Capacity to stay with what is happening in the present moment, without reacting*

#### **PATIENCE**

vs. Aggression

I embrace not-knowing in the face of difficult circumstances.

#### **OPENING**

vs. Closing

I am willing to be vulnerable and to open my heart to others, especially my children.

#### **EXPANDING**

vs. Contracting

I make room for multiple perspectives and methods, and refrain from judgment.

#### **SANITY**

vs. Confusion

I choose to consciously return to a state of clarity and calm in response to confusion.

### **ADULTHOOD** *Taking 100% responsibility for the state of ones life and ones relationships*

#### **ADULT STATE**

vs. Child/Parent State

I am conscious, present and responsible, here and now.

#### **RESPONSIBILITY**

vs. Blame

I recognize that true power comes from taking personal responsibility for my experience.

#### **COMPASSION**

vs. Pity

I continually expand my sphere of care and concern for all. I recognize our shared predicament.

#### **MINDFULNESS**

vs. Mindlessness

I engage in practices that both increase my ability to pay attention and interrupt my habitual patterns.

### **RESTORATION** *Willingness and the skillful means to repair the harm*

#### **RESPECT**

vs. Authority

I witness and mirror back the inherent dignity of my children.

#### **REPAIR**

vs. Punishment

I am creative in finding ways to repair the harm.

#### **FORGIVENESS**

vs. Shame

I forgive my children and myself, unconditionally, for everything.

#### **COMMUNITY**

vs. Isolation

I involve the family and the community in my children's learning and growth process.

### **RELATIONSHIP** *Prioritize relationships over all else*

#### **COOPERATION**

vs. Knowing

I work with my child to find solutions to problems that honor their needs.

#### **CHOICE**

vs. Coercion

I creatively present solutions that promote decision making.

#### **WIN/WIN**

vs. Win/Lose

I consider my own needs along with the needs of my children, and I make sure both are honored.

#### **LISTENING**

vs. Thinking

I listen deeply, from the heart, without evaluating or giving advice.