

# **PARENTING, MENDING RELATIONSHIPS & FORGIVENESS**

**[Presentation at Women of Vision Conference 2017]**

**By**

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# PARENTING

- **Parenting :**

The process of raising a child which involves physical, emotional and spiritual development of a child. Holistic exercise

- **Reflections:**

1. How were you parented by your own parents?
2. How was your spouse /partner parented by his own parents?
3. How has your childhood experiences affected who you are as an adult?
4. How have these experiences affected your adult relationships?

# PARENTING

- **Parenting** is about giving messages to our children [ verbal –what you say and non verbal- what they see you & your spouse do ]
- **Be on the same page** with your spouse- **these days most women are alone in parenting, even when their partners live with them. It is not ideal, but it is common out there**
- **Identifying what stage** your children are, every stage has its own challenges – give instructions [early stage], process and give counsel as they grow
- **Relationship moves** from being a parent to an advisor & a friend as your children move to young adults e.g. 18+ years

- **Be supportive:** talk with them & do not talk at them, **build trust. Reputation Vs Relationship**
- **Meet them where they are** - Eye contact at their level
- **Teenagers?** - They want to take control, wear what they want, they feel invisible to harm, they want to explore even drugs, sex, impulsive behaviors, etc. Have conversation around this. **Note: their phone batteries are always dead – say things like “ I panic when you don’t call me, I need you to let me know if you are running late”** be supportive e.g. pick them from train stations
- **Empower them to take decisions-** use open ended questions to explore pros and cons of the situation e.g. as a 1 yr old, do you want your red or blue pyjamas?
- **Take responsibility for your actions-** say thank you, sorry, please etc What is the unwritten rule in your family?

- **Healthy Relationships:** Teach them to have healthy relationships through:
- **Observing your own relationships-** marriage, your siblings; **is your relationship healthy??**
- **Don't directly protect your spouse if he is doing something wrong:** why? The children see and they know what is going on. e.g. you can say ; “you can see what alcohol does to people when they are drunk”, “you know yelling is not ok”
- **Know their friends [KTF]**
- **Respect them & their feelings-** acknowledge their feelings, don't minimize it, don't steal their air time

- **Don't embarrass your child-** don't barge into their conversations if all is safe, mind who you report your child to, respect their boundaries [knock before going into their rooms]
- **Single parents**, widow or married your spouse lives abroad? Ensure constant contact with their father, they may be fathers who may not be a good role model too. Let them know what is right from you, as they grow they will discover who is the real parent!
- **Single parent?** Before you bring a man into your life, carry your children along
- **Have that conversation with them** e.g. a child said to me once “this man just came and took my mom from me”. They will fight you through negative behaviors eg.bad grades, crimes, drugs, bad friends etc
- **Career choices-** Let them choose, give them feedback on what their qualities are from your observations, use open ended questions to teach critical thinking. ***Don't live your unfilled dreams through your children!***

**Spirituality:** Please pray for, with and over your children, speak positive statements over their lives and to them. Don't say e.g. "you are as wicked as your father" [ see appendix II in my book : **110 Nuggets for Excellent Parenting. You can get the kindle version, have it on your ipad and you can pray anywhere and anytime.**

- **You the Parent: Know Thy Self [KTS] :** Who are you and what are your current and ongoing challenges? E.g. Relationship, debts, career, extended family etc
- **What are your Addictive Behaviors:** Have Emotional Boundaries. What are the negative behaviors you do all the time and you are struggling to stop. e.g. Drinking, drugs, yelling, anger, 'fights' which may eventually lead to make up sex. This creates an abusive environment to your children.
- **Self Care: very important**—warm bath, few days away, go out with a few ladies, get respite, find time to do what you love, identify your need and meet your own needs e.g. feeling sad [connect with your support], practice developing congruency, have a personal therapist etc work on your relationships and other sources of stress.

# After Parenting Plan:

- ***Introduce yourself to two ladies here without mentioning your role.***
- Who are you without your roles as a parent, wife, employee??
- **What are your plans after the children are grown?? Short and long term goals, finances [ children are saddled with govt. loans], vocation for the rest of your life??.**

**Get a copy of my book for detailed strategies and insight!  
“110 Nuggets for Excellent Parenting” by *Georginia Nwoke*,  
2016. Amazon.ca, ibookstore, barnes & noble. Kindle version  
is also available on Amazon.**



# Mending & Forgiveness

- **Mending:** Repair work in relationships
- **Steps:**
  - Talk about what happened. Take accountability for your actions e.g. in your relationship with your child, your husband, or other adult relationships.
  - Reflect and take steps to do repair work
  - Don't shut down
  - Communicate assertively
  - Deal with anger and resentments
  - Apply your grounding skills
  - Identify your own issues and triggers and work on them with your Psychologist

# Forgiveness

- When we no more feel angry towards someone who has offended us and we can talk about what happened without feeling angry
- Not allowing what has happened to control your daily life
- Taking your power back
- It can only be done by the strong
- It is freeing for you the offended
- Great for physical health, emotional and spiritual health
- Understanding that love is more important than being right. **You can win a fight but lose the battle. Ask yourself: 'Will this be caring if I do it?' Un-forgiveness is like a dog eating faeces and expecting a goat's teeth to be rotten.**
- **It is not easy but it is possible!!**

# Types of Forgiveness

**Self forgiveness:** Quit continuous guilt for what you have done even after you ask for forgiveness

- Stop imposing punishment on self as a way of taking on the pain for what you did
- Self compassion-kind to self, treat yourself as you will treat a friend you love so much

## **Forgiveness for Others:**

- Is about letting go of power and control
- Releasing someone from your clutches, then realize you have been the one in-between those clutches
- Stopping the spiral of power and control e.g. 'I will get him/her back sooner or later' and the person falls into your trap again

# How can I forgive?

- Someone I have emotionally disconnected from, even though I come back home everyday to that person?
- Someone I love, a friend etc who continues to hurt me even when I have told the person to stop 😞?

## Steps:

- Assertively express your feelings / talk about what happened- using 'I' statements
- See your therapist, talk to someone you trust and get supports
- Pray for the burden to be lifted- develop your spiritual self
- Focus on the positives
- Say **NO** to Abuse!: Set boundaries.
- Emotional boundaries- will help you understand you are not responsible for anyone's emotions / behaviour. It is the person's choice

# CONCLUSION

Relationship is key to us because as women we heal through relationships.

- We have the power to make more impact on your children than their fathers
- Learn to heal, invest in yourself, so you don't get toxic on the inside and become ill. **Therapy sessions are covered by your health insurance. Use it !!!**
- Lets support one another -build a positive support network. This conference is a great support tool. Make sure you come next year and invite a friend, if possible determine to pay for one person! 😊
- **Note:** The journey is far, the road may be winding and full of pot holes. Please take care of yourself -physically, emotionally and spiritually. Relationship with self , others and your spiritual relationship are very important! All the best in your life journey 😊

**Thank you**

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