

**FREE  
E BOOK**



**MOTHERHOOD  
AND**

*Child Wellbeing*

**Elevate your parenting  
with personal growth  
and bring emotional  
health to the whole  
family.**



**The Mama Haven @ [www.inkandscribbles.co.uk](http://www.inkandscribbles.co.uk)**

# WELCOME

Thank you so much for downloading this e-book. I'm so happy that you have found us. Ink and Scribbles and The Mama Haven is a place where you can find motherhood support to grow on a personal level, define your parenting and help to emotionally coach your child.

Children's happiness has always been a parent's priority. It's essentially why you've downloaded this e-book to read! Something inside you is driving you to know more and find the information you need to do the best you can for your child.



Before we go any further, you need to know that already makes you an incredible parent. You don't have to be perfect because by being open to the fact that you can always be personally growing you will have a huge positive impact on your child. We can only do our best with the knowledge we have. Accepting this allows us to forgive ourselves when we recognise an ineffective approach and motivates us to gather information for more informed choices. Parenting is going through a huge transition phase. Scientific research is backing the movement for change and many parents are reflecting on their own childhoods and intuition, which is telling our generation that we don't have to keep parenting the way it's been done in the past. Awareness gives us choice and together, we can learn, grow and find a parenting approach that we feel aligned with.

**Big love,  
Ruth**

FOUNDER/OWNER

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# PARENTING STYLES



These are some of the main general parenting styles:

## AUTHORITARIAN

THIS STYLE OF PARENTING IS ASSOCIATED WITH QUITE TRADITIONAL PARENTING STYLES, WHERE 'DO AS I SAY' IS THE MOTTO. THESE PARENTS TEND TO BE STRICT WITH STRONG BOUNDARIES AND RULES TO FOLLOW. THEY HAVE HIGH EXPECTATIONS ON CHILD BEHAVIOUR, DEMAND OBEDIENCE AND COMPLIANCE AND USE PUNISHMENT TO ACHIEVE THIS.

## AUTHORITATIVE

THIS STYLE OF PARENTING SETS RULES AND BOUNDARIES FOR THEIR CHILDREN. THEY SUPPORT THEIR CHILDREN TO DEVELOP THE SKILLS THEY NEED TO SELF-REGULATE AND FOLLOW THESE EXPECTATIONS IN A NURTURING AND MORE COLLABORATIVE WAY. THERE IS A FOCUS ON ENCOURAGING CHILDREN TO UNDERSTAND THE REASONS BEHIND EXPECTATIONS AND RULES.

## PERMISSIVE

THIS STYLE OF PARENTING HAS LITTLE EXPECTATION ON BEHAVIOUR AND ADHERING TO RULES. THEY ARE SEEN AS BEING EXTREMELY LENIENT AND CHILD LED. THEY ARE NURTURING AND RESPONSIVE TO THEIR CHILDREN'S NEEDS BUT OFTEN HAVE LOW EXPECTATIONS OF SELF-REGULATION, INDEPENDENCE AND MATURITY.

## UNINVOLVED

THIS STYLE OF PARENTING HAS BEEN MORE RECENTLY ADDED TO THE MAIN PARENTING STYLES AND IS SEEN AS UNINVOLVED. THESE PARENTS TEND TO INTERACT LITTLE WITH THEIR CHILDREN ASIDE FROM MEETING BASIC NEEDS SUCH AS FOOD AND SHELTER. THEY TEND TO LACK COMMUNICATION AND HAVE LOW EXPECTATIONS OF THEIR CHILD.

## FOOD FOR THOUGHT:

Do you see yourself falling in to one of these categories? Or do you see yourself using a combination of them?

Do you see any of these approaches as being good or bad approaches? Do you think it's about choosing one approach or combining some or all?

Do you think a parenting approach should be adopted at the decision of the parent? Or do you think the approach should be child centred (not chosen by the child, but formed around them)?

There is no right or wrong answer. These questions are simply to help you delve a little deeper into the style that works for you!

