



ILLUMII

**"Parenting the Child You Have"**  
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**New Garden Friends School**

## **The P.E.A.C.E. Process**

*A Five-Step System of Connection*

*"Those who have a natural attunement to their own heart's voice – the language of emotion – are sure to be more adept at articulating it's messages. This inner attunement should make them more gifted in giving voice to the 'wisdom of the unconscious' – the felt meanings of our dreams and fantasies, the symbols that embody our deepest wishes."  
- Daniel Goleman, 'Emotional Intelligence'*

We will now be introducing a unique 5-step system of connection that you will be able to use anywhere and at anytime with your child. This system is a process and like all processes, they take time to learn, implement, and adjust to fit your own family's needs. Please be gentle with yourself in learning and practicing this process of P.E.A.C.E. Some of the steps may seem simple when you hear them, yet you may find that they feel very new to put them into actual practice.

I invite you to go slow and incorporate this practice little by little every day. We are learning a new language together – the language of empathy, the TRUE language of love!

And like any language, this takes time and lots of practice!

By using the P.E.A.C.E. process with your child, you will naturally be developing your child's emotional intelligence and your own! Brain cells are about to connect at lightning speed, forming neuropathways of peace, kindness, and generosity that will last a lifetime for both you and your child if nurtured.

# The P.E.A.C.E. Process

## Pay attention

What is the situation? Observe without judgment or evaluation.

What just happened in the moments or day leading up to this time.

ex: your toddler has been at daycare all day, he's hungry, and you've been on the phone for the past 15 minutes, not paying attention to him.

## Every child's feelings and needs.

Be aware of what your child might be feeling and needing in every situation.

**All human behavior is a person's best attempt at getting a core need met.**

### BASIC HUMAN FEELINGS WHEN NEEDS ARE MET...

*Comfortable:* Full, Satisfied, Relaxed, Fulfilled, Easy, Safe, Content

*Rested:* Refreshed, Rejuvenated, Invigorated, Alive, Exuberant, Spry, Alert, Energized, Relaxed

*Interested:* Curious, Engaged, Absorbed, Fascinated, Involved, Intent

*Glad:* Happy, Excited, Delighted, Encouraged, Elated, Exuberant, Overjoyed, Hopeful, Joyful, Confident, Cheerful, Enthusiastic, Optimistic

*Peaceful:* Calm, Serene, Radiant, Blissful, Secure, At Ease, Tranquil, Composed, Expansive, Clear, Content

*Loving:* Connected, Touched, Tender, Open, Nurtured, Amorous, Affectionate, Warm, Compassionate, Friendly

*Grateful:* Appreciative, Thankful

*Adventurous:* Eager, Playful, Amused, Invigorated, Alive, Motivated, Inspired, Stimulated

## BASIC HUMAN FEELINGS WHEN NEEDS ARE NOT MET...

*Uncomfortable:* Pained, Embarrassed, Uneasy, Hurt, Miserable

*Tired:* Exhausted, Fatigued, Lethargic, Weary, Sleepy, Dull, Overwhelmed

*Uninterested:* Aloof, Apathetic, Disinterested, Bored, Distant, Withdrawn

*Sad:* Unhappy, Disheartened, Disturbed, Despairing, Troubled, Heavy, Anguished, Depressed, Dismayed, Lonely, Disappointed, Gloomy

*Nervous:* Anxious, Distressed, Perplexed, Skeptical, Worried, Edgy, Insecure, Unsteady, Alarmed, Confused, Jittery, Suspicious

*Mad:* Angry, Enraged, Bitter, Infuriated, Furious, Hostile, Upset, Embittered, Aggravated, Exasperated, Agitated, Irritated, Frustrated, Annoyed

*Scared:* Fearful, Reluctant, Afraid, Shocked, Anxious, Terrified, Hesitant, Horrified, Paralyzed

## Allow yourself self-empathy

Thoughts to yourself: ex: Wow, this is really hard or this situation really sucks!

Part of giving empathy to yourself is being very honest with yourself about your feelings in that moment. They may not be those thoughts or feelings that you want to act on like 'This kid is driving me crazy! I just want to leave!'

\*\*Don't edit your thoughts or feelings here. All are welcome and very important to acknowledge your thoughts and feelings about the situation here no matter what the situation is.

\*\*If you judge or try to suppress your thoughts and/or feelings, then they will just emerge later on in possibly not the most healthy ways.

## Care with empathy

Definition of empathy: stepping into another's shoes; seeing life from your child's perspective

What does life look like in this moment if you were to look out from your child's eyes? Could you imagine being the age that your child is and step into the wonderment and newness of the moment that he/she is experiencing? Remember, you've been on the planet MUCH longer than your child has. You are here to understand and guide your child now. The first step is in your UNDERSTANDING of where your child is really at. What your child is REALLY feeling and needing. This is about what is going on underneath their behavior. Don't be quick to race to the next step of exploring a solution.

This step is all about showing your child empathy. Giving empathy to your child. Turn off your analytical mind here and simply GET CURIOUS. What must life BE like for your child in this very moment?

## Explore a solution

These are the concrete actions you'd like taken. Invite your child to explore a solution TOGETHER with you. If you have an outcome in mind already, then offer your child at least 2 choices around HOW to arrive at that outcome. The idea here is that your child feels involved in the solution, empowered by making a choice towards the outcome.

Most parents want to jump to find a solution. 'Fix this.' But the solution will be found WITHIN the context of the relationship such that both parent and child are given a voice.

You are parenting WITH your child, exploring solutions together...not parenting OVER.