



SELF DEVELOPMENT COURSE - PARENTING HELP, CONSCIOUS PARENTING: GENERATION GAP

Please consider the **generation gap**, the difference in age between you and your child. We will observe your **physical, mental** and **emotional** states. Assuming you had your child at 30...

Age	Physical	Mental	Emotional
30-35	At the peak	Strong	Balanced
0-5	Very weak	Not visible	Explosive
Consequence	- No physical exercise - No proper sleep - Physically exhausted by work around toddlers - Healthy Food Habits are shaken by constant demand for sweets and junk food	No proper mental exchange with: - Children - Partner or - Friends	'Balanced' is slowly moved 'Out-of-Balance' with: - 'why is s/he crying again?', - 'what else can I do to help?', - 'what the hell am I doing wrong?' to: - 'what the fuck do you want now?'
35-40	Some misbalance, some disease, still strong	Shaken by: constantly listening to 'twinkle twinkle little star', watching cartoons & focusing on baby talks, home work, teachers and various demands	Racked – shouting constantly, repeating same sentences and the same breakfast, school, sleep routine over and over again...
5-10	Strong, full of energy	School time – exams fever	Often Frustrated: luck of time for physical activity, for play, and parents that always shout
Consequence	We stopped walking or We spend hours walking	We stopped talking or We spend hours talking	We stopped hugging or We spend hours playing and cuddling
<p>At the age 10+ children are becoming more aware of their parents behavior and they start remembering their parents' acts...</p> <p>At the age 40+ parents often no longer care how children will remember them...</p>			
40-50	Body is aging and diseases and weaknesses start interfering with day to day life	Pessimism increases. All is taken personally. Challenges by children become offensive or This is the time to share wisdom, secrets, beauty, and join in the challenges of youth and growth.	Close / Defensive / Hurt or Open / Excepting / Excited for experimenting is always exciting
10-20	Very Strong, full of energy	Strong, challenging existing beliefs, structures	Experimenting
<p>At the age of 20+ children are ready to move out and start their own Life experiment loving, growing, expanding, still waiting for their peak at 30.</p> <p>At the age of 50+ parents are ready to direct their journey inwards, to stop worrying about their little ones, and to re-learn how to live their lives without them.</p>			