

Attachment Parenting and Balance

Values are at the root of Attachment Parenting

- When we feel passion or strong resonance with the way we parent, it demonstrates that we living our values.
- When we are defensive about the way we parent or feel strongly against the way someone else parents, what we are observing is not in alignment with our values.

Examples of values are: connection, health, ease, love, fun, commitment, diligence, authentic, inspired

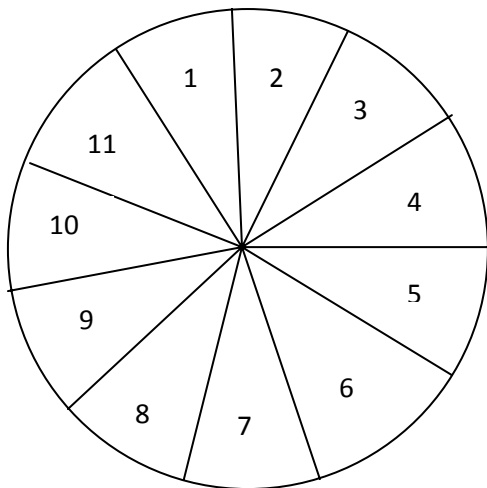
Exercise: Values Clarification

Describe a practice of yours that helps to defines your parenting style, and why do you do it?

What one word, or value, drives your desire to parent in this way? [Hint: look at the “why”

The Eleven Commandments for Balanced Attachment Parenting [source: “The Attachment Parenting Book”, William and Martha Sears]

1. Thou shalt take care of thyself.
2. Thou shalt honor thy husband with his share of the attachment parenting.
3. Thou shalt avoid the prophets of bad baby advice.
4. Thou shalt surround thyself with helpful and supportive friends.
5. Thou shalt have help at home.
6. Thou shalt get to know thy baby.
7. Thou shalt give children what they need, not what they want.
8. Thou shalt sleep when baby sleeps.
9. Thou shalt groom and adorn thyself.
10. Thou shalt heal thy past.
11. Thou shalt realize thou art not perfect.



Your neighbor's name:

Your neighbor's phone #:

Date you will follow up:

Wheel of Balance

Next to each # in the list above, on a scale of 0-10, with 10 meaning “completely satisfied” and 0 meaning “not at all satisfied”, rate your satisfaction for each point. Then, color in each pie piece to represent your number. For example, 10 means you shade in the entire pie piece. 0 means you leave it blank. For all other numbers, start at the center and color out towards the edges.

When you are done, look at your wheel. Tell your neighbor:

1. What do you want to acknowledge yourself for doing well?
2. What pie piece will you work on this week?
3. What is one action you will take?

7 Simple Ways to Move Closer Towards Balance While Raising Young Children

When you begin to feel overwhelmed during your day, refer to this list of ideas that will help you feel some relief.

1. Stop and take some deep breaths.
2. Go outside and sit with your child. Go for a walk, or just sit outside and look at the clouds or the leaves on a tree.
3. Just add water. Water is very soothing. Set your child up at the sink for some water play, or give him/her a bath.
4. Take a moment to acknowledge yourself for something you did today. If the only thing you can think of was that you got out of bed, acknowledge yourself for that.
5. Think of 5 things you appreciate today. Consider starting an Appreciation Journal to track all you appreciate.
6. If your frustration involves a person, think of 5 positive aspects about that person.
7. Check in with yourself. What do you really need in this moment? How can you fulfill that need?

List of Recommended Books

The Attachment Parenting Book, William Sears, M.D., and Martha Sears, R.N.

The Mother's Guide to Self-Renewal, How to Reclaim, Rejuvenate and Re-Balance Your Life, Renee Peterson Trudeau

The Woman's Comfort Book, Jennifer Loudon

Any Books By Cheryl Richardson

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