

# CONSCIOUS PARENTING

By Dr. Arayeh Norouzi  
Ph.D. in Psychology  
Conscious Parent Coach



DR. ARAYEH NOROUZI is a focus on mindfulness author, and speaker on conscious parenting training. She makes heart-based tools to help you live with joy and peace. Find Dr. Arayeh at www.DrArayeh.com or on all social media.



"Dr. Arayeh's Art of Living in Joy offers practical tools to help you live a self-determined life. She guides the reader to understand how to keep us stuck in detrimental patterns, then teaches us how to create a more empowered mindset that leads us to a more joyful life."

—Dr. Davina Kotulski, Ph.D., Psychologist, Author

"Dr. Arayeh presents a simple but powerful five-step process that you can use to find solutions to life's most challenging problems. Her tools are backed by an encyclopedic knowledge of human suffering, and wisdom from many of the world's greatest thinkers. This book is a must-read for every human being who presently faces problems related to living in today's modern world."

—Dr. Timothy Wilken, M.D.

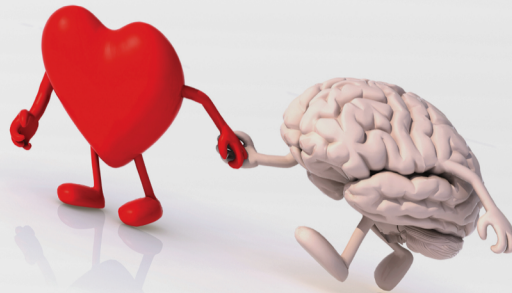
"This is a practical guide to finding true joy in life. It's an inspiring story from an inspiring author. Her proven strategies to live more consciously and peacefully can make any crisis manageable."

—Dr. Katty Bidad, M.D., Ph.D.

**DrArayeh.com**  
HEAL. LOVE. EVOLVE.

"This is a roadmap from suffering to freedom." *Dr. Shefali, Acclaimed Author, International Speaker, Clinical Psychologist*

