

Parenting Your Way Readers Guide



From Tough Love to Enough Love

By Kaeli Van Regan





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Parenting from Tough Love to Enough Love starts with the Self. The impact that you have on your children starts with you. Being prepared to be in a relationship with your child will help you to be fully present as a parent.

Chapter 1 - Your Journey

As you parent you receive the benefits of growing naturally as a person and this growth will shift your parenting.

- Why have you come to this book?
- Who are you as an individual and parent?
- What is motivating you to want to grow as a parent?
- Did you have a feeling of powerlessness in your own childhood?
- What feelings do you want to bring to your child?

Consider what changes you would like to make to bring in a loving way of relating.

- How do you live with an open heart?

Everything that you are able to give yourself you will also be able to pass onto your family bringing a sense of unity and strength.

- What are some areas where you are not giving fully to your children?
- Are these are also areas where you are not giving to yourself?

Chapter 2 - Honoring Yourself

Life is more enjoyable for you and your family when you are in a calm place. It is easier said than done in a world full of busyness and expectations. When you can find calm within yourself and your life you are better able to meet the challenges of parenting.



- What does self-care mean to you?
- What are some things that give you energy?
- What are some things that take away your energy?

When you feel so busy it is possible that even the things you would love to do for yourself do not fill you up.

- Are there areas in your life that you can reduce, simplify and let go?
- Where do you place importance in your life?
- What are some daily practices that you can share with your family?

Chapter 3 – Your Role

Enough love is a place where all your child's physical, emotional, and spiritual needs are being met. The source of this parenting from enough love is your values and the extent to which you can align with these values.

- What is your role as a parent?
- What role do you want to have in your child's life?
- Do you have to shift some perspectives or beliefs to have the relationship with your child that you believe is possible?

By bringing clarity into what you want for your relationship you can form the way you parent.

- Are you clear about what you want?
- How do you want to feel in your home?
- What does your relationship with your children look like?



Love, unconditional love, acceptance and understanding; this is the work of a parent. First you find this for yourself and then you are able to pass it to your children. Everything else will come from there because your heart will be open to knowing what you want and finding ways to get it.

- Are there areas where you do not accept yourself?
- Can you see where you have passed on messages that are not what you want your children to learn?

Chapter 4 - Tough Love

Tough love comes from a well-intentioned place but it is restrictive and doesn't produce a loving way of relating. There is so much history around a firm way of parenting and it can be difficult to know if the influence is welcome in your life or if it is just lingering.

- What are some of your beliefs about parenting?
- What are some habits that you have around parenting?
- Do you ever parent because of the way you were parented and “you turned out fine”?
- What are some parenting tools you have developed?
- What style is your parenting and how is it serving you?
- Are your techniques relevant?

The world is always changing and it can be hard to anticipate what this means for children.

- What is different about children today?
- What is different for them (education, jobs, etc..)?
- What are you bringing to your child through your parenting that will help them?



- What skills will they need to thrive?

Chapter 5 - Your Family, Your Intuition

There is no right or wrong way to live your life. As a parent you get to choose how you live with your family. When you give yourself permission to live according to your own ideas you are placing importance on yourself and therefore ensuring that you are treated as deserving as anyone else. This is a valuable lesson to teach a child.

- Do you know your needs?
- What are some systems you have in place so that everyone thrives?
 -
 - Have some fun exploring different personality types and traits. You can explore their elemental types, astrological signs, Carol Tuttle's types, learning types or many others. Talk about some of the different types or do a personality test with your child. Kids can get pretty excited when they hear something that really resonates with them.
- How do some of your innate qualities affect the way you parent?
- What do you think you have done very well as a parent? Celebrate this.
- Do you have any ideas about parenting that you do not pursue because they are not common?
- What do you want to try with your family that you are not giving yourself permission for?



Chapter 6 - Parental Influences

Personal growth an effective way to realize what you want to focus on as a parent.

- What are your influences?
- What are some lessons you have learned that inform the way you currently parent?
- Who are the authority figures in your life: Your Parents, Your Children, Experts, or Other Parents?
- How are you influenced by the rules of society?

By choosing your own path you allow freedom in the relationship with your parents.

- Are you able to separate yourself from your parents influence?

Chapter 7 - A Calm Place

The calm place that I am referring to can also be called being grounded, still, serene, composed, neutral, centered, and at peace. When you are in this space you are more equipped to handle life's challenges and avoid having a stress response.

- What does being centered mean to you?
- In this moment what thoughts, feeling and ideas are coming from what happened in the past?
- In this moment what thoughts, feelings and ideas are coming from what might happen in the future?
- What are some areas that trigger an emotional response in you?
- What helps you to feel calm?
- Do you have any ideas about how to incorporate relaxation into your life everyday?



