

# Heal your childhood pain through relational parenting

*With*  
**Anne Alvares**

*Masterful Parenting*

CHANGING THE  
WORLD  
ONE PARENT AT  
A TIME





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# Masterful Parenting

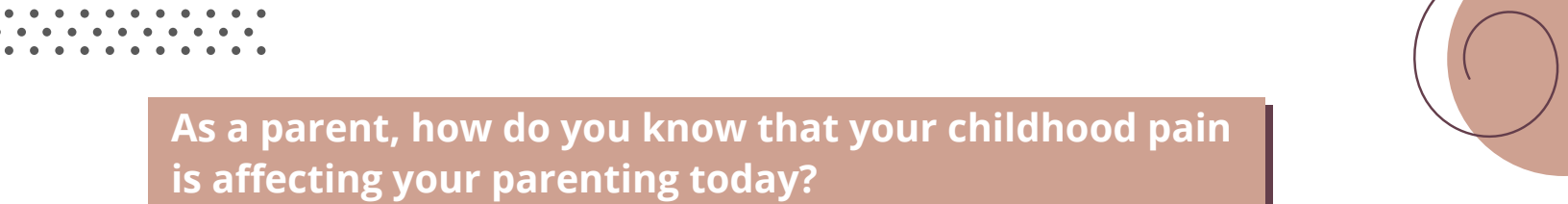
There are many reasons why parents are struggling with their children/teens and often the reasons come from their own childhood trauma and pain. We carry our pain into our adult lives and then we can get triggered by our kids. Also, many of us were not taught to be relational and as a result we don't know how to be relational with our kids.

## What Are the Parent Struggles?

- ① Children don't listen
- ② Children have intense emotions
- ③ Children are demanding
- ④ Children trigger us
- ⑤ Children have trouble in peer relationships
- ⑥ Children are aggressive
- ⑦ Children exert power over us
- ⑧ Their peers are more important than us
- ⑨ Children don't show trust
- ⑩ Children don't care about school

The list can go on and on. As a High School Counsellor for over 15 years, I have heard many stories from parents about the struggles they are having with their children.

From early childhood, our brains are sponges, soaking up all that surrounds us. If our parents were worried, we felt it. If our parents were angry, we felt this. If our parents neglected us, we also felt this. From these feelings, stem thoughts about ourselves. Thoughts like, I'm not good enough, I'm scared, I'm not worthy of love, I'm not smart, I can't do things . . . Our self concept is weakened due to our experiences and depending on how long we endure the pain, the feelings of worthlessness carry into adult life. Scientists have studied cellular memory and the trauma we faced is carried in our minds. It is our job to understand where our struggles come from so we can move forward and heal.



## As a parent, how do you know that your childhood pain is affecting your parenting today?

### Here are some clues:

- ① You are fearful and overprotective of your child.
- ② You find it difficult to truly enjoy your children.
- ③ You are not at peace.
- ④ You react strongly when they do something wrong.
- ⑤ You are controlling them.
- ⑥ You always tell your child what to do.
- ⑦ You yell and get angry easily.
- ⑧ You are overly sensitive and think they are intentionally trying to hurt you.
- ⑨ You can't forgive your child when he/she does something wrong.
- ⑩ You personalize your child's behaviour and think you are a bad parent.
- ⑪ You feel embarrassed when they misbehave.
- ⑫ You don't want to say no so you give in to your child's demands.
- ⑬ You are afraid of their intense emotions.
- ⑭ You feel hopeless as a parent.
- ⑮ You feel unloved by your child.
- ⑯ You feel like our children don't appreciate you.
- ⑰ You feel unworthy.

If you answer yes to any of these, then you are still carrying childhood pain into your parenting today.

So how do you change this? How do you break the cycle so your kids are better?

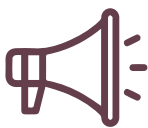
This is the reason I developed that Masterful Parenting Program because I was that parent, like you, struggling with childhood pain. I was controlling and not relational. I was embarrassed by my son's behavior. I had poor self esteem and personalize my child's behavior. And yes, sometimes I yelled. In time, I got better. I learned how to stop overreacting and personalizing, be more relational, less controlling, ways to connect and to communicate better with my kids. I can help you do this, too.

## The Masterful Parenting Program will teach you how to become more?

- 1 Self-aware so you can heal, give yourself what you didn't get as a child, and change your behaviour so you can change how you parent
- 2 Learn ways to connect better so you feel close to your child and your child feels close to you.
- 3 Learn communication tools to lessen conflicts and maximize problem solving together.

This 8 week program will give you the tools to really make your home peaceful, happy, relational and a place where everyone thrives. That includes you. You will feel more confident and truly enjoy your children.

### Here is what we will cover in ten weeks:



#### Self Awareness

Your childhood story - uncover the pain Identify your triggers and become more aware Heal that pain with self compassion and self care Find purpose for your pain



#### Connection

Learn ways to connect with your child Supporting your child's interests Active listening Incorporation weekly fun Invite conversation Praise, praise, praise



#### Communication

How to have the tough talks Stop personalizing your child's words Identify the emotion underneath the words Respond using words of emotion Ask, Don't Tell

**Also included:** Facebook community chat and connection for support Weekly Worksheets to help with the weekly learning

**Free 30 minute coaching session to support you at the end of the program**

If interested, join my Masterful Parenting Full Program Facebook Group:

<https://www.facebook.com/groups/themasterfulparentingfullprogram>

If you would prefer the Mini Masterful Parenting Bootcamp, this program is 4 weeks long and includes these lessons:

- ① Uncover your childhood pain and learn how to manage your triggers
- ② How to connect with your child relationally
- ③ How to communicate relationally with your child
- ④ How to have the tough conversations that invite problem solving together

**Also included:** Facebook community chat and connection for support  
Weekly Worksheets to help with the weekly learning

**Free 30 minute coaching session to support you at the end of the program**

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Let's change the world, one parent at a time.

*Anne Alvarez*

Founder Masterful Parenting