# THE ART OF LIVING IN JOY

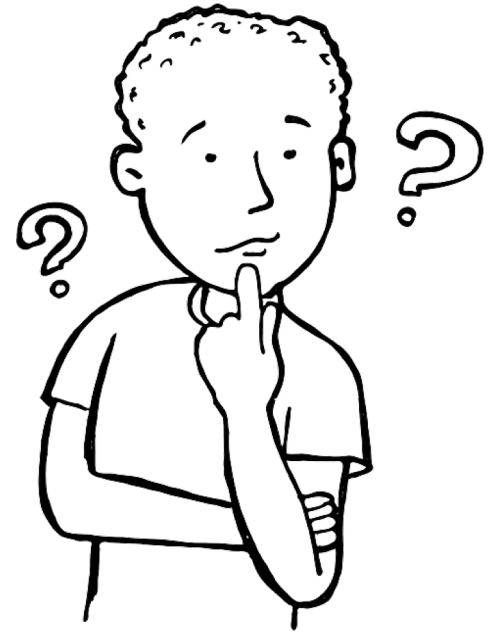


**FIVE PRACTICAL STEPS**  
to Transform Life Challenges into Joy and Harmony

**ARAYEH NOROUZI, PH.D.**

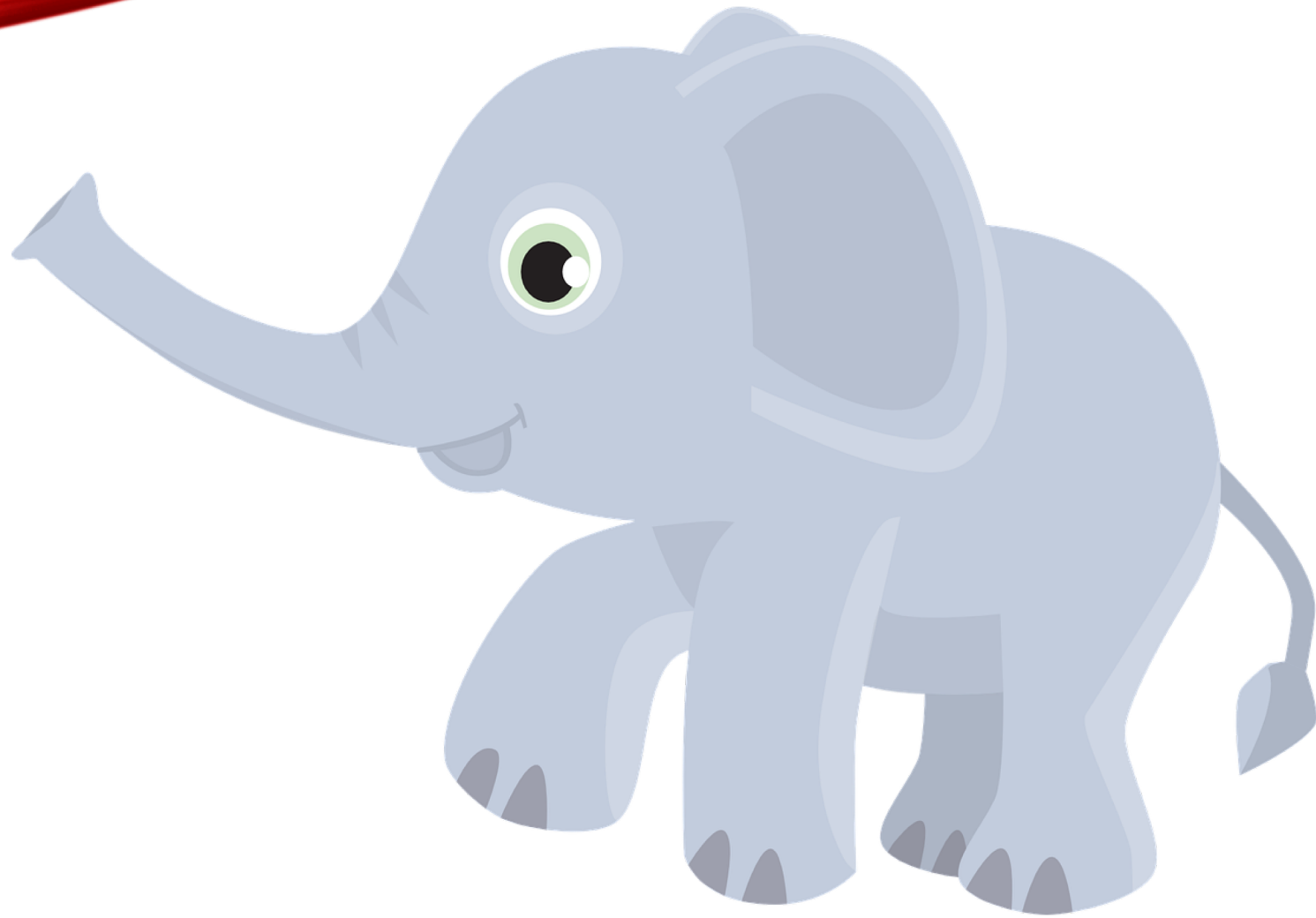


- What do we mean by “conscious”?
- What is conscious parenting?
- How is it different from other parenting styles?
- Why is it important to be a conscious parent?



## WHAT ARE WE TEACHING IN EACH PARENTING STYLE?

- **Because-I-said-so** (traditional) – uses:
  - Authority (top-down model)
  - Punitive measures (physical and mental)
- **Behavioristic** (manipulative/fear-based) – uses extrinsic motivation:
  - Rewards (tangible and intangible)
  - Punishments (time-outs, grounding, taking away privileges)
- **Conscious parenting/teaching** (sees beyond the behavior) – uses:
  - Respect (adult and child are equal in essence), empathy, compassion, discernment, problem-solving, law of cause & effect





*Too often we forget that discipline really means to teach, not to punish. A disciple is a student, not a recipient of behavioral consequences.*