## HOW DO I FIND MY PARENTING DIRECTION?

Within these general parenting styles new approaches have emerged over the last decade or two. Perhaps due to responses to changes in society and the world in general. Increased parental anxiety has led to more 'helicopter' type parenting, information from scientists and psychologists has led to more attachment and positive parenting and the wellbeing and mental health movement has led parents to more gentle, conscious parenting approaches. This all feels like positive change and yet, mental health continues to be an issue impacting so many. Although we are beginning to lean towards more conscious parenting styles in general, life is getting busier and that is leaving parents and especially mothers stretched. For many, all the information, opinions and internal arguments between head and heart, causes overwhelm and stress. Which approach do we take?! There is less time to connect and communicate and the demands of careers and modern-day life is increasingly challenging. The impact on mothers is huge, as we try to do it all and feel a sense of failure when we can't achieve our own expectations or guilt when our children struggle emotionally. I believe we can find the approach that aligns with our values when we take time to look for them, rather than accepting the values of previous generations or our peers. I believe we can find the approach that aligns with our values when we set ourselves realistic expectations and stop comparing our own parenting journey and choices to others. I also believe we can find the approach that aligns with our instinct, when we look at our child's personality and work with them. Personally, my choice is conscious parenting. An approach which isn't about rules, but a more personalised approach that sees you interact consciously with your child. With this approach, even when I mess up, conscious parenting means I can reflect on a situation and learn more about my child, but also myself. I believe conscious parenting is also about our own internal work. I see it as a way of reflecting, growing and almost an awakening, where our children can (without even knowing it) guide us to be better versions of ourselves and in turn, incredible mothers.



## HOW DOES PARENTING HELP ME GROW?

As a general rule, we parent from our own experiences. How we were parented has a powerful influence over our relationships overall and we often parent our children with the values we were parented with. So, if you had a strict, authoritarian upbringing you may parent your children similarly. Even if you consciously choose not to do so, you may struggle when confronted with behaviour from your child that stirs subconscious reactions. For example, if you were raised in a house where loud, boisterous play was punished, you might struggle to tolerate loud noise from your own children. Our attachment with our parents from a very young age lays the foundations for our parenting. Insecure attachment bonds can make it more difficult for us to provide attachment for others when we are adults, and this is an unconscious impact. We may think of our childhood as a good, normal childhood and I'm in no way saying it wasn't! But small actions by our parents can set off a chain reaction that impacts not only our emotional health, but our parenting and in turn, our children's emotional health and parenting. A repeating pattern that continues to have consequences far beyond ourselves! Reflecting on this can help us make connections between our childhood and our parenting, which we can use for positive change. A good example of this is when as children we showed big feelings, such as anger. As a child raised in the 1980's, the common parenting approach was to meet this anger with anger. Let's look at my personal experience. My parents were good parents. But my big, childhood feelings were met with raised voices, anger, discipline and perhaps a smack! Very much the norm at time. Why? Because my big feelings triggered an unconscious response within them. Their instinctive reaction to my big feelings was discomfort. In the 1980's, parents didn't question why their children's challenging emotions or behaviour made them feel this way. Instead, they regurgitated phrases from their own childhood, such as 'children should be seen and not heard', 'it's ridiculous that you're this upset over something so silly', or 'don't you ever behave that way again'. If they were especially triggered and uncomfortable with a child's behaviour or strong emotions, the child might have received a smack. This is a clear link to their own childhood emotional needs being shut down by their parents.

We grow up into adults that think we have come out childhood, emotionally balanced and untraumatized. And for the most part, we probably have. But becoming a parent yourself brings all your shut down, unmet needs to the surface. Unmet needs are essentially a trauma. This sounds dramatic, and many of us have been conditioned to see our unmet needs as being oversensitive, over dramatic or needs we shouldn't have. These beliefs lay deep within us, ignored, suppressed and maybe even subconsciously. Having a child is possibly the most emotionally challenging thing you will experience and will show you all the things that you need work on. This is what I would call your motherhood awakening. This is personal to you, but may include things such as:

- patience
- anxiety
- insecurity
- a need to be right
- knowing how to deal with strong feelings yourself
- confidence
- control



Becoming a mother is an opportunity on so many levels. The question is whether you allow it to be the moment you begin your own personal journey to self-discovery!

