

IT'S TIME

A HAPPY HOME PRODUCTION



Welcome to 2025 in parenting.

It feels like we're going backward in time; in human rights; in the collective consciousness. Yet, 2025 is simply the cumulative effect of 500+ years of white supremacy, the patriarchy, and the white man's rule that will sink the ship of humanity. Yet, our children need our optimism now more than ever. Forever trusting in the evolution and the forward movement of homo sapiens – even as our faith is tested. I'm scared for the next 4 years. My kid wants to leave the country for college. I remind him we're here for a reason. That it's time to get involved in our community to support and align with the organizations doing good in the world.

We're called to double down: on values in action, on supporting the movements doing the work, on protecting peace within, on being mentally, physically, emotionally and spiritually strong. To overcome hate. To speak up. To come together. To stand for unity, for the peace birthed from a more just and equitable world. It's time for community.

Do you know what else it's time for?

To bring the values we stand for in the world into our homes.

Everything we're opposed to happening in our country also has a parenting paradigm connected to it: 500 years of white supremacy and colonization endorsing corporal punishment and children as property. Follow, support, and work with Decolonized Parenting experts to learn more.

In the 1960s, behavior psychologists reformed corporal discipline with the punishment and reward model. But this model is still often seeped with the same blame and shame, and it connects behavior with character. It's also designed for the brains of lab rats and dogs, so it will never reach the highest potential of our human brain.

If you are a conscious parent, yet you find yourself falling back on fear-based discipline (either overpowering your children, being overpowered by them, or using shame and blame) when you're stressed, this guide is designed for you. Because it's time for collective change in our discipline practices. There's never been a better time to align our parenting values with our parenting tools.

Let's raise a generation of secure and socially conscious children equipped with the skills to create a more just and equitable world. Are you ready?







Upgrade #1: Be the Keeper of the Positive Vision.



Upgrade #1: Be the keeper of the positive vision for your family. It's too easy to tell our kids what NOT to do or what we don't want to see happen. The key is to take the negative and translate it into a positive, so you can share with your kids what you DO envision. Because you hold the vision for your children's well-being. Learn how to set your intentions and invite your kids into this vision of Highest Good. Talk "kid speak" to welcome your children and their input into the actualization of your positive vision in everyday life in 2025.

Upgrade replaces:

Confusion, overwhelm, doubt, nagging, threatening, giving in, over-powering, manipulation, coercion, and victim-bully dynamics in your family.

With this upgrade, we gain:

Clarity, conviction, ease, simplicity, commitment, and ability to work alongside our children to communicate and realize emotional well-being and empowerment.



Upgrade #2: Unlock Inherent Goodness.



Upgrade #2: Unlock inherent goodness. We're all good people and we all mess up, make mistakes, and misbehave. "Bad" behavior doesn't mean we're bad people; it just means we're human. Behavior challenges happen we're stressed and have unmet needs. It's time to move beyond false narratives of "good" and "bad" based on behavior = character to remember that goodness is permanently inside all of us, even when we behave poorly. We're all inherently good people and we're all highly imperfect.

This upgrade replaces:

Putting people into false boxes of "good" and "bad" based on behavior. Connecting behavior with character. Paying for mistakes and misbehavior. Self-punishment, self-judgment, and self-criticism. Consequences and punishments, shaming and blaming, frustration, resentment, despair, overwhelm, power struggles, and disconnect with your children.

With this upgrade, we gain:

Improved quality of life, increased personal fulfillment, inner peace, self-confidence, self-esteem, inner security, growth mindset, ability to connect with the wisdom of humanity.







Give yourself the emotional support you needed as a child.



Upgrade #3: Give yourself the emotional support you needed as a child. Would you be able to teach your children how to read or ride a bike if your parents never taught you? It would be challenging. Yet, that's what we're being asked to do with coregulation and fostering healthy emotional development because most of us haven't experienced the emotional support we needed as children ourselves. So, what's the missing piece? Provide ourselves with the emotional support we missed in childhood, so we can offer it to our children. This begins with recognizing and meeting our own emotional needs amidst the stress of daily life.