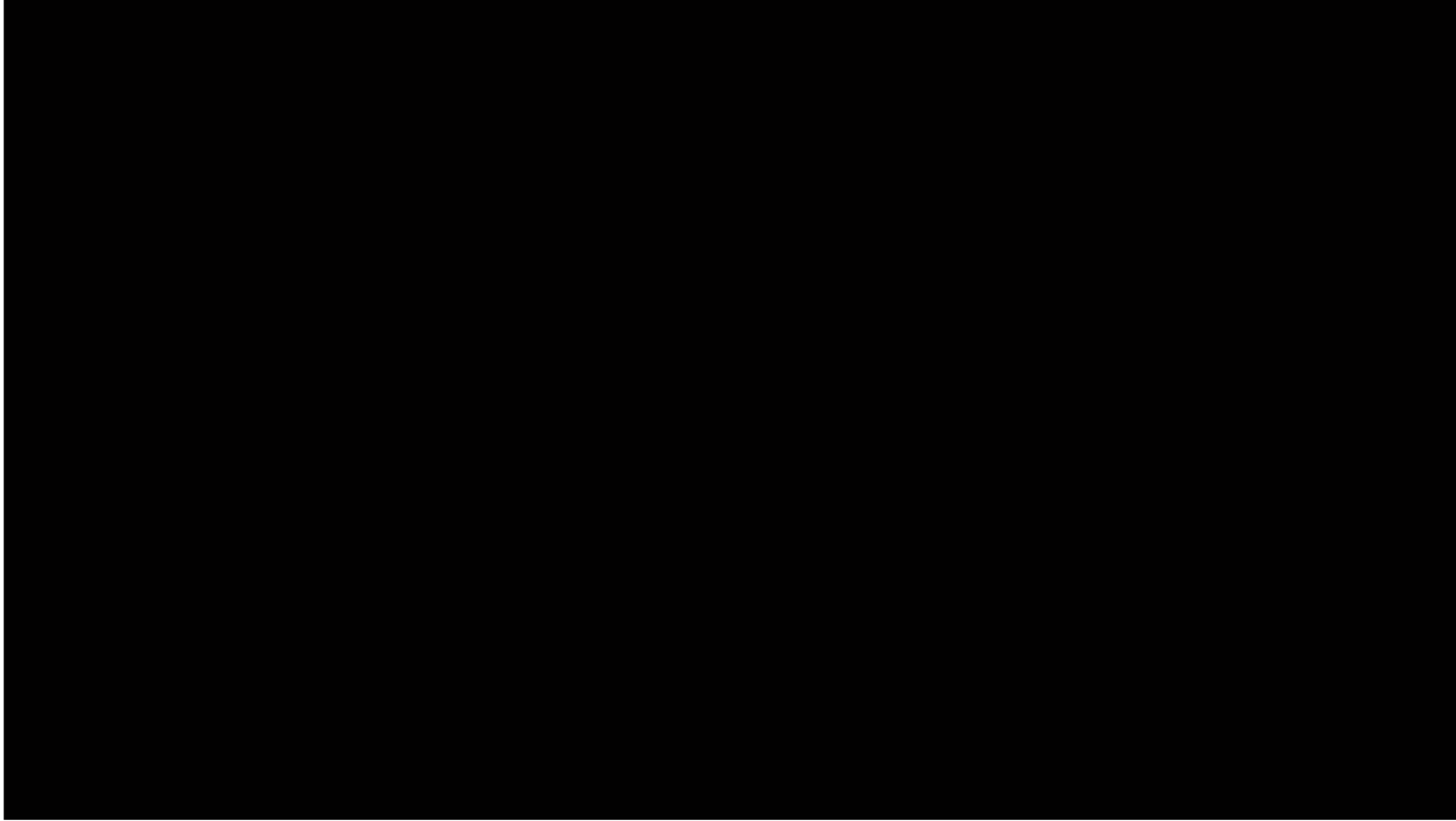
DR. DANIEL SIEGEL



*A conscious parent is not one who seeks to fix her child or produce the 'perfect' child. The parent understands that this child has been called forth to 'raise the parent' itself.*

DR. SHEFALI TSABARY





Dr. Shefali Tsabary's TED Talk: [https://www.youtube.com/watch?v=QM\\_PQ2WUD2k](https://www.youtube.com/watch?v=QM_PQ2WUD2k) (Min 6 -10)

