



Jacqlin Richards: How lifting out of the 'Parent Traps' will invite fun, freedom and the creation of a new way to be in the world



Jacqlin Richards is a Parent empowerment mentor, speaker, facilitator and founder of Your Parent Journey. Her mission is to empower parents to lift out of the five parent traps and find more fun, freedom and funk in their lives.

Discover what the five parenting traps are, and how to find more ease, grace, joy and humor in parenting. Learn about cycles of past conditioning with regards to parenting, and gain an understanding of how to disrupt cycles of conditioned programming.

TOP EMBODIMENT TIP: Keep it simple. Take your focus and energy from being 'out there' to within yourself. Get support and find practices that move you, bringing your awareness from your head into your body.

First Parent Trap: We parent from the past

- Cycles of past conditioning come from our subconscious programming, particularly the programming which occurred in the first seven years of our life. The way we parent reflects the way we were parented.
- The way we parent isn't conscious until it is. Gaining awareness can invite us to do things differently.

Second Parent Trap: The never enough time trap

- The way we saw our parents allocate time to parenting becomes our own way of parenting, or a reaction to our parents' way of doing things.

Third Parent Trap: The judgement trap

- All judgement is self judgement. If someone else's judgement had no truth for you, it would not impact you.
- We can find sovereignty because we can impact the way we feel about ourselves.

Fourth Parent Trap: We put our kids first

- If you didn't get the connection you needed as a child, you may feel that you always need to put your kids first.
- We have the idea that we have to do everything alone.

Fifth Parent Trap: We raise mini-me kids

- Exposing our children to different ways of being is the fastest way out of dysfunctional programming.

Resources

- ❖ **Website:** yourparentjourney.com
- ❖ **References:** Emotional Release Techniques. Dance. Breath Work. Shaking.



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