Chapter 8 - Being Present

Become aware of how you are thinking of feeling. When you act because you want to instead of because you should you are living in the present. To move into the present you need to clear space within your mind and body so that you can experience what is happening in the moment.

- What happens when you are open to seeing them, noticing, listening and being there for them?
- How do you demonstrate that you value them?

If you imagine there is only the present and that you don't know anything about your child but are getting to know them for the first time.

- Who are you in the present moment?
- Who is your child in the present moment?
- What do you need to feel heard and happy?
- What do they need to feel heard and happy?

Chapter 9 – Values

You have the right to your own values and as you learn more about them they can help you know what you really want as a parent. These are some values based polarities:

Good / Bad

Right / Wrong

Better / Best

Should / Shouldn't

- When are some times when you or your children are doing something and you perceive it to be the “right way” or the “wrong way”.
- Are you using judgments with your children and the way they act, behave



and feel?

As you step away from who they “should be” you can focus on who they are.

- Do your ideas about what interests them or how they view success have more importance than theirs?
- What would it mean if you remained more neutral?
- How can you be more accepting of your child?
- What are some things that you think they “should” do?

You share space when you are in a family so by working together as a family you can meet everyone’s individual needs and multiply the potential for happiness.

- What qualities do you want to foster in yourself?
- What qualities do you want to have present in your home?
- What are your values?

LIST OF QUALITIES

Kindness – Acceptance - Patience – Humility – Wisdom – Creativity – Courage
Trust – Honesty – Accountability – Responsibility – Flexibility - Open Mind
Optimism - Open Heart – Authenticity – Vulnerability – Self Worth – Integrity
Caring – Compassion – Generosity – Forgiveness – Purpose
Love – Freedom – Gratitude - Peace – Calmness – Simplicity - Passion - Joy
Humour – Fun – Excitement - Light heartedness – Support – Helpfulness
Service - Respect – Fairness – Non Violence – Cooperation - Connection

What you value may be different from what your children value.

- What are the similarities and differences between the qualities you are



looking for?

- What brings stress in the home?
- How are you relating?
- Do you spend quality time with your family?

Chapter 10 – Avoiding Projecting

It is when you are able to remain neutral as a parent that your child gains the ability to find answers for themselves, discover their own emotions and fulfill their own desires.

- What are the consequences of projecting your emotions and expectations on your children?
- What are some of the hopes you have for children?
- What are your children's hopes?
- Do they match?

Chapter 11- Freedom and Empowerment

It can be hard to watch your children when they are being challenged or in struggle. Sometimes what we perceive as being hard doesn't feel hard for them but would be hard for us. Being overcautious can lead to fear and keep them from possibilities. It can tell your child that they are not good enough or that you don't trust them. Place yourself in the role of being a protector of their soul instead of a protector of their safety.

- When do you feel that you need to protect your child?
- What are you protecting them from?
- Where did you get the idea that they need to be protected?
- What is the result of your interaction?



Each time a child makes their own discovery about themselves or their capabilities they build resiliency and confidence.

- What are some struggles or challenges that your child has?
- Are you able to let them navigate their own struggle?
- When is it difficult for you to watch them struggle?
- How comfortable are you with their independence?
- What is your reaction when they are stretching themselves and trying new things?

To bring more enjoyment into your life it is helpful to remain in the experience. When you focus on the result you lose the enjoyment in the moment.

- Do you focus on the outcome or the experience?

Chapter 12 - Following and Allowing

A level of stress can occur when you are trying to do what is best for your child. In many cases what is best for their well-being comes from answers that they have within them. Allowing your self to follow their lead can make life easier for both of you.

- When is it easier for you to give them space to develop?
- Have you found a balance in the level of involvement you have with your child?
- What are some ways that you engage with your child that allows them to follow what they are drawn to?
- When are you inclined to give advice?
- Do you have ideas about what you need to teach them and what they can learn through the experience of life?



- Is there anything that you really need to teach them?

Chapter 13 – Beliefs

Limiting beliefs are thoughts and emotions that mostly go unnoticed because they are in your subconscious. Many forms of lack and limitation remain undetected but affect every move you make. Living from external influences can make you think that you are not whole. The material world including consumerism, marketing and advertising are constantly telling you what you need to have to be better or to feel fulfillment.

- How often are you saying no, you can't, or I won't?
- Do you notice that you feel jealous of others?
- Do your children feel jealous easily?

During your day there are a series of decisions that you make where you choose to say yes or no. Take notice of the answers that you are giving throughout the day.

- Where did your beliefs about the relationships you have with your children come from?
- Do any of these beliefs limit your children, family or parenting? Are there new experiences that you could be having if you didn't hold onto some of these beliefs?
- Is what you are doing working for you, for your kids and for your family? Can you think of something better?
- Are there areas in your life where you can bring in new empowering beliefs?
- What can you say "yes" to?



