

# WellNest Counseling

Bringing wellness to your nest



Week 2:  
Setting your Intentions as a Parent

**Rule of Thumb: Focus on the *Donut*, not the *hole*.**

Please complete this workbook before your live meeting





3. What is your “go-to” tool for de-stressing? (Ex: aromatherapy, breathwork, prayer, your favorite comedy, etc.)
  
  
  
  
  
  
  
  
  
  
4. Is there a supportive tool or practice that you’ve always wanted to try, but felt nervous about? (Ex: yoga, dance, EFT tapping, joining a weekly walking club, taking an art class, etc.)

## Setting your Intentions as a Parent

*Get really clear about what your goals are for yourself, your relationship, and your family.*

1. What are 3 goals/intentions for your relationship with yourself?
  - a.
  - b.
  - c.
  
2. What are 3 goals/intentions for your relationship with your child(ren)?
  - a.
  - b.
  - c.
  
3. What are 3 goals/intentions for your family as a whole?
  - a.
  - b.
  - c.







## Active and Reflective Listening:

*The steps to active listening:*

1. Slow down, be present, and listen with intention: We often think we know what kids are going to say so we stop listening to them. Let's try to break this habit. Listen to your kids as if they are the only thing that matters at that moment. Remember that to them, whatever is going on is the biggest thing they have experienced so far. So, for them it is important. Next time your child comes to you say to yourself, "I will listen openly."
2. Refrain from interrupting: Kids' brains work much slower than ours. We need to give them the time and space to fully express what is on their mind. This is also important because we need to think about the message we are sending. Kids learn by modeling. If you interrupt them, they will likely interrupt you too. You are also sending the message that what they have to say isn't as important as your thoughts when you interrupt.
3. Try not to label or judge: I know as a parent, I have let fear take hold of me after hearing about something my child has said or done and I will think, "Oh no, they are being a bully" or "He needs to learn this now, so he isn't a push-over later" or "Why are you being so dramatic?" These are all labels. The thing with labels is they are rarely useful when creating a positive relationship with our children.
4. Do not compare: Each child is unique and develops at their own pace, even among siblings. Often parents will say, "well, I raised them the same way, so I don't know why it's so different." It's different because each sibling is a completely different person. They are going to respond differently to the same parenting techniques. Can you show up and accept your child for whom they are without comparing?

## Reflecting Feeling/Responding:

This is a simple skill to talk about but much more difficult to put into practice. You simply say, "You are feeling word." Let's practice below.



Scene: John comes home from school and shares that he made MVP on his soccer team. He has a big smile and animatedly tells you how he received the reward.

Your response:



Scene: Sally is playing with her toy when it falls off the table and on to the floor. As she picks it up, she realizes it is broken. Her shoulder slump, head looks down, and arms are by her side.

Your response:



Scene: It's time for George to get off the video games. You tell him to turn it off and he doesn't. Then you tell him to turn it off or there will be a consequence. When he doesn't, he receives the consequence, and he starts yelling at you.

Your response:



Scene: You and Jill are in the garage looking for holiday decorations when a big box falls and hits the floor. Jill jumps and yelps.

Your response:



## Final thoughts:

Use the space below to write down any final thoughts or reflections you have had during this week's video and workbook.

## List of Values

Accomplishment	Charity	Simplicity
Success	Gentleness	Connection
Authenticity	Power	Improvement
Equality	Cleanliness	Skill
Meaning	Orderliness	Cooperation
Accountability	Global view	Independence
Fairness	Quality of work	Spirit
Money	Collaboration	Spirituality in Life
Accuracy	Gratitude	Creativity
Faith/Faithfulness	Reliability	Individuality
Openness	Commitment	Strength
Adventure	Goodness	Determination
Family/Family	Resourcefulness	Stability
Feeling Oneness	Communication	Delight of being
Loyalty Others'	Hard work	Joy
points of view	Respect	Integrity
Beauty	Community	Democracy
Freedom/Liberty	Happiness	Intelligence
Peace/Non-violence	Security	Teamwork
Calm/Quietude	Competence	Discipline
Friendship	Harmony	Intensity
Personal Growth	Self-reliance	Tolerance
Challenge	Competition	Discovery
Fun	Health	Justice
Pleasure	Service to others	Tradition
Change	Service to society	Diversity
Generosity	Concern for others	Kindness
Perseverance	Honor	Trust

References:

Landreth, G. (2006). *Child Parent Relationship Therapy Manual*. New York, Routledge.

Siegel, D. J., & Bryson, T. P. (2020). *The Power of Showing Up: How Parental Presence Shapes who Our Kids Become and how Their Brains Get Wired*. Scribe Publications.

Schuler, K. (2011). *Jai Institute For Parenting Workbook*.