

# The Peaceful Parenting Philosophy

The peaceful parenting philosophy equips parents with the tools to transition to a non-punitive connection based parenting approach. It's based on past and current attachment research and at its core is the recognition that to bring about long lasting positive change, parents need to gain a better understanding of what their child needs in their growth and development. A parent gaining a greater awareness of their child's attachment and developmental needs (when explained in simple enough terms), leads to a greater motivation to learn the parenting tools which hold the value of the parent child relationship at the core.

Peaceful parenting understands that the necessary change needs to happen first and foremost at the emotional level, which is why it puts equal focus on helping parents develop the self-awareness and emotional self-regulation skills needed to change. In supporting parents in their learning, growth and change, peaceful parenting coaches share their experience and study of the many and varied tools for self-growth, self-healing, mindfulness and meditative practices.

This contrasts with traditional parenting approaches which often focus on the child's behaviour in isolation, often using punishment as a strategy for modifying behaviour. Although using punishments, rewards or threats may work in the short term, adopting a punishment-free approach is a key factor in establishing relationships that are based on trust and mutual respect, for creating a healthy team spirit in the family. The Peaceful Parenting approach fosters more willing cooperation, integrity and self-discipline in children (slowly over time as their natural development allows) as opposed to fear based obedience.

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