# The Reflective Parenting Course

## <u>Lesson Outline</u>

Module 1: Introduction to Reflective Parenting?

Lesson 1.1 What is Reflective Parenting?

Lesson 1.2 Setting Intentions for the Journey: Defining your goals for this course and setting personal milestones for growth

Lesson 1.3

The Parent You Always Needed:

Identifying unmet needs from childhood and how they impact your parenting today



Module 2: Understanding Your Inner Child

Lesson 2.1

What is the Inner Child?:

Exploring the concept of the inner child and how it manifests in adult behaviors and emotions

Lesson 2.2

Childhood Wounds and Patterns:

Identifying common emotional wounds from childhood and understanding how they affect your parenting

Lesson 2.3

Re-parenting Yourself While Parenting Your Child: Steps to begin healing your inner child through self-compassion and conscious parenting

### Module 3: Emotional Intelligence for Parents

#### Lesson 3.1

The Role of Emotional Intelligence in Parenting: Understanding emotional intelligence and its importance in creating a nurturing environment

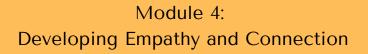
Lesson 3.2

Regulating Your Emotions in Triggering Situations: Tools for managing your emotions when triggered by your child's behavior

Lesson 3.3

Modeling Emotional Intelligence for Your Child: How to teach and demonstrate emotional intelligence for your children





Lesson 4.1

The Importance of Empathy in Parent-Child Relationships: How empathy fosters trust and a strong emotional connection with your child

Lesson 4.2

Listening with Intent: How to Hear Your Child's Needs-Active listening techniques to understand your child's emotional world

Lesson 4.3

Creating a Safe and Open Environment for Communication-Practical strategies to cultivate open, honest communication with your child

#### Module 5: Conscious Discipline and Setting Boundaries

Lesson 5.1

Rethinking Discipline: From Punishment to Guidance Shifting-The mindset from traditional punitive discipline to guidance-based, reflective approaches

Lesson 5.2

How to Set Healthy Boundaries without Shame or Guilt: Creating and enforcing boundaries with empathy and respect

Lesson 5.3

Navigating Conflicts with Reflection and Compassion: Conflict resolution strategies that honor both your needs and your child's



Module 6: Building Your Reflective Parenting Philosophy

Lesson 6.1

Crafting Your Personal Parenting Vision: Combining all the lessons into a cohesive reflective parenting philosophy

Lesson 6.2

Embracing Imperfection: Letting Go of Parental Guilt-How to cultivate self-compassion as a parent and avoid perfectionism

Lesson 6.3

Sustaining Growth: Ongoing Reflection and Self-Care-Developing a self-care routine that supports ongoing growth as a reflective parent