



TRY SOMETHING NEW!
**10 Parenting Tips to Inspire and Bring Joy
Through the Challenges of Raising Your Kids**

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Introduction:

ShaRon Rea is the Founder of The Whole Family Coaching. The mission of The Whole Family Coaching- *and ShaRon's joy and passion-* are to "Educate and Inspire Parents and Children to live together with love, respect and cooperation." By living the message of "No Judgment. Just Love™" .

ShaRon is a compassionate woman with a strong business background that encompasses more than 30 years' experience in the fields of communication, education, childcare, and public service in New York and her current home of Scottsdale, Arizona. She is a successful Life and Parenting Coach who has supported hundreds of parents through the day to day challenges of raising their children in this often difficult and stressful world we live in today.

She is a noted author and National Speaker. ShaRon is an engaging facilitator who develops current topic specific parenting workshops delivering them in a safe, fun and interactive environment. Parents learn evidence-based and practical parenting methods empowering them to be confident in their parenting skills.

ShaRon coaches families privately in one on one sessions and in group settings. She is known as "The Silver Lining Coach" because no matter how frustrating the situation between you and your child may, she will help you discover a positive perspective and work toward a successful outcome. In other words she helps you find the "Silver Lining...You just need to know where to look.

And now with this CD ShaRon would love to help you find your -
Parenting Silver Lining!

Hi and Welcome to

TRY SOMETHING NEW!

10 Parenting Tips to Inspire and Bring Joy Through the Challenges of Raising Your Kids

Let's get started!

Positive Family Relationships Begin With You™

In other words you are the leader, the guide, the one who got this party started! Spend focused time with yourself getting to know who you are as a person and a parent. Become actively aware of your own strengths and challenges. Breathe, relax and uncover your own: **Sorrows** — how to begin to heal them. Your own **Anger** — learning to forgive yourself and others and yes, even letting things go. Your own **Emotional triggers** — why and how they control your actions and reactions. And finally **Your fears** — how they stop you from moving forward. Be patient with yourself. Have No Judgment. Just Love. for who have been, who you are now and who you are becoming. Knowing yourself so well will keep you balanced and give you confidence as a parent. Your children will be attracted to you as the strong, positive and calming presence in their lives.

Love your child without conditions

The result of loving your child without conditions is that your child has no fear in their connection with you. When you focus on loving them in this way, you ensure they will NOT grow up with anger, resentment, guilt, anxiety, or insecurity in their relationship with you or other people. Unconditional love nurtures your child's emotional, physical and spiritual needs. To love unconditionally simply means that you accept your child completely. You do not try to control them. There is no spoken or underlying message that makes them think they have to be anything else but just who they are, in order for you to love them.

Your child is not a “mini you”-- they are a “mini them”

Each child is born with unique talents and abilities. Those qualities may be drastically different from yours and that's OK. Encourage your child to explore what makes them happy and what makes their mind soar, even if you don't agree or understand. Nurture them to achieve their full potential. Teach them this: *“To be yourself in a world that is constantly trying to make you something different, is the greatest accomplishment.” - Ralph Waldo Emerson*

And by the way parents this goes for us as well. Be proud and willing to show the world and your kids who you really are – The authentic you!

See your child's strengths

Yes, our children misbehave, make choices we don't agree with and sometimes just get on our nerves. But, what you focus on you get more of. When you pay attention to always correcting what your child does wrong, you will find them making more of those mistakes. In contrast, when you redirect your attention to the things they do well, you will see those positive qualities increase. Think always to yourself, and say to your kids: You are worthy. You are special. You are amazing. You are loved. And parents - *"A word of encouragement during failure is worth more than an hour of praise after success"*

Patience really is a virtue

You are no longer interviewing for this parenting job. This position is yours for life! So settle in and take your time. Parenting is not a sprint. It is a more like a marathon on a long and winding road. Changes that you'd like to see in your child's behavior may take time and effort on your part, and maturity on theirs. With patience, you are more willing to keep trying in difficult situations.

