

HEAL YOUR CHILDHOOD,
PARENT BETTER

MASTERFUL PARENTING



BY

Anne Alvares



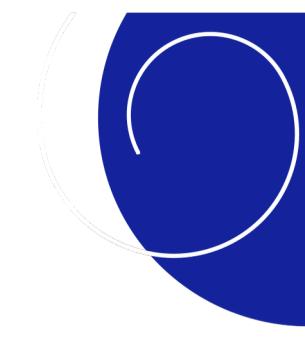
WHAT IS CHILDHOOD PAIN?

When we look back on our childhood, as parents, we may realize that there were things that we needed emotionally from our parents that we didn't get. This is childhood pain. It is a hurt from our childhood that wasn't healed and that we carry into our adult lives. Childhood pain can take many forms and come in varying degrees. Examples include neglect and abuse. Or perhaps you were parentified.

Parentification means that your child is taking the role of the parent. Examples include when our children are taking care of siblings everyday because parents are working all the time, when our children worry about their parents because we are displaying weakness, depression, or illnesses, when children do all the housework and the parents do none or do not help them, or if children are expected to work while they are in school to help with the family finances. These are all examples of our children being parentified..

Perhaps you grew up with controlling or judgemental parents, not feeling heard, not feeling loved or cared for, being punished or reprimanded, not feeling safe, or perhaps parents having too high expectations of you. Childhood pain can also come from something that happened to you or something you experienced. You may have been bullied and felt like no one helped you. You may have experienced the death of a parent or a loved one. You may have lost a friend to suicide. These events cause trauma in a child's mind and the pain from these losses can carry into adult life.

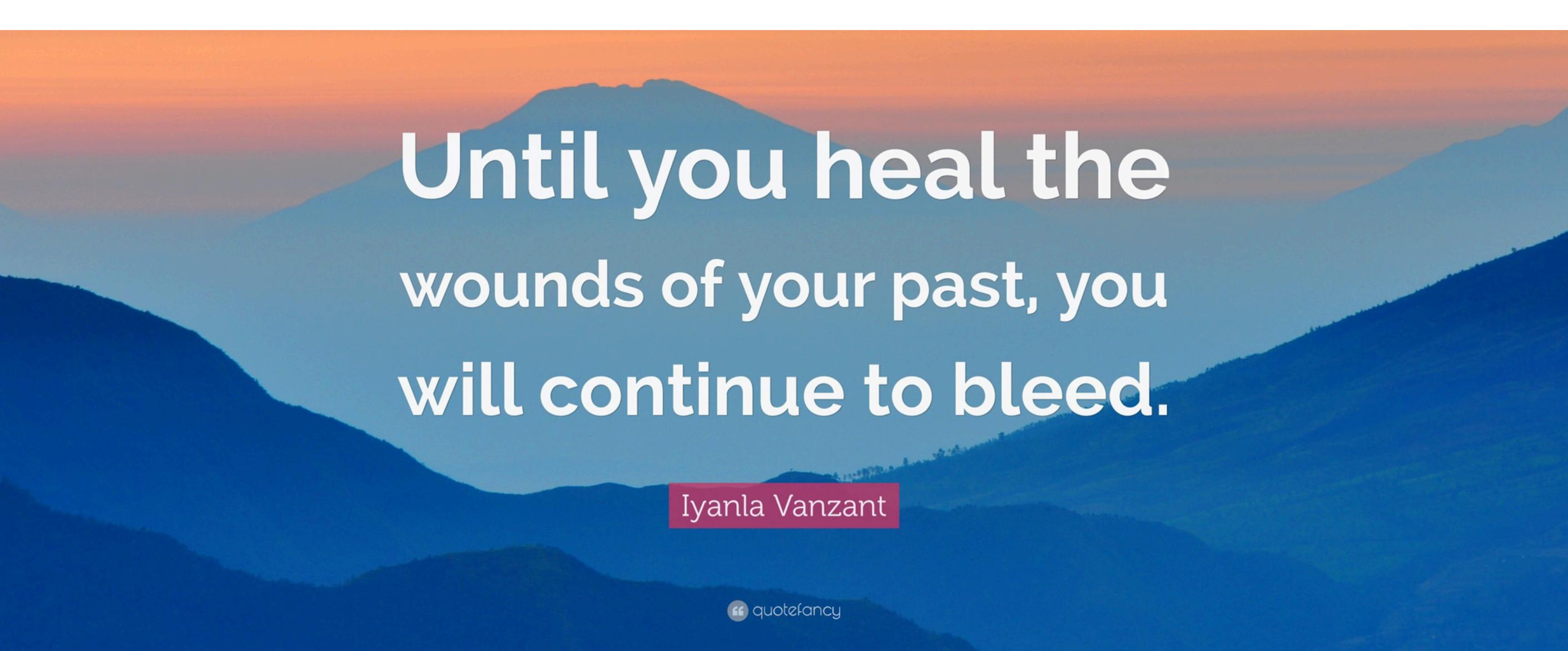
When we don't acknowledge and heal the pain from our childhoods, these pains will show up in our parenting. We know that our childhood pain is showing up in our parenting when we are struggling in our parenting role. In this webinar, we will learn the signs that our childhood pain is getting in the way of becoming the parents we are meant to be.



