

Parenting Autopilot Is For Planes: The Power of Intentional Parenting

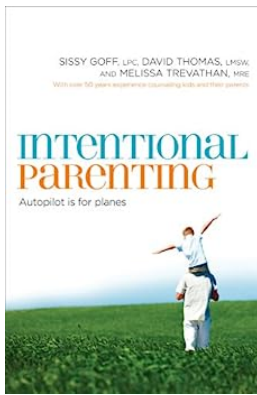
As parents, we often find ourselves juggling numerous responsibilities, constantly shifting from one task to another. With the demands of work, household chores, and the numerous activities our children are involved in, it's easy to fall into the trap of parenting on autopilot. Yet, just like planes, which rely on autopilot to navigate vast distances, our children also require our intentional presence and guidance to thrive. In this article, we will explore the concept of intentional parenting and its profound impact on our children's development.

What is Intentional Parenting?

Intentional parenting is a proactive approach to raising children, focusing on purposeful actions and mindful decision-making. It involves being fully present and engaged in our children's lives, understanding their individual needs, and providing them with the necessary support and guidance. Unlike parenting on autopilot, where we react to situations without much thought, intentional parenting helps us create a nurturing environment that fosters growth, confidence, and resilience in our children.

The Power of Connection

Intentional parenting emphasizes the importance of building strong connections with our children. By engaging in meaningful conversations, sharing experiences, and showing empathy, we establish a solid foundation of trust and emotional support. These connections are essential for our children's social and emotional development, enabling them to develop healthy relationships, cope with challenges, and thrive in various aspects of life.



Intentional Parenting: Autopilot Is for Planes

by Sissy Goff (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English
File size : 684 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 236 pages



Mindfulness in Parenting

Mindfulness plays a crucial role in intentional parenting. Being present in the moment allows us to truly understand our children's behaviors, emotions, and needs. By practicing mindfulness, we become more attuned to their experiences, and can respond with empathy and compassion. Mindful parenting also helps us manage our own emotions and reactions, reducing the likelihood of impulsive and negative responses.

Setting Clear Boundaries

Intentional parenting involves setting clear boundaries and expectations for our children. By establishing consistent rules and consequences, we help them understand the importance of responsibility, respect, and self-discipline. Clear boundaries provide a sense of security and stability, promoting healthy growth and development.

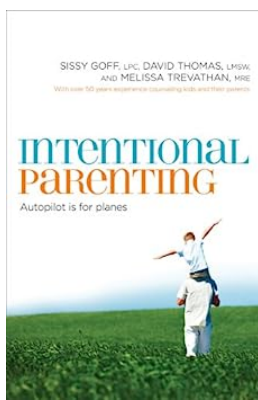
Nurturing Independence

Intentional parenting encourages us to foster our children's independence. By gradually allowing them to make age-appropriate choices and decisions, we empower them to become confident individuals capable of handling challenges on their own. Nurturing independence also helps develop critical thinking skills, problem-solving abilities, and resilience, enabling them to navigate through life's obstacles.

Quality Time Matters

In our busy modern lives, finding quality time to spend with our children is crucial. Intentional parenting emphasizes the significance of dedicating uninterrupted moments of undivided attention to our children, free from distractions. Engaging in activities that are meaningful to both parties strengthens our bond and creates lasting memories.

Parenting on autopilot may seem convenient, but it can hinder our children's growth and overall development. Intentional parenting, on the other hand, allows us to become empowered, mindful, and compassionate parents, creating an environment that nurtures strong connections, independence, and resilience in our children. Let us embrace intentional parenting and witness the profound impact it has on our children's well-being and future success.



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This is about you, not just your child.

Regardless of age, parenting requires a certain amount of uncertainty. But you can be certain that your children look to you to help them discover who they are. And you can only offer that to the degree that YOU know who you are.

Over the years, Sissy Goff, David Thomas, and Melissa Trevathan have helped countless families through their ministry known as Daystar Counseling in Nashville, TN. Due to the unique setup of Daystar, each is frequently counseling not only the child but the parent as well. Having both perspectives provides an opportunity to speak into some of the most common struggles that parents face in today's fast-paced society.

Intentional Parenting is built around 12 chapters that each dispel some of the most common parenting myths and reminds all parents of truths that can empower them to be not only the parents that their children need but that God has called them to be.

The book helps you discover first who you are and then takes that healthy person into a discovery of being more intentional, playful, consistent, merciful, and connected to your children.

Understanding your child. Understanding you.



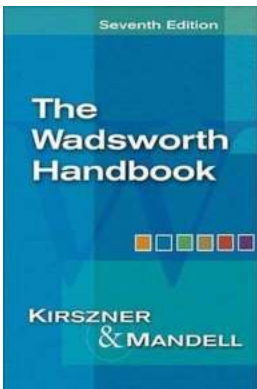
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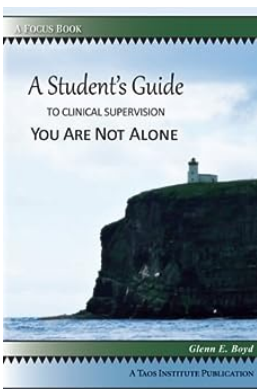
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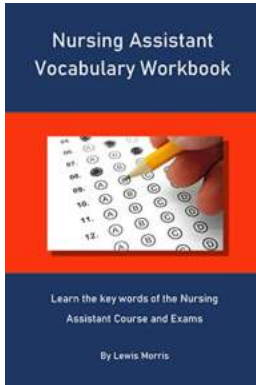
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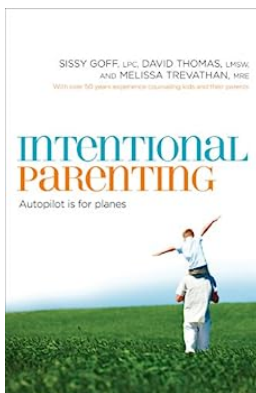
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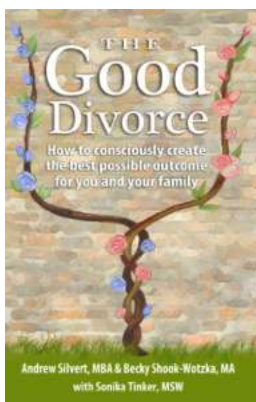
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