Listen and observe more

You might discover something new about your child. Effective communication is vital to healthy relationships. It includes listening to understand and then speaking to be understood. But, your child may not be ready, willing or able to talk when you are. Wait for their subtle clues, and then pay attention to their body language and their moods. Seize the moments when they are not stressed, tired or distracted. Your words and messages will have a greater chance of sinking in.

Imagine the best case scenario

Our children learn about their world and how it works from us. When you believe things will go wrong, what our children hear is there is no hope. Make positive thought the new normal in your family. Consider this - "When you plan for the worst that can happen, you are not surprised when it does. But what if, you planned for the best that could happen, and were equally not surprised when more things go well!" - *ShaRon Rea*

Laughs and Hugs

Laughter gives us distance from stress or uncomfortable situations. It allows us to step back from an event and find a different way to deal with it, or just let it go. Humor is a quick remedy. Scientists have discovered that in less than half a second after you find something funny, your brain goes to work and you laugh. Those smiles relieve stress too. Your body immediately releases endorphins when you smile, even when you force it. This sudden change in your frame of mind will help you feel better and lift the mood in your children too.

And as your child grows and matures, remember to hug them long and often! Hugs Heal! According to the mindbodygreen.com website, Research shows a

proper deep hug, where the hearts are pressing together, can benefit you in many ways including:

First - The nurturing touch of a hug builds trust and a sense of safety.
And second - Hugs can instantly boost oxytocin levels, which heal feelings of loneliness, isolation, and anger.

So how many hugs will do the trick? There is a saying by Virginia Satir, a respected family therapist, **“We need four hugs a day for survival. We need eight hugs a day for maintenance. We need twelve hugs a day for growth.”** And for your family – you and your child get to choose...so start hugging!

Renew Your Passion for Parenting

Let's face it, being a parent is a lot of work and we can get burned out. Add in careers, managing a household, pets and it's no wonder the joy of parenting can fade into a distant memory. You don't need a magic wand or to sprinkle any pixy dust to lift your mood and rejuvenate your passion for parenting; just open to the treasure that is your son or daughter. Remind yourself of the incredible privilege you have to guide, protect and nurture another precious soul, your amazing child!

The only person you can control 100% of the time is you

This may be a hard one to accept, but it's true. The more you try to control your child's behavior, the greater the possibility they will rebel. But when you TRY EVEN JUST 1 NEW SOMETHING from this CD, you will create a loving, safe and accepting environment in your home. Your children will be more open to listening to your advice, and you will have a better chance of influencing their behavior in a positive way.

So, as instructed before any airline flight, *Place your own oxygen mask on first, before you attempt to help those around you, especially your children.*

Enjoy the Ride!

Beyond this CD....

Thank you so much for listening!

Let these 10 tips be that little “Parenting Pick Me Up” on those challenging days. Listen to them again and again and as often as you like.

I just love being a parenting coach and sharing that joy with you!

Coaching is a widely accepted supportive tool to help us move forward and be successful. Coaches are an important and necessary ingredient for athletes to be victorious, for business leaders to profit and for our children to “Ace” those difficult subjects in school.

Parent coaching is the same. When we work together you gain a variety of techniques to help increase your children’s feelings of being safe, loved and accepted. You’ll expand your understanding of child development, achieve peace in your home and find more opportunities to enjoy being a parent! After all, Parenting **is** the most important job!

I invite you to contact me to share your comments and to schedule your parent coaching sessions. My contact information is right on the face of this CD!

Few people ask for help before there is a crisis and while my goal is to help you develop strategies, skills and techniques to face challenges before they arise – sometimes things just happen. We all face challenges; it’s how we deal with them that moves our families forward or we remain stuck. Keep my information handy and let me be that call you make when those pivotal moments happen. It could make all the difference.

And remember to ask for the special pricing for your “New Client - Discover the Possibilities” Phone or In Person Session.

I'm excited to meet you! And if you are a returning client – Welcome back!

I'll close with this thought:

Deep down in their hearts, our children love us fully and completely. And nothing teaches and motivates them more than when their parent is willing to TRY SOMETHING NEW!

To your parenting success and your child's happiness.
I am ShaRon Rea, Your Silver Lining Coach

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