



# Practical Christian Parenting

IT STARTS WITH YOU

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HOW IMPERFECT PARENTS  
CAN FIND CALM AND CONNECTION  
WITH THEIR KIDS

NICOLE SCHWARZ, LMFT

# Grace Based Parenting

How to “be”, rather than  
what to “do”

# Embracing OUR Imperfections

- Obsessing on Failures
- Curse of striving for perfection
- Abraham and Sarah
  - Parental Favoritism (Isaac over Ishmael)
  - Unable to mend conflict Resolution (Isaac and Ishmael rivalry - not teaching conflict resolution of sibling harmony)
  - Unwise Parental Choice (involving Hagar in family dynamics)
  - Despite this God's grace was evident throughout everyone's journey.



# SHAME vs. GUILT

Understanding the difference

## SHAME

Shame is feeling bad about yourself as a person.



**I AM BAD.**

## GUILT

Guilt is feeling bad about what you did.



**I DID SOMETHING BAD.**

## WHAT TO DO WHEN YOU EXPERIENCE ...

### SHAME

- Exercise self-compassion.
- Recognize shame as a survival tactic.
- Seek healthy connections with others.
- Talk to your therapist.



### GUILT

- Admit you are wrong.
- Take responsibility.
- Seek forgiveness.
- Change your behavior.



# The Cycle of Shame

- Guilt vs. Shame
  - *"Healthy guilt enables us to take responsibility, admit our flaws, and move forward. Shame, on the other hand, is 'the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging—something we've experienced, done, or failed to do makes us unworthy of connection.' While guilt says, 'I made a mistake,' shame says, 'I am a mistake.'"*
- Shame is a powerful force that is not easy to silence.
- Healthy parenting is willing to look at failures in a healthy way
- David, Ammon and Absalom
  - Overcome by shame, David did nothing.

# Breaking the Cycle of Shame

- Grace based Parenting
  - We are not perfect parents
  - Breaking the cycle of shame through self-acceptance – thanksgiving prayer
  - Mistakes is part of the growing process
  - It's not the failure that matters, but the reaction to failures
  - Kids will make mistakes
  - We can't teach children to behave better by making them feel worse
  - Love isn't based on perfection
  
- God offered Grace to Moses and the Isrealites

# It Starts with You

- Professional Focus shifts
- The brain is only fully developed at 25!
- The "fix my kid" mentality
- Most parenting techniques revolve around the focusing on the outcome of the child
- Changing anyone starts with you.
- Mastering Emotions as Parents

# A New Cycle

- Shifting from "fix my kid" to "it starts with me" mindset
- Before you ask, 'How do I get him to listen?' I'd encourage you to ask, 'How can I speak in a way that encourages listening?'
- Before you ask, 'How do I get her to brush her teeth without complaining?' I'd encourage you to ask, 'Why does her resistance bother me so much?'
- Before you ask, 'Why won't he calm down?' I'd encourage you to ask, 'How can I keep myself calm, even when he is upset?'"



# A New Cycle

- Focusing on the parent's role in the problem
- Embracing Self-reflection
  - Challenges, Approaches
  - Taking ownership
  - Jesus in the Wilderness
  - Finding the time for self-reflection, regardless of busyness is imperative
- The importance of taking responsibility for parenting without the paralysis of Shame
- We're the ones with mature, developed brains





# Knowing Oneself & Parenting

- Recognizing Your Parenting Junk Drawer
- Your life experience, your family upbringing, your environment, your work life, your support system, your nervous system, and your personality all impact your parenting.
- Embracing our stories help us become more of who God designed us to be
  - Eg. Joseph and his brothers
- Lengthy Process
- Rewriting the Parenting Narrative

Joseph- Gen 45:8; 50:20.

*Now, therefore, it was not you who sent me here, but God;...*

*As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive.*

# Step 1, Awareness; Step 2, Re-Writing



Current Story	Re-Written
Big feelings should be avoided at all cost. Big feelings make me feel anxious.	Big feelings were minimized in my family growing up. I don't want to do that for my kids. I want to learn how to manage my anxiety and embrace all my kids' big feelings.
Noise really bothers me, but a good mom is attentive to her kids at all times."	Noise really bothers me. It's hard to listen well when so many people are talking. Pausing the conversation and listening to one person at a time works better for me—and my kids!"
My daughter's behavior is really challenging. I'm the only one who can help her. I'm exhausted.	My daughter is struggling right now. I need to find professional support to help us through this difficult stage. I do not need to do this alone.
Parenting is not at all what I expected. I resent the fact that my kids need so much of my time. I'm not cut out for this."	Parenting is not at all what I expected. I miss my alone time. That is OK. I can find a way to have my own hobbies and be present for my kids."



# Parenting Emotions

- Daniel Tiger vs. dated upbringing
- Teaching Emotions can be daunting
- Christ uses relatable Parables & Stories
- King David's Psalms and its numerous emotions
- Modeling Emotional Management
- Learning to properly recognize and express emotions
- Complexity of Emotions (St. Peter walking on water)
- Going beyond the emotions at their surface



# Calm Parenting Through filtered Attentiveness

- Being attentive to what is really being said
  - Instead of saying, "I felt disappointed when you didn't buy me that video game," they may lash out saying, "You're the worst mom ever!"
- When children feel secure, bonded, and connected to their caregivers, they are more receptive to feedback. They are more inclined to apologize and assume responsibility.

**When life's stressful,  
our kids watch us for  
cues. When we keep calm  
amid chaos, we teach  
our kids they can, too.**



*Parenting Quotes*  
[www.geckoandfly.com](http://www.geckoandfly.com)

## Calm Parenting When I make a mistake

- All too familiar with Negative Bias
- Disagreements, arguments, and misunderstandings are part of every relationship.
- Ruptures without repair leave both parent and child feeling disconnected.
- Children need a parenting who is willing to focus on reconnection and repair.
- What could be seen as a colossal parenting mistake is now an opportunity for learning, growth, and connection with your kids.



# Calm Parenting Connection

Should parents Apologize?

- Again, it is about You first. We must be the mature ones in the relationship.
- As an adult, it's your job to make the first step and own your part in the disconnection.
- No, "But you..."
- It becomes a model of taking responsibilities.
- Apologizing does not mean no accountability for them.
- Red Pasta on sofa - Demeanor

# Calm Parenting Connection

Don't force it

- No need to over-apologize
- Rushed Reconnection might be tempting
- Demanding apologies vs. getting them to see the value of apologizing
- Empowering valued decision making



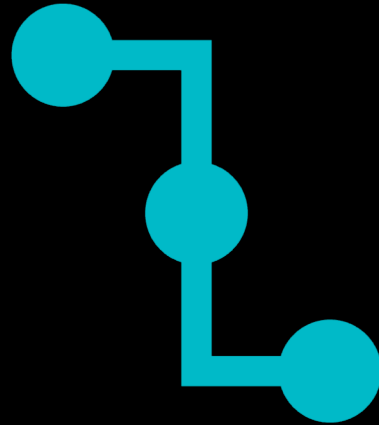
# It Starts with You

- Grace Based Parenting
- Embracing OUR Imperfections
- Breaking the Cycle of Shame
- Creating a New Cycle
- Awareness of Oneself and Re-writing our Story
- Calm Parenting: Through Filtered Listening, When I make a Mistake and Not Forcing it



*Christ took it upon himself even though He was blameless and rewrote our entire story*





# Your “It Starts with You” Guide