Chapter 14 – Judgment and Acceptance

Judgment comes from fear. You may feel that your parenting is being judged and this can lead to the fear that you are not being a good parent or you are not able to meet all your child's needs. Most significantly they lead to not feeling like you are enough. You are enough!

- Are there areas in your life where you do not feel good enough?
- Are there areas you are judging yourself?
- Are there areas you are feeling judged?
- Are there ways that you could eliminate these judgments from your life?
- Are there areas where you would like to accept yourself more?
- What have you learned about judgment and the importance of being critical?
- Does this serve your purpose? How does it affect the possibilities that you have access to?
- Can you think of areas where judgment has been in the way of having a true experience?
- What are some new things you or your children might try if you just went for it?

Chapter 15 - Emotions

Feelings are your physical reactions and a great help once you learn to use them.

- How comfortable are you with feelings?
- Do you accept your own feelings?
- Are you comfortable with how your children express their feelings?

You may place your identity on the line when you worry about the way your children express their feelings.



- Are your children behaving appropriately and as expected?
- How do their feelings reflect you?

Children don't always know what's going on but they can always feel it. When you react in emotion you are influencing your child. You may even be controlling or punishing them

- Do they feel shame, blame, disapproval, punished or defensive?
- Are you able to witness their emotion without stepping in to fix them?
- Do you tell them how they feel or how they should feel?
- What do you think when they cry or tantrum in public?
- What do you feel when you notice they are uncomfortable?
- How do you react to their laughter?
- Are you judging their feelings or the way they express their feelings?
- Are you able to show your emotions?
- Do your children have the opportunity to witness you demonstrating your feelings or do you need to cover it up? How do you regulate your behaviour when you are emotional?
- Can you model the emotional skills for your child?
- What do you feel is the role of emotion in your life?
- Do you accept all types of feelings?
- How comfortable are you when your child is reacting with emotion?

You can honour your children by witnessing what they are expressing.

- What are your feelings telling you?



- What is an example of a time when you have the feeling and what did you learn from it?
- Happiness, Fear, Anger, Excitement, Sadness, Confusion, Anxiety and Worry.
What is the worst thing that could happen?

Chapter 16 - Feeling Safe

Success is working towards what is important to you. When your child feels safe it frees them up to be successful. This helps your child feel comfortable to be creative.

- How can you get out of the way so they can find their own success?
- What does a safe atmosphere mean to you?
- How can you relate to your children so you don't feel guilty after?
- What triggers your emotional reaction?
- Does this affect the environment in your home?
- Do you find yourself reacting or responding? How does this affect your child?
- When your child has a real feeling of safety they are given wings to soar!
How do you help your child experience this feeling?

Do you notice your child reacting with the 3 P's: performing, pleasing and perfection:

- Have you found ways to act with love?
- Are you able to be authentic and show your vulnerability?
- Can you embrace mistakes and keep things light and fun with your family?



Lightheartedness and fun are components to creating a comforting atmosphere.

- What are some things you could do to bring in the fun?

Chapter 17 – Choice

Choice is freedom. It has a lot to do with choosing to listen to yourself and honoring your own value.

- What can allowing your children to make choices and decisions bring to them?
- Are there times where allowing them to make choices just doesn't work? Why?
- What can you learn about your children by listening to the choices they are making?
- Can you meet their needs more easily by noticing what they are asking?
- How do you feel when someone is making choices for you?
- How does your child feel when someone is making choices for them?

Look at choice on a scale from complete freedom where each person makes all their own choices to complete control where no one makes their own choices.

- Where do you feel the need to defend or have control in your life?
- Where can you let go of control to experience freedom?

Power Struggles can leave you feeling frustrated. When you engage in a power struggle you are using power over your child.

- What are you trying to control? Is it really that important to you?
- When you think of a time when you were in a power struggle with your child, is there something that you could have let go of that would have made things better for everyone?
- Are there areas where you can give your child freedom over their own



lives?

- Are there areas where your child can participate with decisions in your home?

Chapter 18 – Uniqueness

When you shine you feel successful.

- What are some ways you feel successful internally?
- What are some ways you feel successful externally?
- Can you notice when you correct your children, want them to act differently, wear something else, or behave differently? Reflect on where this idea comes from in you. Is it about the way things should be done? Why would it be better to do something a different way?
- Why do you do things the way that you do?

If you base your uniqueness on internal feelings of success you will find way to express your being and gifts. Children may be “good” at things they don’t love. Having outward success in an area does not give a person the feeling of success if it is not congruent with their desires.

They may love things that you perceive they aren’t good at. There may be value in it for them and who knows what it will lead to. Practice letting go of what you do and embracing your changing expressions.