## FOOD FOR THOUGHT:

Did your parents meet all your emotional needs when you were a child?  
How has that impacted you as an adult?

What challenge has becoming a parent has given you? What area of yourself do you feel it's highlighting for inner work?

## WHAT IS OUR ROLE AS PARENT?

Aside from meeting the obvious basic needs of our children, our responsibility is to meet their emotional needs to the best of our ability. Doing so is a huge personal challenge. Our children's emotional needs have a powerful influence on our own and, as already discussed, our reasons for reacting with our own big feelings are often unconscious, programmed patterns that were laid down in our own childhood. Our responsibility to our children, is to become more aware of our own internal landscape so that we can grow to meet their emotional needs with calm and logic as often as possible (note how I don't expect perfection). This is going to be a journey! And being emotional beings, there must be acceptance that mistakes will be made, and the learning curve may be not be linear. That is OK. Whatever our own path looks like, demonstrating that we are self-aware and that our emotional health is important, is a gift to our children. The ability to emotionally coach our children is essential to their wellbeing. Once we understand some basics about human behaviour, we can help our children understand their own minds, which is so empowering. The way we approach their big feelings will lay down the foundations for all their future relationships, as well as their confidence, resilience and self-beliefs. It feels like such a responsibility, I know. I feel it too. But it's what we signed up for. I once spoke to a friend, who is mental health professional and had a background in child and adolescent mental health, about that sense of heavy responsibility. She told me it would all work out OK if we got our parenting right 60 -70 % of the time. I'm not sure if that's verified data! But I think the overall message holds truth ... doing our best is good enough. Being a role model is our method of teaching. Our children are watching. We influence the way they see the world and how they treat people. What relationships do they see you in? How do they see you treated, and you treat your friends/partner/family? How do you react to others or the news or stress? Don't tread carefully, tread consciously. Be intentional with the interactions they see you in. Finally, I truly believe in allowing our children to be who they are, not who we think they should be or dream they could be. Yes, our role is to guide them but it's not to teach them to be someone they are not. We must listen to our children and let them know their opinions are valid. As the adult in the relationship, we can challenge their opinions without knocking them down.

## HOW DO I ELEVATE MY PARENTING?

Well, you've downloaded this e-book so you're already elevating your parenting! There are 8 key things to be aware of to inspire your parenting journey to a whole new level:

1

**Develop self-awareness.** Journal your emotions and pay attention to their triggers. Even simply keeping a mood tracker can show you patterns around your cycle, lifestyle or relationships that may be triggering reactions that impact your parenting.

2

**Read books** that you are drawn to and listen to podcasts that develop your understanding of child development, psychology and parenting approaches. Keep in mind though, that just because you've read something, it doesn't make it your truth. Find what resonates with you.

3

**Self-Care.** You cannot be at your best for your children without taking care of yourself regularly. Carve out designated time for you to relax, be with your thoughts and rest

4

**Work on connection.** Life is busy. Find time to connect with your child and as a family. Put down the devices and get some eye contact.

5

**Prioritise and forgive.** When things become overwhelming, ask yourself what is serving you in a positive way and forgive yourself for mistakes or putting yourself first.

6

**Be willing to learn.** We may believe that as an adult we should know the answers. Accept that you know what you currently know, and you can always learn more. Also accept that your child is constantly changing and growing, and you will need to evolve with them.

7

**Observe your child without bias.** What is their personality? What is at their core? What are their strengths? What do they need support with? What kind of parent do they need?

8

**Create your core parenting values.** What style works for your family? What standards will you parent by? What parenting boundaries will you set yourself? Which traits are most important to you?

**DO YOU WANT TO GROW AND DEVELOP FURTHER  
TO NURTURE YOUR CHILDREN'S EMOTIONAL  
WELLBEING?**

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**DO YOU WANT SUPPORT TO HELP YOUR CHILD  
MANAGE BIG EMOTIONS?**

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