



12 Steps to Re-Defining Parenting



When you have not given your child the best of yourself. Or you have given your child the worst of someone else— what do you do and where do you go, to whom do you turn to learn what you don't know...

START HERE



Step 1
Do not accept or make excuses for your ignorance.

Step 2
Rise above your fears.



Step 3
Open your mind to receive what you need to hear.



Step 4
Never get defensive, because it's probably not your fault.

Step 5
Resolve the conflicts that your parents' parenting created in your heart.

Step 6
Vow to adopt and stick with a more healthy parenting style.



Step 8
Commend yourself for embracing constructive change.

Step 7
Prepare to extend appropriate apologies to your own child.



Step 9
Remain steadfast even when you see traces of previous pain.

Step 10
Resist the temptation to return to parenting as before.

Step 11
Determine what's worth your energy and what's best ignored.

Step 12
Relentlessly endeavor to become the positive role model that your child so desperately needs, because in doing so you create a re-defined path for your child to also be a positive role model in whom their child can be pleased.

