



Panel: Embodied Parenting for Social Change



How to change our perspective in parenting and become an embodied parent

[Jacqlin Richards](#), parent empowerment mentor and mother

- Parenting ourselves first; small child to “inner teenager”; reclaim yourself, making room for passion and dreams
- Changing limiting beliefs and creating small, simple, consistent and manageable practices
- [41:29] Helping us and our children pause and regulate in moments of overwhelm through touch
- Screens: “Losing the emotional charge” making them wrong, opening to fun enjoyment, balance acceptable limits
- Top tip: **“Keep going with practices, even when you're feeling good.”**

[Natasha Veisgerber](#), Solo mother of an 11-year-old boy, certified embodied facilitator, coach and trainer of resilience to adults and educators

- Parenting Complexity; children respond to parent’s embodiment therapy; playing with our children
- Connecting practices to daily tasks: the power of pausing; feel the support under, around you
- Authentically enjoying parenting, ALL the aspects and emotions; modeling being real and handling it
- Screens: creating, modeling and balancing a mindful, safe and aware culture of digital consumption, with limits
- Top tip: **“Breathe, it's so powerful. Be kind to yourself”**

[Miles Kessler](#), Teacher of Aikido (6th dan), meditation, and Integral Practice, Founder of the Integral Dojo, and father

- Connect with, & integrate the authentic child within you, to be able to meet people where they are and play
- [39:38] embodiment, like mindfulness, is a universal principle
- practice for all times, all places, all circumstances, with deep benefits
- Speed of sophistication for online media: finding healthy culture around online learning and interaction, balancing
- Top tip: **“Be, and be with our children, and then manage dynamic development.”**

[Manal AlDabbagh](#), embodiment and movement coach, facilitator, and advocate; mother

- Children show us the best and worst of ourselves; living and modeling authenticity for our children
- Letting go and being kind to oneself; Need, not luxury of practice: “sense your feet”, see and be seen
- Screens: Nurturing, open and aware conversations around choice, respectful compromises acknowledging children and parents
- Top tip: **“Parenting is much more about our connection with ourselves, much more than what we are doing for and with our children. It begins with us.”**

Resources (Any that are mentioned; Remove the headings for what aren't)

- ❖ **Books:** *Micro Moments*
- ❖ **References:** The Social Dilemma



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