

Silence is Golden

Parenting – Amy Phoenix
Pathways #45, page 48



Talking Points

- ❖ Parenting has a way of bringing in the most interesting advice and remarks from people you know and complete strangers.
- ❖ How do you deal with unwanted advice and rude remarks?
- ❖ First, listen to the advice. Listen with your whole being. Even if it's filled with judgment we may be able to feel the essence of the advice.
- ❖ Amy reminds us, "Inside of most advice, and even criticism, is caring." (49)
- ❖ People have a tendency to judge themselves harshly. Pay attention to feelings of judgment when receiving advice. Are you judging yourself more harshly with their words? Are you judging them for what they're saying? Take a step back and see where you're coming from and also where they are coming from too. Our life experiences have shaped us all differently and therefore we all have different perspectives.
- ❖ Pay attention to how you react. Remember, your children are watching you all of the time. Examine your parenting values and be sure to embody them for your children.
- ❖ Amy uses judgment for personal growth: "By allowing judgment from others to clue me in to my own self-judgment or tendency to judge others, I can change the way I look at life and other people." (50)
- ❖ Whether you decide to respond with conversation, questions or silence respond respectfully.
- ❖ Questions help open the door to understanding.
- ❖ Education and learning by both parties can come out of advice. If we know better and have information or personal experience we can share what works well for us.
- ❖ Amy reminds us, "As we become more comfortable parenting in line with our own values, judgment rolls off of our backs like water on a duck." (50)

Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Force Free Parenting with Amy Phoenix: <http://forcefreeparenting.com/>

“Four Ways To Share Your Parenting Philosophy Gently” by Valerie (aka, Momma in Progress)
<http://mommainprogress.blogspot.com/2012/02/four-ways-to-share-your-parenting.html>

Letter from the Editor, “A Defining Moment” by Jeanne Ohm, D.C.
<http://pathwaystofamilywellness.org/Letters-from-the-Editor/a-message-from-our-editor-issue-22.html>