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Doncaster Counselling/Family/Parenting Services also available worldwide via Skype

Human Parenting



This is a booklet exploring a holistic approach to parenting. Being a parent of two children now 15 and 22 years, with over 15 years of experience and education to pass on. I feel that I would like to share my experiences, thoughts and knowledge with those who choose to read the booklet.

I would like to say that I have not got all the answers to everything, I don't profess to be the best parent in the world or to know the best for your child.

What I will say is that I am very much 100 per cent a human parent, I have had my fall and rise in parenting, several times. I will discuss human parenting, the humanity in parenting. I want to do this, because I strongly feel that we need to build compassion and raise children who care for one another no matter the culture, race, ability or religion.

Relationships.....Relationships are key to a happier, healthier life, I'm sure you agree? Our relationships with our children are so significant, how we treat one another is going to be at the core of everything else that we do with our children and how they respond to us.



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How do we build close relationships?

How we communicate, behave, show our love, is how we create strong, loving relationships. The way that we spend time with our children creates strong bonds.

Communication....Tone of voice is important, think about the difference it makes when we talk nicely to one another. Yes, we will all get irritable with one another at times, but generally, how we speak to one another will be how we are spoken back too. Remember children are little recorders, they copy and repeat.

'Say what you mean, and mean what you say, but don't say it mean!

Be kind...Doing something special for your child shows them that you care and you are thinking of them. Making them their favourite lunch, taking them to the park will teach them kindness and they will learn to return this to you and to others. Kindness is an undervalued quality, one that I believe needs to be taught and shown on a daily basis. Be kind to one another and see the difference it makes.

'Kindness is the language that the deaf can hear and the blind can see'

Mark Twain

Give hugs....why? Because a hug helps us feel loved and cared for. Because a hug helps us to feel less stressed and is a way of bonding. If you struggle to hug, then start with a pat on the back, rustle of hair, a touch on the hand and build the bonding over time. Not everyone has been brought up to be huggers. Watch animals and how they snuggle up to one another, or hug one another. It is one of our basic needs, another way of being human, that I believe could be increased.

'Physical touch makes you healthier, hugs reduces stress and boost the immune system'



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Body language....Think about how we communicate through our eyes, facial expression, body language. Children will tell us a great deal by watching them. They don't have to speak. How do you know when your child is happy and sad? They don't say it, they usually show it. Until they find the words to express their feelings, which for some this takes a long time. Spend some time watching your child and listen carefully to their expressions and words.

Play..I love to play. Playing has been at the core of my training as a parenting practitioner. There is so much value in play. It teaches children a great deal in life. I remember days of playing, making dens, picnics, riding bikes and marbles and so on. I could go on but I will be writing a booklet solely on play because I feel play deserves a bigger stage.

'You can discover more about a person in an hour of play than in a year of conversation'

Plato

Think about how you feel when you have spent time playing with the kids, how they feel? Good, happy, connected. Play can give us a release from stress, build closer relationships and helps children to form social relationships and much more.

If you do one thing today, play for a while with your children. My favourite memories are with my children playing cards, riding bikes, playing board games. The times that didn't cost much, only the time spent with them.

If you struggle to play in my next booklet I will discuss ways to support you.

BoundariesWhat does this mean? Deciding on ground rules for your home and what you think is acceptable and what is not is important, saves parents from a life of stress and conflict. We will all have different rules based on our own family values. Having boundaries will teach respect for you and other adults, keep a child feeling safe and secure, strengthens the bond between you and your child. Boundaries are a good thing.

I became much more skilled at this over time of being a parent. As I became more educated and matured, I felt more confident in putting firm consistent boundaries into place. I stopped feeling guilty,



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giving in and changing the goal posts. In my early years of parenting I would be too hard then too soft. This caused a great deal of confusion for me and my son, many arguments and some bad feelings. If you struggle in this area you will know exactly what I mean.

I will explore boundaries and consistency also in a separate booklet. Generally it is good to decide on a few rules for in the home. The rules are most effective stated by saying to your child exactly what to do rather than not what to do.

Sample of house rules

Walk in the house

Sit on the sofa

Keep your hands and feet to yourself

Talk nicely

Share our toys

Decide these with your children and write them up and place them where they can be seen.

I think you will be pleasantly surprised by the results.

Time out....One of the main parts of human parenting is that we take care of our own wellbeing. This can take some practice to find time for ourselves, if we don't we will find ourselves feeling worn down and loose ourselves. Spending time with friends, or resting, anything really that restores our energy and gives us a lift, can give us the boost we need to be the best parent we can be.

If you have enjoyed this please look out for the next booklets.

If you think you would benefit on some 1-1 guidance, contact me for more details on how I can support you.

I have different packages for different needs and tailor this to your individual needs.



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“When the wind of change blows, some build walls, while others build windmills”

Chinese Proverb

Windmills of the Minds