HOW DO WE HEAL OUR CHILDHOOD?

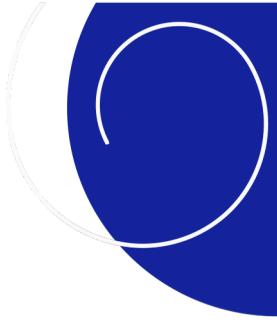
First, we need to tell our story. Telling our story helps to release the pain so it no longer lives inside of us. Once your story is told, then the healing process begins. We can have compassion for ourselves and come to the understanding that what we experienced was something we had no control over. It was our experience but we cannot be blamed because the adults in our lives couldn't give us what we needed. We tell a different story. We say we were worthy to be loved. We are worthy to be loved as adults. We are not children anymore and our childhood pain doesn't have to continue in our adult lives. We affirm our worth in our lives and we give ourselves what we didn't get from our parents. This is how healing happens.

Our children are part of our story. They give us the opportunity to heal because we can give them what we didn't get. We can be the parents we needed in our childhood. Our children show us how to love them and we can also receive their love fully when we heal from our pain. This is my hope for every parent who has suffered from childhood pain - to heal and become the parent your children need you to be.



**Until you heal the
wounds of your past, you
will continue to bleed.**

Iyanla Vanzant



Masterful Parenting

HOW YOU KNOW YOUR CHILDHOOD PAIN IS SHOWING UP IN YOUR PARENTING

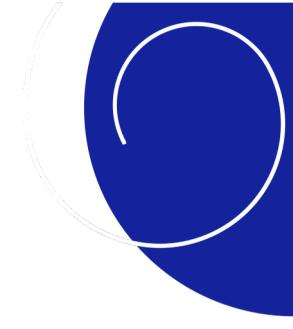
- You are **fearful and overprotective of your child.**
- You find it difficult to truly enjoy your children.
- You are not at peace.
- You react strongly when they do something wrong.
- You are **controlling them.**
- You always tell your child what to do.
- You yell and get angry easily.
- You are **overly sensitive and think they are intentionally trying to hurt you. You can't forgive your child when he/she does something wrong.**
- You personalize your child's behaviour and think you are a bad parent. You feel embarrassed when they misbehave.
- You don't want to say no so you give it to your child's demands.
- You are afraid of their intense emotions.
- You feel hopeless as a parent.
- You feel unloved by your child.

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If you answer yes to any of these, then you are still carrying childhood pain into your parenting today.

So how do you change this? How do you break the cycle so your kids are better?

This is the reason I developed that Masterful Parenting Program because I was that parent, like you, struggling with childhood pain. I was controlling and not relational. I was embarrassed by my son's behavior. I had poor self esteem and personalize my child's behavior. And yes, sometimes I yelled. In time, I got better. I learned how to stop overreacting and personalizing, be more relational, less controlling. I learned ways to connect and to communicate better with my kids. I can help you do this, too.



Finding Purpose for Our Pain

For those of us parents, who suffered from childhood pain, we must remember that our pain was not about us. It was about the people who harmed us. They were also coming from pain. We were always worthy to be loved.

