

Emmalou Penrod

Power Parent





POWER PARENTS

Thank you so much for picking up this book on Parenting. I hope that this book can guide you through the ups and downs of Parenting.

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How to raise children to be Happy Adults



How did you feel when you held your oldest child in your arms for the first time? You may have felt awe, amazement, and a strong surge of love, along with some fear and trepidation.

This is a life changing event, the greatest challenge you will ever accept.

Possibly you felt a determination to give your child all that is needed to make them happy. Some parents have lofty goals and dreams of high achievement for their children.

Most parents want their children to grow up to be happy, contributing members of society. Wise parents realize that their children will set their own goals and find fulfillment if they believe in themselves and their ability to make their way in the world.

This book addresses the question of how. How do you raise your children to be successful adults? How do you teach them to believe in themselves? How do you prepare them for the problems and setbacks they will experience? How do you teach them to have a positive mindset?

Before we delve into how, we need to answer a few Why questions.

Why do they need to believe in themselves? You may believe in your child and their ability to be successful, but if they don't believe in themselves, they are stopped in their journey to success before they ever get off the launching pad. It is that basic.

It requires confidence to apply for a job or handle a setback. If they are not confident enough, they'll break like a twig the first time they face an obstacle. If they don't believe in themselves, how can they convince anyone else, besides you, to believe in them? They will not be able to inspire themselves to take action or believe that they are capable of reaching their goals. It is this belief in themselves that allows them to form the positive mindset required to be successful.

And why do they need a positive mindset? This is the way of thinking that allows them to believe they CAN succeed. It produces more energy, enthusiasm, interest, and even curiosity, which all makes life much more interesting. A positive mindset increases confidence in one's abilities, and brings hope and expectation of a brighter future.

With a positive mindset, obstacles and difficulties do not spoil your child's happiness and optimism. It enhances motivation to complete tasks. And it makes your child a pleasant person to be with. It makes it easier for them to be liked and gain friends. Do these all sound like what you want for your child?

Studies on resilience, the quality of being able to survive and even thrive in times of overwhelming challenges, have proven that a positive mindset makes the difference. This doesn't mean just a fanciful belief that everything will be fine.

It goes much deeper than that. Research has shown that the winning mindset in times of disaster and stress is one of a realistic view of the current situation combined with a belief in oneself and hope for a brighter future. People who believe they can make a difference, will do just that.

And did you know that children with a positive self-image are not as affected by verbal bullying as children with low self-esteem? Children with high self-esteem know the bully's taunts are not true. It would be like becoming upset because someone said you were wearing a green shirt when you were actually wearing a blue shirt. You wouldn't think there was something wrong with the color shirt you were wearing or with you. You might wonder about the eyesight of the other person, but it wouldn't change your feelings about your shirt or yourself.



When your children feel good and happy, and expect good things to happen, life smiles at them. They get what they focus on. And with their needs met, they are prepared to help others.

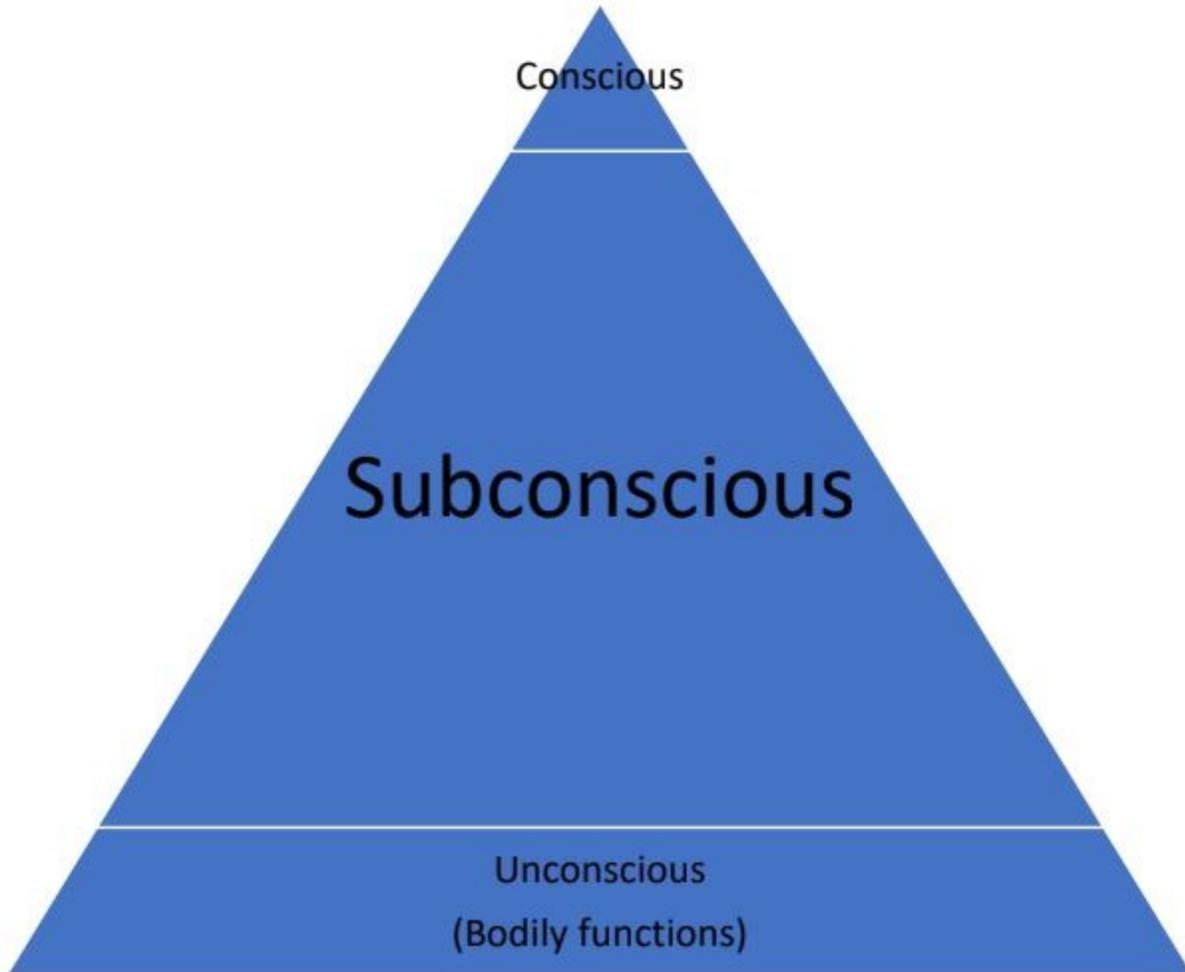
They become more than just contributing members of society.

