

## Conscious parenting and unconditional acceptance

We all like to think of ourselves as unconditionally accepting of our children. Yet, if we are brutally honest with ourselves we will come to see that we are highly conditional.

As long as our children follow the beat of our drum we are okay and accepting. The minute they veer off the path of what we think is acceptable or “okay,” we pitch a fit. Subtly, or not-so-subtly, we try to control them to bring them our way.



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## Acceptance of our children requires a few concrete things:

- 1) A moment-to-moment vigilance of how it is we are feeling within ourselves,
- 2) An ownership of these feelings and
- 3) A detachment from them so that we do not vomit these feelings onto our children.

Do think about this.

**Make your day joyful.**