- What are some ways you express yourself? How did you feel when you are expressing yourself?
- Are there other things you would like to try?
- What does your unique combination of experiences mean in your life today?
- What are some areas in life that just feel easy to you? What are some of your gifts?



Part of what makes you unique is how you change as you move through different experiences.

- What are some ideas that you are holding onto about yourself?
- What are some new parts of you that are evolving?

Chapter 19 - Inner Qualities

Who you are is how you express yourself. Creativity is not limited to artistic endeavors but is how you express your internal qualities, thoughts and desires. This can be in the way you speak, relate, work, play or create. It includes the way you relate to others and to nature. It is displayed through your interests and actions. Being unique is at the core of every person, this is who you are and can be expressed through a gift or talent or in any other way. Knowing this is how you get to know yourself.

- What are some ways you express yourself?
- Think about times when you are quiet or bored. What do you enjoy about that feeling?
- What are some ideas that come from inside you that you think you would enjoy?
- Living the quality of life that you desire is one of your greatest needs?
- What are these qualities for you?
- What are these qualities for your children?
- How can you help everyone to feel the way they want?
- How does living your desired quality of life bring you empathy for others?

Chapter 20 - Quality Time

Time is a factor that needs to be considered. This can seem like an impos-



sible hurdle to overcome but there are strategies to get time on your side. Use the following questions to look at how your life impacts both the quality and quantity of time.

Do you have the time that you want to: guide your children? be present? have fun? show that time is valuable? foster connection? work? care for yourself? eat properly? exercise? spend time in nature? have a personal practice? relax? avoid rushing?

Time seems like such an external factor that is way out of your control. This is true when you are managing expectations that are imposed on you. There is another option and it is to decide what you want and create the time for it.

- Is this even possible?
- What are some structures that are taking up your time?
- What have you scheduled that takes up your time?
- What expectations take up your time?
- What activities take up your time?
- What can you begin to remove from your life?

Take a good look at the reason you are engaged in these activities.

- Do they energize you or give you a feeling of purpose?
- What activities can you do with your family?
- Can you make some time everyday?

When you have a foundation for relating with your family time doesn't play such a large role.

- How do you feel when you are with your family?



Chapter 21 – Connection

When your ability to connect is fostered you are also able to experience a deeper sense of community. You gain an attachment to others and the natural world. This connection begins with Self and extends to your child.

- What are some examples of ways you build a connection with yourself?
- What are some ways you can help your child build a connection with themselves?
- What are some ways you encourage a connection with others?
- What are some ways to develop connection with the natural world?

Connection is opposite of separation and it is sometimes easier to gain techniques when you bring the opposite into your awareness.

- What are some times when you feel a separation from your family? Can you place yourself in their shoes?
- You can gain trust by building a two-way street through valuing them and being vulnerable. How can you do this?
- Do you feel like your child isn't listening to you, doesn't respect you or just isn't getting you? How about the other way around?
- What does this tell you about your connection?
- What can you do to reverse this?

Chapter 22 – Modeling

Becoming aware of what you are modeling takes a lot of introspection.

- What would you like to model for your children?
- How can you model positive ways to relate using your values?
- How can you show your children what you care about in a way that is



honest and trustworthy?

- Do your actions reflect compassion?
- How do you speak? Think about the language you use including body language and tone.
- How do you act? What are some of the behaviours that you have?
- How do you react? What are your habits and impulses?
- What are you trying to control?
- Where do you place importance? Do you focus on you, family, time, school, values, or other priorities?
- What are your tools and techniques? Parents might need outside help to get these.

What you need to work on will show up like a mirror.

- What you see in your child that shows you what you are modeling?
- What is it in life that your child needs to be prepared for?
- Your parenting path can be informed by taking a look at the big picture and deciding consciously what your purpose is as a parent. What are you preparing them for?

Chapter 23 - Authentic Communication

The way you communicate has effects on your relationships. Approaching communication with an intention of sharing yourself and learning from others can develop trust.

- Are you congruent with yourself?
- How do you demonstrate your authenticity?
- Are you honest with yourself? How do you develop the qualities of being open, honest and trusting even when it's hard?



- Are you confident about your beliefs (or sending mixed messages)?
- How do you create a safe atmosphere for learning communication skills?

You can use their questions as a clue about what they are ready to know.

- Are you comfortable with more difficult conversations?
- Do you share what they are developmentally ready to hear?
- Do you talk about what you are curious about?
- What does it mean to communicate with an open heart?
- Can you set an intention to receive the best result for everyone?
- Do you have open communication with your family?
- Do you listen openly and value listening as a foundation for communication? How can you explore this further?
- How do you listen past their words to what they need?
- How does open communication help you relate lovingly with your family?

Conclusion

I hope that by loving yourself, feeling support and even inspiration that you and your children are always in touch with all that shines light into your lives.