# VICIOUS UNCONSCIOUS CYCLE





TWO WINGS OF  
CONSCIOUS PARENTING  
WING 1: PARENT'S TRIGGER





*Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.*

VIKTOR E. FRANKL

1. STAY **LONGER** IN THE GREEN ZONE
2. COME BACK TO GREEN ZONE **QUICKER**



Red Zone - Fight



Green Zone  
Balance



Blue Zone - Flight

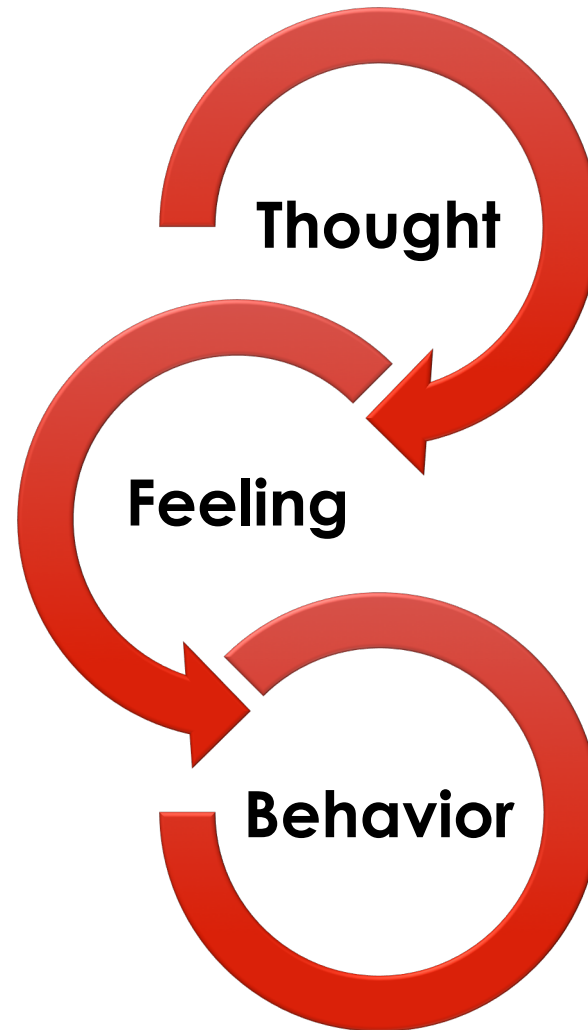


*Feelings come and go like  
clouds in a windy sky.  
Conscious breathing is my  
anchor.*

THICH NHAT HANH



# Thoughts have power







- **Mindfulness**

- Non-judgmental observation of the present-moment experience - JOY
- Creates space between stimulus & response
- Decreases stress; increases well-being



- **Mind-wandering**

- Average 50,000 thoughts per day
- 80% negative; 95% repetitive
- Regrets from the past; worries for the future



# BE AWARE OF ANTS

**ANT:** *Automatic Negative Thought*





*Stop*  
*Take a breath*  
*Observe*  
*Proceed with love*



# SOME MANTRAS TO HELP YOU PAUSE

(ALWAYS CONSIDER SEPARATING YOURSELF FROM THE SITUATION – 5 TO 20 MIN)

- This moment is inevitable
- I am not resisting
- Control is an illusion
- This is not an emergency
- This is not a life-or-death situation
- Connection before correction
- Connection begets cooperation
- There is no influence without connection
- She needs my love when she deserves it the least
- She is not trying to give me a hard time, she is having a hard time
- She would if she could
- How can I help her - not make her?
- She always does her best
- She does better when she feels better
- Hurt people hurt people
- I can't expect a cat to bark!
- Behavior is a symptom
- I'm not responsible for her happiness
- Pain is inevitable; suffering is optional
- Change is a journey; not a destination
- All is good at all times
- What do I need now?
- What's needed now?



*Everything that irritates us  
about others can lead us to an  
understanding of ourselves.*

CARL JUNG

Did someone poke my wound?

