

Defineum's Deliberate Parenting Program: A Mindful Approach to Raising Children

OVERVIEW

Objective

Being a parent is one of life's most joyful yet demanding times. From sleep deprivation to the onset of mobility and speech, from applying to schools to helping with homework, from driving to myriad soccer practices to those "interesting" teenage years, every stage of parenting comes with a colorful array of choices and challenges. Every child should be born with an accompanying "how-to" parents' handbook that addresses the most important aspects of child-rearing but, of course, that's simply not the case. So here's your chance to create your own. Defineum's Deliberate Parenting Program enables you to take a closer look at your experience of parenthood, devise clearer answers to the many questions we face as parents every day and provide a foundation for making choices that reflect your parenting values and philosophies.

Description

A four-hour program that focuses on a set of topics that each of us can benefit from addressing as parents, including parenting values, philosophies, roles, expectations, life balance and community. Combining private coaching and at-home exercises, the program culminates in a custom parenting "handbook" that you devise, arming you with a powerful set of tools and strategies to enrich your experience of parenting and provide greater clarity and flow in your day-to-day role as a parent.

Format and Timeline

Four hours of private coaching with Defineum co-founders Carol Morley and Dana Galin. In-person meetings are ideal although phone conversations can be substituted if necessary. Additional hours required to complete the program are substantial (on the order of 10 plus hours) and may include personal introspection, written assignments, online assessment tools and readings. We advise completing the program over a minimum of four weeks to provide adequate time to complete assignments and sufficient reflection time between sessions.

CONTENT HIGHLIGHTS

Module 1: Defining Parenting Philosophies and Values



Description: Reflect on, discuss and define your personal philosophies and values as they relate to parenting and define your expectations for being the kind of parent you aspire to be.
Timeline: One hour

Exercises: Parenting Mental Models, Parenting Values Inventory, Parenting Rules to Live By

Module 2: Clarifying Parenting Roles and Expectations

Description: Discuss and define the roles that each spouse has in the childcare and child-rearing process and clarify your expectations of one another.

Timeline: One hour

Exercises: Roles and Responsibilities Definition

Module 3: Balancing Life, Career and Parenthood

Description: Whether you are a parent working outside the home or a stay-at-home parent, discuss and clarify the various demands and schedule constraints associated with managing your day-to-day responsibilities and child-rearing commitments.

Timeline: One hour

Exercises: Balance Objectives

Module 4: Cultivating Community

Description: Define your "personal community" and identify strategies for nurturing and expanding a community that is supportive of your family structure.

Timeline: One hour

Exercises: Community Map

Readings

A custom reading list is provided to you at the outset of the program.

RULES OF THE ROAD

- Your Commitment to the Program - We stress the importance of your commitment to the work required as it is pivotal to the success of the program. As in all things in life, the effort you put in strongly correlates with the results you get out!



- You Are the Expert - We do not provide magic bullets! We provide the structure, process, discipline and empathetic facilitation necessary for you to better understand and define your parenting philosophies and objectives and clarify what it means to you to be a parent.
- Our Commitment to Confidentiality – We are committed to confidentiality. This program entails you reflecting on, writing about and discussing with us deeply personal aspects of your life. We vow never to discuss any elements of this process or its content with any outside parties at any time and will not reference your status as a Defineum client without your written approval.

FEE AND PAYMENT TERMS

The fee for the Defineum Deliberate Parenting Program is \$625 for one parent, \$750 for two. We do not accept payment until you are confident this program is providing commensurate value to you. After completing one hour of the program, full payment is expected **if and only if** you are confident the program is being and will continue to be highly beneficial. Otherwise, we will jointly agree to discontinue the program and no payment is expected. We accept cash and checks only.

