

THE TWENTY RADIANT JEWELS OF AUTHENTIC PARENTING

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Jewel 1

Our personal work on ourselves MUST be related to as Practice, not as a form of First-Aid. Otherwise change will come, if it does at all, painfully slowly.

- Practice doing “Authentic Check-ins” with how each other is *really* doing.
- Visualize/Run through scenarios of how you would respond to emotional outbursts, harsh comments and behavior, getting beneath the story to feelings, perceptions and needs. Listen with the heart, create space, and don’t rush in to fix. Only ask explorative questions when your kid feels fully understood.
- Do the personal work you must do deal with your own emotional triggers.

Jewel 2

Any time anyone says or does something in a way that is not loving, patient nor compassionate, they are experiencing fear or pain on some level. Drop below the story to understand their heart and their actual needs.

Jewel 3

Taking things personally is insane. It’s never about you, but rather about their perceptions and projections. You have nothing to defend. Deal with your triggers (take space if you need to process them), then work to meet your kid’s raw heart.

Jewel 4

Remember to drop Fear-Based Parenting - *Feel your fears* – they are yours to work with. Then communicate them, but don’t project them. Use Love/Communication-based Parenting models as we discussed.

Jewel 5

Choose Battles *Wisely*. With many issues to tackle, let some of them go, for now.

Jewel 6

Know when you are in over your head: seek outside help in these situations before your relationship gets too stagnant in a state of stress. Parenting is an art because all healthy relationships are an art. There’s help out there.

Jewel 7

Share your **Scars, Secrets, Struggles** from your **heart** – be vulnerable, (rather than sharing dry stories from your head) in order to build the feeling of safety for joining and sharing in explorative dialogue, as well as to inform your kid of what are normal human emotional experiences and that they are not alone.

Jewel 8

Never Ever Assume- It's the Grim Reaper of all relationships. Rather, understand.

Jewel 9

Practice having explorative dialogue – just be sure to let go of your attachment to the outcome of the conversation. What you are working on here is helping them cultivate what I call their Three Guiding Diamonds:

- Emotional Intelligence, Critical Thinking, and Authentic Sense of Self Worth

Jewel 10

5 to 7 years before kids engage in risky behavior they begin to develop the tendencies towards doing them. Explore these things with your kids early!

Jewel 11

[Rules without relationship equals rebellion] – Breaking rules of more often a symptom of the broken health of a relationship. (If the relationship is intact, you'll have a chance of understanding what's going on for them deeply, underneath their choice to break the rule, and you would then be able to explore it or discuss it before making the rule itself. The issue of breaking the rule here could also be that they weren't thinking critically about it – if that's the case, use exploration to help them address this undeveloped mindfulness).

Jewel 12

“Welcoming the good kind of Failure”. Failure is how all of us learn most of our important lessons. LET THEM FAIL at many small things, and be there lovingly to support their process in working it out (their feelings and their thoughts about it). Stop overprotecting them – you'll regret it later when they can think through challenges or haven't developed resiliency to deal the challenges they are facing.

Jewel 13

Be careful of disciplining something you aren't willing to model (answering a phone call during a conversation, talking about feelings - instead of yelling with them, being on time, etc.)

Jewel 14

Kids learn to value what you celebrate – (“I'm so appreciative of your ability to understand and share your feelings”. “Thank you for asking me how I'm doing - that feels great”)

Jewel 15

“80% of your conversations should be about what’s right with them.”

(www.Resiliency.com - Learn how to help your kid build strengths and overcome risks and challenges.)

Jewel 16 *

“Most discipline is wrathful and praise is barely inspiring”

“If you cheer louder for the Broncos then you do for your kid, something’s wrong

“Go one day without discipline – use praise instead”

(*Corey Jones, a trainer for Assets for Colorado Youth : The 40 Assets: Great tools to enhance positive youth development in all kids. www.BuildAssets.org)

Jewel 17 **

7 Caring Habits: Supporting, Encouraging, Listening, Accepting, Trusting, Respecting, Negotiating Differences.

7 Deadly Habits: Criticizing, Blaming, Complaining, Nagging, Threatening, Punishing, Bribing/rewarding to control

The 5 Basics needs: Love and Belonging, Freedom, Fun, Power [self-sufficient/capable], Survival [Emotional/Mental/Physical] - These are the deep motivation behind our choices – the basis for “Choice Theory”.

(**From The William Glasser Institute - <http://wglasser.officewebsiteonline.com>)

Jewel 18

Drop the “Story”/Arguing over who’s “reality” is more correct

Understand the actual feelings and needs beneath perceptions (your & theirs)

Let go of wanting to be understood first. Understanding them first will disarm them and de-escalate the situation.

Jewel 19

We get good at what we practice. So... practice healthy communicative emotional models towards your self, and in your relationship to your child

Jewel 20

Via email, ask a few friends to come up with their own top five Parenting Jewels and share them with each other. This not only may give you insight or some worthy ideas, but it will also create or deepen the culture of support you have between you as parents.