



THRIVING PARENTS COLLECTIVE

Empowered Parenting- Roots to Bloom Process

What we experience as children’s behavior is always the outward expression of many different internal processes and responses to relational and environmental influences. Because children don’t yet have the brain development or capacity to explore the underlying reasons for their outward behavior it is up to the primary caregiver to dig “under” the outward expression of behavior to truly meet the child where they are to create safety and support a more adaptive behavioral response.



What we see from children in an outward way- their behavior- can be considered the flower, whether it be blooming or wilting, soft or thorny!

There is never a flower without a variety of roots informing the expression of what is seen above the soil. It is our job as trusted adults to dig deeper and explore how to keep the roots healthy and resilient.

FLOWER (Outward expression of the child’s behavior):

ROOTS (Everything beneath the surface that the parent must pause and taken into consideration):

- Feelings:
- Unmet needs:
- Thoughts:
- Beliefs:
- Context of situation:
- Brain development:
- Nervous system regulation:
- Quality of secure attachment

Dig deeper into the “roots” behind what we see in our kids by joining our empowered parenting work!