**I GET TRIGGERED WHEN... BECAUSE...**



# THE CHASM AND THE UNCONSCIOUS CYCLE

- Child's misbehaviour => 6-level deep **chasm**

1. Thought
2. Belief
3. Fear
4. Past pain
5. Feelings
6. Triggered reaction





*Our loved ones will continue to press every button we have, until we realize what it is that we don't want to know about ourselves yet.*

BYRON KATIE



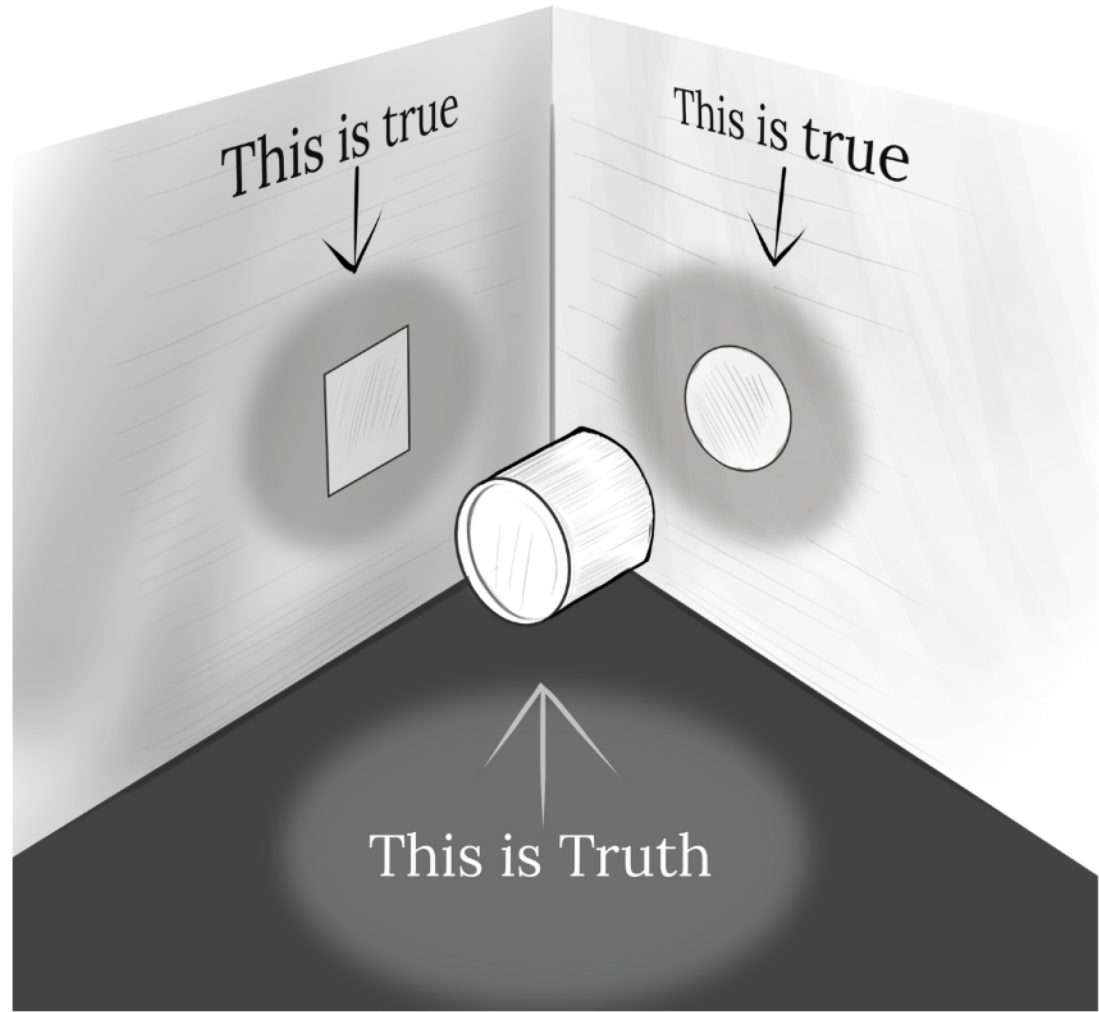
TWO WINGS OF  
CONSCIOUS PARENTING  
WING 2: CHILD'S UNMET NEEDS





*Behavior is a form of  
communication.*

DR. DAN SIEGEL



# BEHAVIOR IS A SYMPTOM



**AM I LOVED?  
AM I WORTHY?  
AM I SAFE?  
AM I BEING HEARD?  
@DrArayeh  
CAN I DO THIS?  
DO I MATTER?  
DO I HAVE A CHOICE?  
DO I BELONG?**



