

What is Peaceful Parenting?

Peaceful Parenting is an evidence-based, approach to childrearing that relies on relationship-building between parent and child. Parents learn to regulate their own emotions and then work *together* with their children to resolve problems that arise.



No arbitrary consequences, punishments, or rewards. Instead, parents guide their children toward wisdom through the use of limits that serve as lessons in and of themselves.

Cooperative limit-setting. Parents do not impose control over their children. Instead, parents work with their children toward mutually agreeable goals.

Emotions are always acceptable. For many parents, this element is the most difficult to accept. When children are exploding in anger and saying cruel things, it can be hard to maintain self-control. However, it is important to accept emotions as doing so is crucial to walking children through the steps toward engaging logical reasoning.

Behavior is communication. Children instinctively respond with their emotions (controlled by the brain's limbic system) rather than their logic (controlled by the brain's dorsolateral prefrontal cortex). Peaceful Parenting support their children in moving their thinking from the limbic system to the prefrontal cortex through co-regulation, empathy, and coaching.



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