

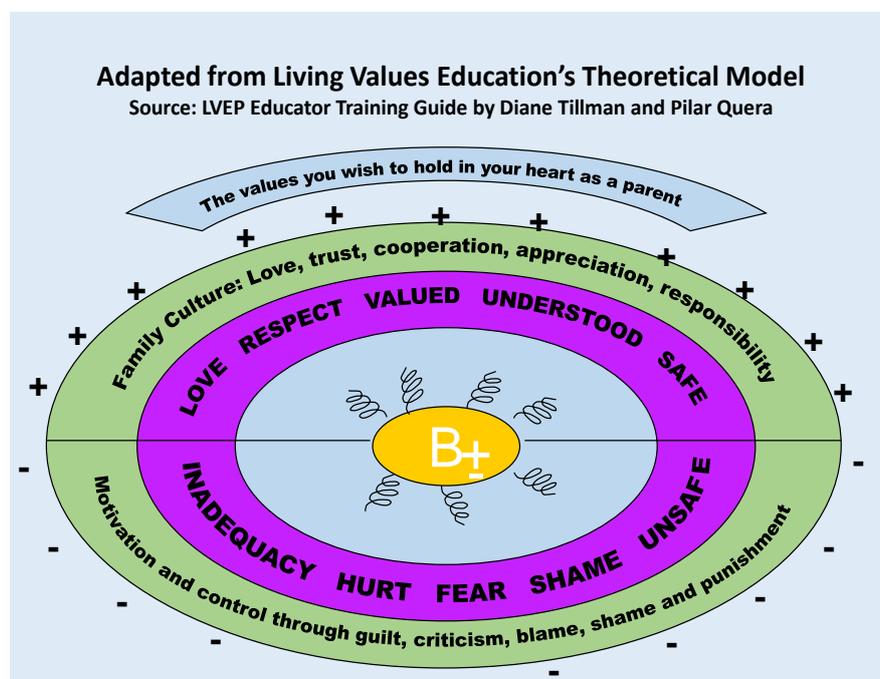
## Mindful Parenting: Nurturing With Love And Wisdom, Disciplining With Peace And Respect<sup>\*)</sup>

Diane G. Tillman

Email: [diane@livingvalues.net](mailto:diane@livingvalues.net)

The growing interest in mindfulness lies on the following points; values in today's world. It covers the importance of values in which young people used to acquire values easily. Then why are of those two things? What Happened? What two values would most change the world? If everyone in the world lived those values? And while if you were six ...what would you like to tell the adults of the world? The answer of those points can be found from the following living values education's theoretical model.

Adapted from Living Values Education's Theoretical Model Source: LVEP Educator Training Guide by Diane Tillman and Pilar Quera.



<sup>\*)</sup> This is the summary of Diane G. Tillman's general lecture and it is explained by the committee of the event.

The living values education's theoretical model comprises positive sides and negative sides. The positive sides consist of building the family cultures like loving each other, trust, cooperation, appreciation, and responsibility whereas the negative sides consist of creating motivation and control through guilt, criticism, blame, shame, and punishment. Love, peace, and respect rekindle the beauty and strength of what each of us holds at the core. The horizontal line of the picture which is in the middle is called as B+. It means that it refers to behavior that will be positive behavior when it is up on the other hand it will be negative behavior when the line is going down.

The other thing that needs to be considered in nurturing with love and wisdom, disciplining with *peace* and respect is thinking about the importance of play and family time. Play is the work of the child. It is a time to be mindful – to be parents and must to enjoy. Time to nurture and bond as well as the bond that **protects “Us Time”** – daily Love, Affection and Attention are what parents really want. Love, affection and attention are such kind of thing that needs to be existed in family. However, parents are sometimes facing some dilemmas of praise.

Therefore, it is necessary to think about giving appreciation and building positive behaviors to children. In responding to that, here are the following points as the guidelines for acknowledging, affirming and “praise”:

1. Be genuine
2. Age-appropriate delivery
3. **Positive or appreciative affirmations and “specific praise”**
4. When building new behaviors, recognize it soon
5. Noticing qualities
6. One achievable step at a time
7. A positive feeling – **no “spoilers” or comparisons**

Parents must also be active listening stories from their children. When parents become active listeners of their children's stories perhaps it can be like a runner, listening to anger and hearing the fear. Even it sometimes like from a little girl who **didn't want** adults to leave them. Active Listening is also like giving a gift in which it refers to;

1. Helps others accept and own their own emotions,
2. Children learn in a natural way that hurt feelings and fear are under anger,
3. They are more empowered to process their emotions and resolve issues,
4. Being aware of their feelings helps protect children as they do not need to deny feelings of fear or being uncomfortable,
5. Children are comfortable talking to a parent who listens instead of blames. This is a great protection . . . .