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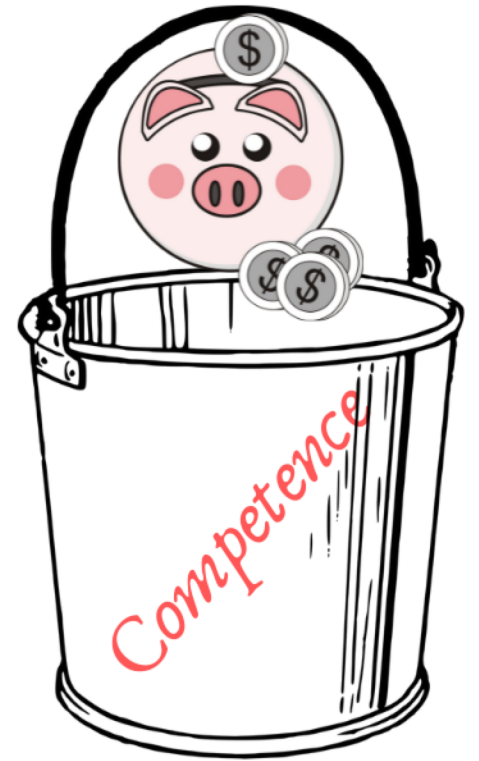
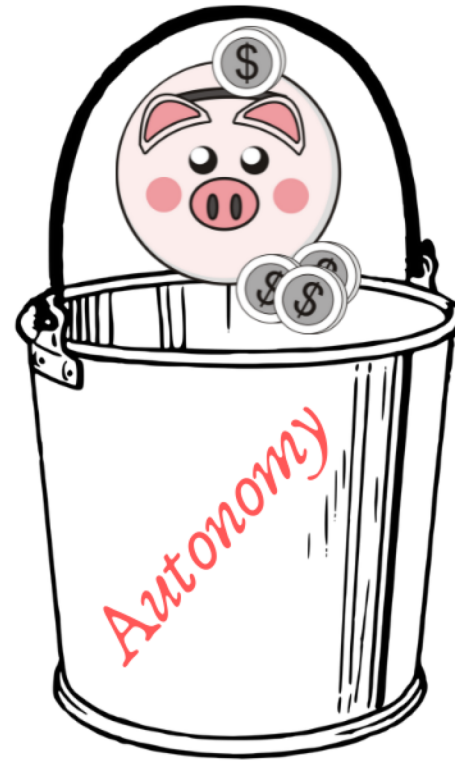
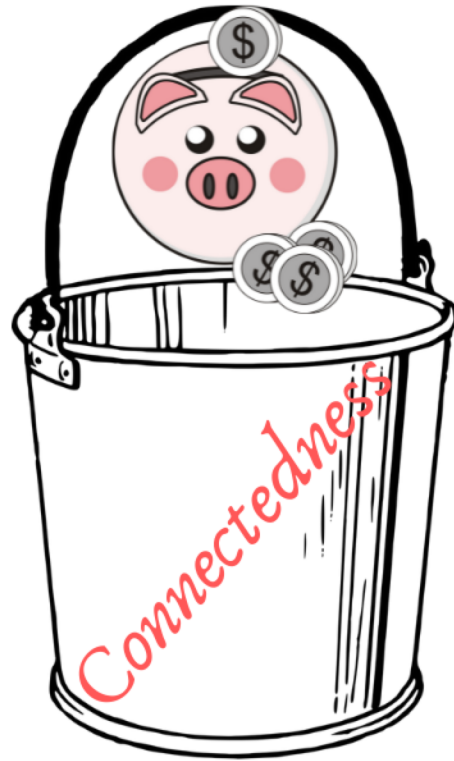
*Use anger as a wake-up call  
to unmet needs.*

