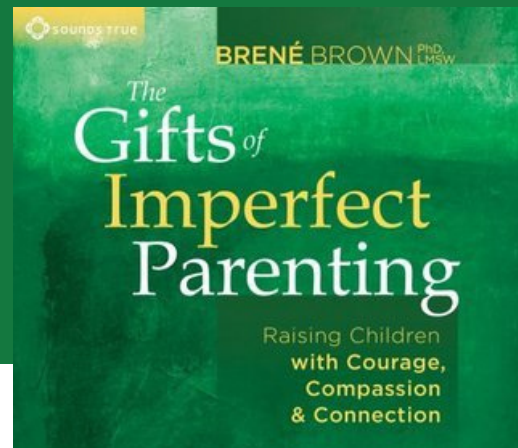


Discover a Journey of Parenting filled with Empathy, Understanding, and Growth.

Combining insights from Brené Brown and Allison Livingston to guide you towards wholehearted parenting



✓ Building Shame Resilience:

- The parenting space is filled with judgement and shame so building shame resilience is essential.
- Teach your children their birthright of self-worth. Talk to your kids about shame v. guilt.
- Remember, mistakes are opportunities for growth, not shame. Own when you use shame/disapproval and make a repair.
- Be mindful with siblings and not allow them to shame or name call each other.

✓ The Power of Vulnerability:

- Show your children that it's okay to be vulnerable; hold their hand instead of taking the feeling away
- Openness, while scary and hard, leads to deeper connections.

✓ Embracing Imperfections:

- Perfect parenting doesn't exist.
- Perfectionism is a straight jacket.
 - The belief that if I live perfect, speak perfect and act perfect then I will avoid all blame, judgment, shame and criticism.
 - When we do mess up, we just think I wasn't perfect enough.
 - We don't connect when we are performing, pleasing, perfecting, fixing, judging or blaming.

“ Brené Brown

Most of us grew up believing we had to hustle for our worth to secure love and belonging.

But love, belonging and worthiness are a birthright; we don't need to hustle for them.

From the research, the people who are the most wholehearted are the ones who are comfortable with emotional discomfort and uncertainty. And they were comfortable with these because they saw them modeled growing up. And they didn't see it happening perfectly and they saw their parents in struggle.