Active Listening covers the following points (a) **accepting another's feelings**, (b) understanding and compassion and it is NOT agreeing! (c) Reflect the emotion and/or

content, (d) listen with your HEART. For examples **you're** happy right now. It looks like you are as parents concerned about something. The feelings got hurt when she/he said, and such as children left \_\_\_\_\_ when \_\_\_\_\_.

Active Listening will avoid Blockers and Stoppers. Otherwise, parents will give solutions, such as **"I know what you should do. You ..."**, diminishing by saying **"Don't be silly. That isn't important, distracting like saying "Think of something else. Don't think about ..."**, moralizing by saying **"One day you will learn. My mother always used to say, \_\_\_\_\_. Why I ..."**

Parents who realize the active listening will avoid to blockers and stoppers such as they will serve sympathizing. Parents will never say **"You poor thing. Bad things always happen to you. (b) Judging, such as "You are wrong to feel this way."**, (c) Accusing likes **"What's the matter with you? You always \_\_\_\_."** (d) Admonishing, **"How many times have I told you \_\_\_\_?"** (e) Blaming like saying **"You're always creating a mess."**

Parents who know to do the Active Listening will always doing the following actions such as; (1) give a gesture of caring and closure, (2) give a validating response, (3) Encourage, give hope or confirm one or two of their positive qualities or values, (4) Reassure, give love and carry on, (5) Help them understand-explain emotions and situations. (6) Help them move out of victim mode by reflecting on the value or behavior they would like to see.

And then after Active Listening, the parents will (1) offer a different perspective-help them reframe the problem, (2) help the child think about solving the problem such as; (a) empower to help solve, (b) think about who or what could help, (c) give an idea **about a sensible direction to take. "What can you do to stay safe?"** and then When all else fails: Give a direct suggestion, (3) give a **correction ... a four-step process with a dialogue about values.**

**Let's take a look at Gordon's Window on children' life.**

#### Child Owns Problem

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No Problem Area

**Family life ...**

Ample time with an engaged, listening parent, nurturing, Us Time, play, healthy food, rest, sensible limits, encouragement, education, sports, creative activities and time with friends.  
With mindfulness, peace time and values?

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Adult/Authority Figure Owns Problem

Mindful parenting must attempt disciplining with peace and respect. When the parents will follow these strategies thus they must reconsider the following points such as thinking about (a) the real timeout by thinking of **time**, (b) **children' responses** when parents start shouting at them. Do your children only listen when you shout? This is the **thing which parents must be wary on children's responses**. (c) Are children pestering you? So what the parents must do is "Think before Saying No", (d) logical consequences by allowing children to take responsibility, (e) healthy food for the body and mind, healthy foods must also be on the priority because it will have an effect on **children' growth**. (g) The feeling of happy and function well must also be looked lively, such as parents can watch video games and Films to foster or to give the children the example of humanizing or dehumanizing.

In disciplining with peace and respect, parents must also think about taking care of their self. It means that parents must aware of nourishing their spirit with their partner and family. Keeping love flowing is even importance. Maintaining the family time without the electronics needs to be done. Finally when doing this stage, parents must always think about expressing the best gratitude and prayer.

What the parents need to do in mindful parenting is building blocks of values. It covers how children can be helped to explore and develop the values in their life. It is because; in fact children are born with uncounted values. Eventually, it must be balanced nurturing with love and wisdom, the parents and the children, disciplining the children with peace and respect, parents must walk their talk, *parents are child's greatest treasure, greatest protector, and the hope for the world*.

About the author:

Diane G. Tillman is a Licensed Educational Psychologist, School Psychologist, Marriage and Family Therapist, values-education authority and mediator. She worked for more than 20 years as a school psychologist in southern California before becoming involved in the creation of a global values-education initiative, and Living Values Education. Diane G. Tillman also has served with the United Nations Association-USA at the local, regional and national levels. She is not only being the primary author of 15 resource books on values education, but also has circled the globe numerous times to do seminars on Living Values Education and personal development in more than 30 countries. She has done values education seminars for UNESCO, ministries of education, educators, parent facilitators and street children agencies, at universities, schools and retreat centers, and in refugee camps. Her latest book is the book she always wanted to write: "Nurturing with Love and Wisdom, Disciplining with Peace and Respect: A mindful guide to parenting".