

The Reflective Parenting Course

Lesson Outline

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



Module 4:
Developing Empathy and Connection

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