Our children can become our purpose for our pain

We can stop the cycle and learn how to be healthy with our children.



Suffering presents us with a challenge: to find our goals and purpose in our lives that make even the worst situation worth living through.

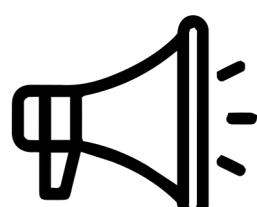
— *Viktor E. Frankl* —

The Masterful Parenting Course will teach you how to become more?

- 1 Self-aware so you can heal, give yourself what you didn't get as a child, and change your behaviour so you can change how you parent
- 2 Learn ways to connect better so you and your child will feel close.
- 3 Learn communication tools to lessen conflicts and maximize problem solving together.

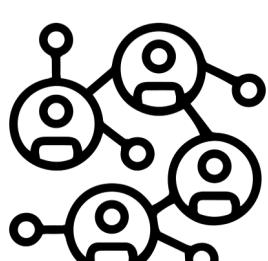
This 9 week program will give you the tools to really make your home peaceful, happy, relational and a place where everyone thrives. That includes you. You will feel more confident and truly enjoy your children.

Here is what we will cover in 9 weeks:



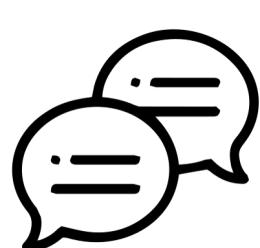
Self Awareness

Your childhood story - tell your story to uncover the pain, identify your triggers and become more aware when your pain is showing up in your parenting so you can break the cycle.



Connection

Learn ways to connect with your child on a deep level using techniques of relational parenting which includes active listening, showing support, learning more about your child's interests and goals.



Communication

How to have the tough talks, stop personalizing your child's words and identify the emotion underneath the words. Respond using empathy and invite conversation so your child wants to talk to you,

Also included: Weekly coaching and follow up, practice and review to reinforce the lessons and group chat to support other parents in the Facebook community

Free 30 minute follow up coaching session to support you at the end of the program

If interested, join my Masterful Parenting Full Program Facebook Group:

<https://www.facebook.com/groups/masterfulparenting9weekcourse>



Personalized Coaching - Flexible Hours, Online

If you want a more in-depth, personalized approach to dealing with parent fears, learning how to build relationship with your child, or your child needs support with mental health, I offer a one-to-one, personalized coaching with flexible hours and length for support - 2-9 weeks depending on your need.

Just book your FREE 30 minute consultation at masterfulparenting@outlook.com.

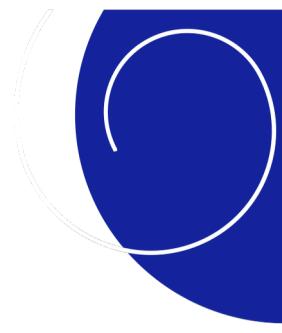
My mission is to help parents.

Much Love,

Anne Alvares

Founder Masterful Parenting

HEAL YOUR CHILDHOOD, PARENT BETTER



My Story

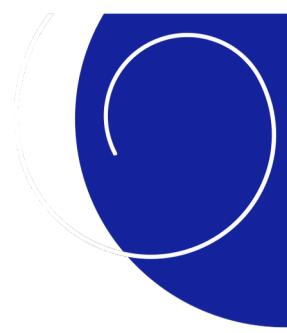
For those of you who don't know me, I'm Anne Alvares. I came from childhood pain. I suffered abuse, controlling parents, and was parentified. My healing journey began almost 30 years ago when I first told my story. When I became a mother, I was determined to heal and not repeat the patterns of my childhood in my own parenting with my children.

Now, I teach parents how to foster healthy relationships with their kids. When we uncover our childhood story and become aware of our triggers, we can begin to heal and change. When we do this, our children thrive and we can feel good about our parenting.

Let me help you to heal and to change.

Reach out for support at masterfulparenting@outlook.com. Free 30 minute helping call. Book it - it's free.

My mission is to help parents.



Contact ANNE

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Instagram: https://www.instagram.com/alvares_jo/

👉 <https://www.youtube.com/@masterfulparenting>

SchoolofHumanKind:

<https://www.schoolofhumankind.com/library>