

Intentional Parenting Autopilot Is For Planes

SISSY GOFF, LPC, DAVID THOMAS, LMSW,
AND MELISSA TREVATHAN, MRE

With over 50 years experience counseling kids and their parents

INTENTIONAL PARENTING

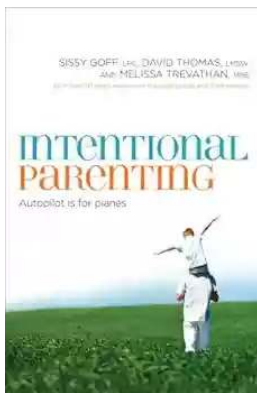
Autopilot is for planes



Parenting is undoubtedly one of the most challenging and rewarding journeys in life. As parents, we want to ensure that we are giving our children the best possible upbringing and preparing them for a successful future. However, oftentimes we find ourselves caught up in the chaos of daily life, juggling work,

household chores, and numerous other responsibilities that can pull us away from being fully present and intentional in our parenting.

Many parents find themselves resorting to parenting on autopilot, simply going through the motions and reacting to situations as they arise without consciously considering the long-term impact on their children's development. While it may provide temporary relief, parenting on autopilot can lead to missed opportunities for growth, communication breakdowns, and a lack of connection with our children.



Intentional Parenting: Autopilot Is for Planes

by Sissy Goff (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 684 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 236 pages



Intentional parenting, on the other hand, involves actively and consciously choosing how we parent our children. It requires us to be present in the moment, to listen, to understand, and to respond with empathy and intention. Intentional parenting is about making informed decisions that align with our values and goals as parents.

The Dangers of Parenting Autopilot

When we operate on autopilot, we risk missing out on the unique needs and experiences of each child. Every child is different, with their own set of strengths, weaknesses, and interests. By parenting on autopilot, we may unintentionally overlook these individual differences, resulting in a one-size-fits-all approach that fails to meet the specific needs of our children.

Additionally, parenting on autopilot can hinder effective communication and bonding with our children. When we are preoccupied or disconnected, we may miss important clues or signals that our children are trying to communicate to us. This can lead to misunderstandings, frustration, and a breakdown in the parent-child relationship.

Furthermore, parenting on autopilot can result in missed opportunities for teachable moments and personal growth. By actively engaging with our children, we can identify areas where they may need guidance or support. Intentional parenting allows us to seize these moments and provide valuable life lessons, fostering their emotional intelligence, resilience, and problem-solving skills.

Becoming an Intentional Parent

Transitioning from autopilot parenting to intentional parenting requires conscious effort and reflection. Here are some tips to help you become an intentional parent:

- **Pause and Reflect:** Take a moment to pause and reflect on your parenting approach. Identify areas where you may be operating on autopilot and consider how you can shift towards a more intentional mindset.
- **Set Clear Goals:** Define your parenting goals and values. What do you want to instill in your children? What kind of relationship do you want to have with them? Setting clear goals will help guide your decision-making process.

- **Be Present:** Practice being fully present when interacting with your children. Put away distractions and listen actively. Show genuine interest in their thoughts, feelings, and experiences.
- **Practice Mindfulness:** Cultivate mindfulness in your everyday life. Be aware of your own emotions and reactions, and how they may influence your parenting choices. Take a step back when feeling overwhelmed, and respond thoughtfully instead of reactively.
- **Embrace Flexibility:** While intentional parenting involves setting clear goals, it is important to remain flexible and adaptable. Each day brings new challenges and opportunities, so be willing to adjust your approach accordingly.
- **Seek Support:** Surround yourself with a supportive network of fellow parents, friends, or professionals who can provide guidance and encouragement along your intentional parenting journey.

The Benefits of Intentional Parenting

Choosing intentional parenting over autopilot parenting can have numerous positive effects on both you and your children. Firstly, intentional parenting allows for stronger parent-child relationships. By being present and engaged, you are fostering open lines of communication and building trust.

