



Course #2

UNDERSTANDING YOUR PARENTING STRENGTHS AND WEAKNESSES

A FIVE SESSION COURSE ON EMOTIONAL UNDERSTANDING

Accompanying workbook includes exercises, practical tips, charts, key principles, and action items in user-friendly format

Session One: Understanding Your Character Type—and Your Child(ren)'s

How are you primarily oriented—are you mentally, emotionally, or physically based?
Which type is your child?
How does your character type—and your child's—affect how you relate to one another?

Everyone approaches life primarily through one of these modes—from an emotional, mental, or physical base—and this affects how you approach your child, your important life decisions, all your relationships, your work, and even your health.

While it is not always obvious which type you or your child are at first, taking the time to understand your emotional, mental, or physical character type (and your child's type) provides you with an important tool for understanding (and changing) your parenting patterns for the better. Going through the process yourself will also help you understand and relate more empathetically and effectively to your child, and to others you live and work with.

Session Two: Understanding Your Developmental Stage—and Your Child(ren)'s

Have you completed the developmental tasks leading to full human maturity?
Where does your child stand in the developmental process?
What steps in the maturing process should you—and your child—take next?

Examine your process of growth (and your child's):

- *in the stage of physical development
- *in the stage of emotional development
- *in the stage of developing the will and mental intelligence

Pinpointing areas you may have bypassed (and that your child is facing now) can help you begin to grow again, in important and necessary ways. Going through the process can also help you foster the growth process in your children, and others you know and love.

Session Three: Understanding Your Emotional History

Early life events set emotional patterns in place that can last a lifetime. So, it is crucial to gain your own adult perspective on these key events, and on the patterns that stem from them.

Take this opportunity to:

- * outline pivotal life events
- * observe the patterns that have emerged from them
- * understand your core “emotional script”

Going through this process will allow you to make new and healthier parenting choices based on your present-time, adult understanding, and will give you crucial insights into how you relate to your child(ren) and others you live and work with.

Session Four: Understanding the Mother-Father Dynamic

There are two essential dynamics that every child relies on as they grow—ample nurturing and appropriate challenging.

How do you embody the mother force (or nurture) in your child’s life?
How do you embody the father force (or challenge) in your child’s life?

In this session, you will examine:

- *your own history of receiving nurture (or the mother force)
- *your own history of receiving the father force (or challenge)
- *how you presently deal with the nurture-challenge dynamic
- *how and when to give nurture and/or challenge to your child

Session Five: Your Summary Insight

This session allows you to integrate your newly gained understanding of:

- your character type—and your child’s
- your on-going process of development—and your child’s
- your emotional patterns and parenting strategies
- how to bring both nurture and challenge to your child(ren)

This session will help you integrate the understanding you have gained into a powerful plan for better parenting—helping you break out of unproductive patterns into new ways of loving and raising your child.

To arrange to take New Family Network Parenting Courses, please email:

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