

Course Details

- Duration - 12 weeks
- 1 session per week
- A work book and video to watch from Jai institute of education.
- A practice circle will be created once you join the program.

Duration - 12 weeks

Seats - 12

★ Group and one on one session are available.

★ Certificate of completion.

Who can attend this course

This program is designed for parents, educators, therapists, and significant caregivers who play an essential role in a child's life.

We are on a mission to transform the world for children by empowering the adults who care for them.

Let's work together to create the positive change your children deserve in this world.



Visit our website for more Information.

★ childrenharbor.com



CHILDREN'S HARBOR



The Starfish Story



A storm washed up thousands of starfish, a girl picked one up and tossed in to the ocean then another and another.

People watched , Amused !

A man said, Little girl, you can't save them all, it's impossible to make a difference.

Returning another one back to the water- she said, " It made a difference to that one."

Website

childrenharbor.com

Email

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★ Call us for a free consultation
0210 557 082

This story reflects our mission - small acts of kindness and understanding can create a meaningful impact in a child's life. Join us on this journey and become the difference that every child deserves.

Our Goal

Our goal is to empower you to transform everyday interactions into meaningful opportunities for both you and the children in your care to not only navigate challenges but also thrive. This program is designed for parents or caregivers of children from birth to age twelve with special emphasis on toddlers, school-age children, and pre-teens.

Framework for Children's HARBOR.

We provide a clear and structured framework designed to foster patience, understanding, and safety. At Children's HARBOR, we collaborate with parents, caregivers, educators, and specialists to create a nurturing and supportive environment where children can thrive.

Our 12-week program helps adults see the world through a child's eyes by embracing the core principles of HARBOR:

H - Hold space for children, ensuring they feel seen, heard, and valued.

B - Be patient, allowing children to grow at their own pace.

A - Accept what is, meeting children where they are in their developmental journey.

O - Open communication, fostering trust and meaningful connections.

R - Remember what's working and build upon strengths.

R - Remind children of safety, creating a secure foundation for their growth.

Together, we build a HARBOR where children feel safe, supported, and empowered.

The course outline 12 Weeks Program

Welcome and Orientation

Connecting with ourselves.

Setting Your Intentions as an Empowered Parent

On your second week you will discover how to:

- Ground into your strengths as a parent.
- Create inner and outer resources to move toward more peace of mind.

The 10 Core Pillars of Transformational Parenting

You will explore the 10 Core Pillars of Transformational Parenting, broken into three segments: the head, the hands, and the heart.

Making Sense of Attachment Science

You will explore your generational patterns of connection, intimacy, and relational safety.

By reflecting on the attachment style that you adapted to based on your relationships with your primary caregivers, you'll gain insight into your relational patterns. You'll be supported to stay grounded in compassion and neutrality and move toward a cohesive narrative of your past experiences.

You'll begin to gain access to a fuller range of your innate intelligence and begin to move beyond the confines of your thoughts and beliefs.

Making Sense of Nervous System Science

You'll learn the ins and outs of the nervous system so you can support children's budding nervous systems. The physiology of parenting is the cutting edge of understanding our internal world as parents, and the internal world of our children. With understanding comes calm. With information comes internal safety.

Making Sense of Mindsight and Brain Science

As we continue our journey to equip you with an embodied understanding of the 10 Core Pillars of Transformational Parenting, and return you to your rightful place: Secure Attachment. You'll gain a greater understanding of the power of the mind, specifically exploring the science of EMPATHY.

Making Sense of Emotional Intelligence

The heart of Empowered Parenting is understanding how our physiology, brain, and emotions work together to create our inner experience. Emotional intelligence provides both the parent and the child with inner and outer freedom to live whole, full, exuberant lives together.

Empowered Conversations

Now that you have accessed the foundations of the head, heart, and hands of Transformational Parenting, you'll move to the voice. Navigating this new paradigm of connection, relational safety, inspiration, and presence requires a new style of communication. Using our communication framework, inspired by the work of Dr. Marshall Rosenberg and Non-Violent Communication (NVC).

The PEACE Process

We believe ALL conflicts within a parent/child dynamic, or between siblings, can be solved PEACE-fully. This is the effective replacement for punishments, consequences, yelling, and threats! You'll gain the practical, actionable steps you need to thrive through conflict, disconnection, and parental overwhelm, even in your most challenging parenting moments.

Anger and Healthy Aggression

As you continue your journey to Transformational Parenting, we will explore the potent emotion of anger. Emotional objectivity does not mean disconnecting from any emotion, even rage, aggression, and frustration. You'll gain the ability to feel anger with healthy tools of expression and communication.

The Power of Play and Storytelling

Learn how to play (even when you don't feel like it!). Play is the Empowered Parent's secret sauce. You will explore your playful inner self so you can meet your children in theirs, no matter their age (or yours!).

Your Personal Transformation

Together, we will reflect on the powerful shifts you have made as you complete our 12 weeks program how that has influenced the behaviour of your children.