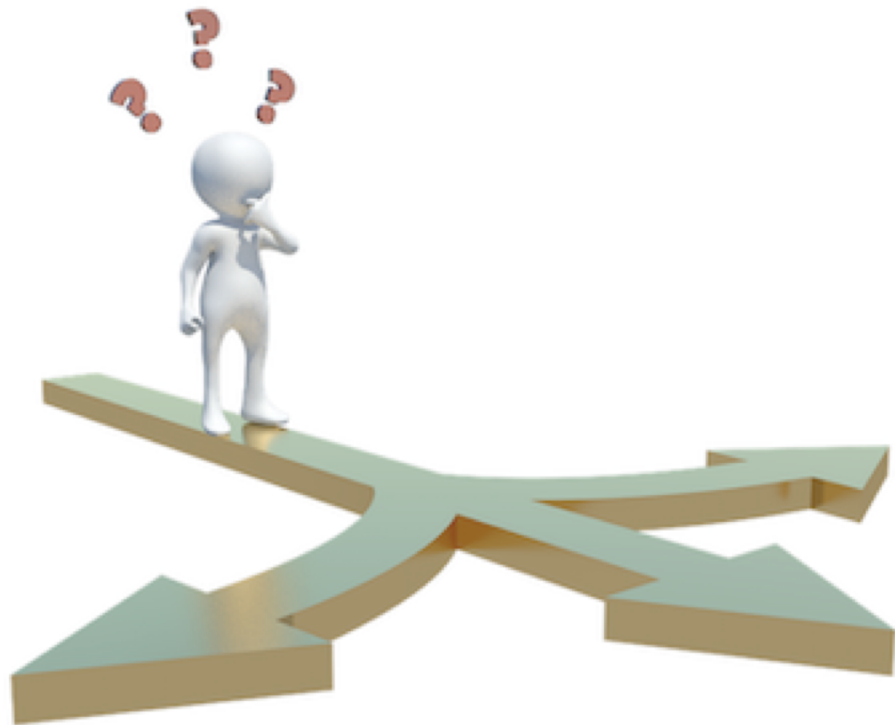
MARSHALL ROSENBERG

# ANGER IS PROTECTION



OVERWHELMED  
DEPRESSED  
REJECTED  
EMBARRASSED  
HURT  
SCARED  
DISAPPOINTED  
DISRESPECTED  
HELPLESS  
FRUSTRATED  
ATTACKED  
GUILTY  
TRAPPED  
JEALOUS  
OFFENDED  
ANXIOUS  
INSECURE





# AUTONOMY

When autonomy is fulfilled, it feels like we have control over what we do.

- Less ordering
- More choices
- Family meeting



# COMPETENCE

When competence is fulfilled, it feels like we have done a good job.

- Personal and family tasks
- Community work



# HOW TO TEACH NEW SKILLS: (LOVE & CHORES)

1. Do it **for** them, and they watch (5 to 10 times)
2. Do it **with** them (5 to 10 times)
3. **Watch** them do it (5 to 10 times)
4. Then they do it **independently**

# CONNECTEDNESS

When this need is fulfilled, it feels like we have meaningful relationships and interactions with other people.

- Daily 10-minute 1-1
- 20-second hugs
- 5-min laugh time
- Snuggle time at night
- Encouragement
- Empathetic mirroring



**SEEN**



Perceive kids  
deeply and  
empathically

**SAFE**



Avoid responses  
that frighten  
or hurt them

**SHOWER YOUR KIDS & YOUR INNER CHILD**

With 4 S's of Secure Attachment - Dr. Dan Siegel

@drarayeh

Help them deal with  
difficult emotions  
and situations



**SOOTHED**

Help them develop  
an internalized sense  
of well-being



**SECURE**



# Love

So many problems can be  
fb/BeLoveKnow  
avoided if we respond in L.O.V.E.  
instead of reacting in haste.