This upgrade replaces:

Emotional disconnect and overwhelm, judgement over emotional dysregulation, unrealistic pressure to co-regulate, shutting down

With this upgrade, you will gain:

Ability to emotionally support yourself, understanding and compassion, felt emotional safety, increased ability to stay calm and be with your children through all of their emotions.



Upgrade #4: Extract the Strength from the Challenge.



Upgrade #4: Extract the strength from the challenge. Every personal challenge has a corresponding strength. Our traits exist on a spectrum, with strengths on the positive end and challenges/growth areas on the opposite end of the spectrum. When we're stressed, our challenges are activated. In those moments, the goal is to access the strength hidden within the challenge. This strength-based approached to stress benefits both our individual families and the collective good. During stressful times, we can learn to flip the switch and give our strength back to ourselves to maximize inner support, resiliency, learning, and growth.

This upgrade replaces:

Pushing, self-punishment, self-judgment and self-criticism, shaming and blaming, frustration, resentment, despair, overwhelm, power struggles, and disconnect with your children.

With this upgrade, you will gain:

Improved quality of life, increased personal fulfillment, intrinsic motivation, resilience, way to soothe stress, transform challenges into strengths, and an overall strength-based approach to life.







Upgrade #5: Cultivate Mutual Respect as the Gold Standard.



Upgrade #5: Cultivate mutual respect. Respect is defined as "holding someone in high regard with admiration and warm approval." Respect does NOT equal fear. Mutual respect is holding our children in high regard with unconditional acceptance and admiration for their unique inherent goodness – AND – holding a loving, kind, and firm boundary that your children also interact with you from a place of high regard. High regard and mutual respect are the gold standards for all family interactions and human decency.

This upgrade replaces:

Disrespectful children who over-ride our boundaries. Parenting with fear and over-powering our children.

With this upgrade, you will gain:

Crystal-clear expectations for communication in our family that are aligned with our core values. Children who bring this ethics and gold standard of human communication and interactions to all of their personal and professional relationships.



Upgrade #6: Embrace Empowerment as the #1 Motivator of this Generation.



Upgrade #6: Embrace empowerment as this generation's #1 motivator.

Empowerment is a process of becoming stronger and more confident in our life and human rights. Empowerment is the inner security to be the steward of our lives. Empowerment is rooted in basic human rights that are also family and culturally specific. Empowerment is a #1 motivator of this generation. Learning how to empower this generation in our daily life routines, discipline approach, critical thinking skills, and life skills development is both a #1 responsibility as parents - and a #1 gamechanger to increase cooperation in your family.

This upgrade replaces:

Enabling negative behavior, overpowering children, power struggles, defiance, lack of cooperation, force, coercion, "It's not fair," entitled children

With this upgrade, you will gain:

Leadership and life skills development in your family. Increased cooperation and contributions from your children. Ability to access the wisdom in the next generation. Cultivating critical thinking and problem-solving skills. Empowered kids who help empower others, stand for justice, and use their voice to create a more equitable in the world.



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Upgrade your Parenting today.

Enjoy a 1 hour coaching session with Megan for \$99.

Click here.

Time to Align our Parenting Practices with our Parenting Values

2025 is the year. The year to shed fear-based parenting practices rooted in shame and blame. To let go of consequences and rewards and trade them for connection and empowerment. To reparent ourselves. To give our inner self the emotional support we needed as kids, so we can provide that support to our children today. If we want this generation to advocate for justice and equity in their communities, we must utilize our children's developmental and behavioral challenges as opportunities to instill those values today.

I hope you enjoyed your 6 messages to Upgrade our Parenting 2025.

Would you like individualized support to bring the upgrades alive in to your family?

- 🐆 Be the Keeper of the Positive Vision
- Unlock Inherent Goodness
- ★ Emotional Support for Yourself
- 🔆 Extract Strengths from the Challenge
- Cultivate Mutual Respect
- 🧎 Embrace Empowerment

Click <u>HERE</u> to purchase your 1 hour Upgrade your Parenting Coaching Session for \$99. (\$250 Value)