Intentional parenting also promotes the development of emotional intelligence in children. By modeling empathy, active listening, and emotional regulation, you are providing your children with the tools they need to navigate their own emotions and relationships successfully.

Moreover, intentional parenting encourages individual growth and self-awareness. By recognizing and responding to the unique needs of each child,

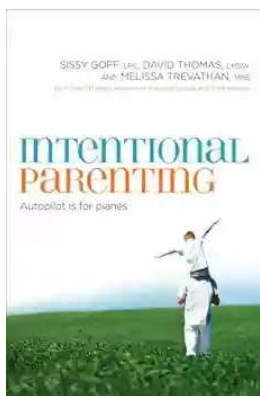
you are fostering their self-esteem and personal development. They will feel seen, heard, and valued, which can positively impact their overall well-being.

The Journey of Intentional Parenting

Intentional parenting is not a destination but rather a continuous journey. It requires consistent effort and self-reflection. There will be moments when you find yourself slipping back into autopilot mode, and that's okay. The key is to recognize it and course-correct.

Remember, your intentionality as a parent will evolve as your children grow and change. Keep an open mind, adapt your approach as needed, and always prioritize the well-being of your children.

So, let's ditch the parenting autopilot and embrace intentional parenting. By doing so, we can create stronger connections with our children, nurture their emotional growth, and provide them with the foundation they need to flourish into happy and successful individuals.



Intentional Parenting: Autopilot Is for Planes

by Sissy Goff(Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 684 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 236 pages



This is about you, not just your child.

Regardless of age, parenting requires a certain amount of uncertainty. But you can be certain that your children look to you to help them discover who they are. And you can only offer that to the degree that YOU know who you are.

Over the years, Sissy Goff, David Thomas, and Melissa Trevathan have helped countless families through their ministry known as Daystar Counseling in Nashville, TN. Due to the unique setup of Daystar, each is frequently counseling not only the child but the parent as well. Having both perspectives provides an opportunity to speak into some of the most common struggles that parents face in today's fast-paced society.

Intentional Parenting is built around 12 chapters that each dispel some of the most common parenting myths and reminds all parents of truths that can empower them to be not only the parents that their children need but that God has called them to be.

The book helps you discover first who you are and then takes that healthy person into a discovery of being more intentional, playful, consistent, merciful, and connected to your children.

Understanding your child. Understanding you.



Everything You Need To Know About Building Referral Revenue Online

Are you looking for ways to boost revenue for your online business? One effective strategy to consider is building referral revenue. Referral revenue, also known as...



Is It Still Cheating If You Don't Get Caught?

When it comes to morality and ethics, the line between right and wrong can sometimes become blurry. One such situation that often...



The Fascinating History of Afro Uruguay - Unveiling the Untold Stories

Afro Uruguay refers to the rich and diverse history of African descendants in Uruguay. From cultural contributions to political struggles, the Afro Uruguayan community has...



Reflections From Stubborn Son: A Journey of Self-Discovery and Growth

Have you ever encountered a stubborn son who challenged your every attempt to guide and teach him? If you have, then you may find solace and inspiration in this...



Discover the Revolutionary World of Protein Modelling: The Story of Andrew Gamble

Protein modelling is an essential field of study in molecular biology that offers insights into the structure, function, and interactions of proteins. In recent...



The Best Old Fashioned Advice: Timeless Wisdom Passed Down Over Generations

Have you ever turned to your grandparents, parents, or even older friends for advice? There's something magical about the wisdom that comes from their lips – advice that has...



Embark on an Unforgettable Journey: The Sword and Sorcery Fantasy Adventure That Will Leave You Breathless!

Are you ready to be transported to a land of magic, fierce battles, and incredible wonders? Prepare yourself for an unforgettable experience as we dive into the...



The Enchanting World of Wendy Darling Comes Alive in Volume Stars by Colleen Oakes

Step into the magical world of Neverland and get ready to embark on an unforgettable adventure with Wendy Darling, the beloved character from J.M. Barrie's timeless classic,...