Listen - "I **hear** you."

Observe - "I **see** you."

Validate - "I **accept** you."

Empathize - "I **understand** you."

- L.R.Knost



*Kids misbehave because they  
can't control their emotions  
and bodies, not because they  
won't.*

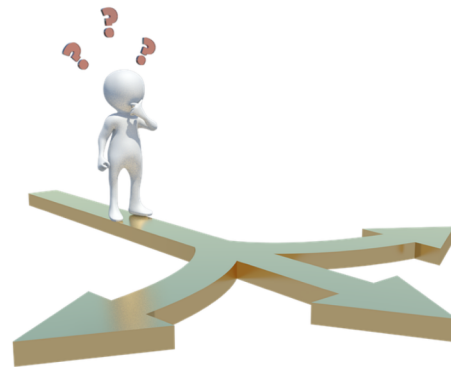
DR. DANIEL SIEGEL

# THREE BASIC PSYCHOLOGICAL NEEDS

## CONNECTEDNESS

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# CONSCIOUS PARENTING GUIDELINES

## 1. Connection

- “Practiced” love and compassion
- 80/20 rule

## 2. Containment (boundaries)

- Family meetings
- Have few rules (empathize first)
- For the rest, go for WIN-WIN



**PLAY**

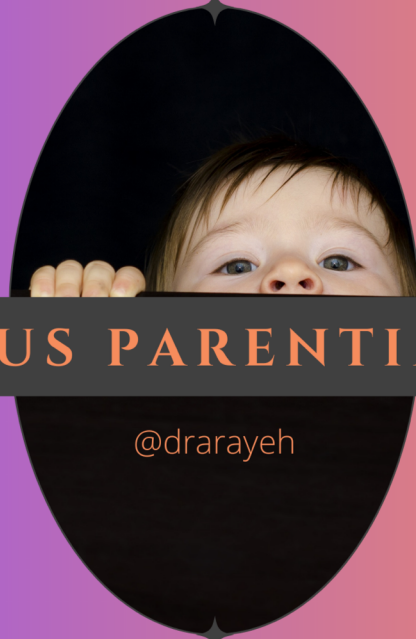
**HUMOR**

**CONSCIOUS PARENTING TOOLS**

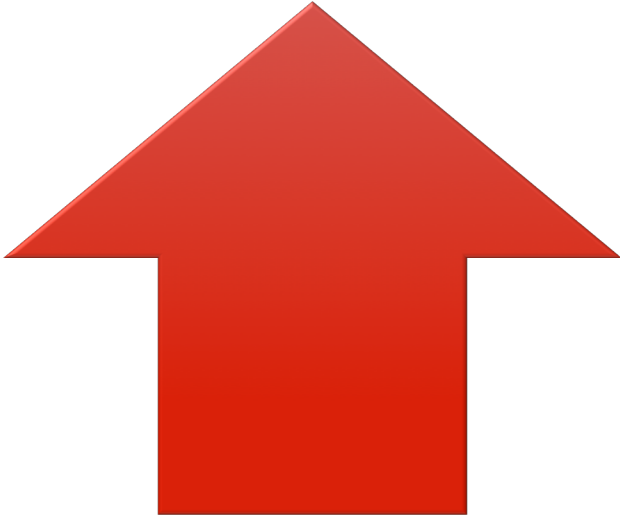
@drarayeh

**CURIOSITY**

**EMPATHY**



## HOW TO GAIN COOPERATION & CREATE HARMONY WITHOUT USING PUNISHMENT/REWARD:

- 
- Encouragement - 80 (+) to 20 (-) Ratio
  - Connection/Acceptance
  - Empathic mirroring
  - Choices
  - Humor/Playfulness
  - Curiosity
  - Problem-solving

- 
- Expectation
  - Criticism
  - Punishment
  - Orders
  - Control
  - Fear

# WAYS TO STAY IN TOUCH WITH ME:

- Free 30-min consult: <http://www.drarayeh.com/>
- Facebook, Instagram, Twitter, Telegram: [drarayeh](#)