They become the leaders and creators.

However you define success, whether in terms of monetary wealth, serving others, fame and recognition, it comes to those who believe in themselves and have a positive mindset.

Theory of the Mind

Let's talk about how your mind, and your child's mind works.



This pyramid represents your mind. The part of your mind you are most familiar with is your conscious mind. This is what you know you know, the information you take in with your senses, your short-term memory, your will power, the rational, analytical part of your mind.

When you hear that you are only using 10% of your mind, this is what that means. While it is still an essential part and even has a critical factor that determines which new ideas will be admitted to your long-term memory and which ones will be rejected, your conscious mind makes up only 5 to 10% of your mind.

Conscious

Subconscious

Unconscious (Bodily functions)

This could explain why, after you have made a solemn resolve to cut back on sweets, you suddenly find yourself eating a donut. Your will power is backed by the smallest part of your mind, the conscious.

Habits are found in the subconscious, which makes up a much greater portion of your mind.

Where do you find the most ice? In the tip of an iceberg above the surface of the water or underneath?

Your subconscious mind is like a massive computer. This is the database where all of your memories are stored. Everything that ever happened to you, the good, the bad and the ugly are all stored here.

Memories from even before you were born reside here. Prenatal research has discovered that a baby in utero can hear and respond to the environment the mother is in. You became sentient before you were born and that's when your subconscious began collecting data.



Don't remember what happened the day you were born? Ask your subconscious. This is where your long-term memory is.

Your conscious mind may not remember a traumatizing event that impacted how you feel about yourself or whether or not you trust others, but the event created a program in your subconscious mind.

That program continues to run until it is replaced by another. You may think you make your decisions with your conscious mind, but those decisions are based on the programs running in your subconscious.

This is where habits are formed. You may make a decision to be more outgoing and friendly, to be the first to start a conversation at a networking event. But your subconscious remembers what happened in first grade and will stoutly "protect" you from any possible rejection.

In addition to your habits, your emotions are here. And since your conscious mind is not aware of everything in your subconscious, this could explain why some of your emotions seem to come out of nowhere. Some emotions seem to be triggered inexplicably.

Your subconscious holds the information and is powerful in many ways, but it has one fatal flaw. Its prime directive is self-preservation. It is extremely resistant to change. So, when your conscious mind decided to give up sweets, your subconscious may have said, "Why change now? We've always eaten donuts." Or when you decided to be a more effective networker, "I remember what happened to you before. That was so terrible you cried for hours! I'll keep you safe from being hurt or humiliated ever again." Your subconscious does not make decisions based on your best interests.

Have you ever set a goal and felt fully committed to reaching it only to find that you have sabotaged your success? "We have met the enemy and he is us."

The Critical Factor

What is the critical factor? This is the part of your conscious mind that acts as a filter, deciding what data becomes part of your permanent memory and what is discarded, forgotten. Here are two examples of how it can impact you.



Someone at work makes a caustic remark about your intelligence. You know you are smart. You did well in school, always got good grades.

You've demonstrated your competence on several occasions. And you also know the person who made the remark has a history of being insecure and wanting to make other people look bad. This new information is not congruent with your past experience and the program running in your subconscious. You deal with it in the moment, and eventually forget it. It does not enter your long-term memory, which is a benefit to you.

Our second example is not as fortunate. As a five-year-old, you are told by an insensitive adult that it is fortunate you have such a pleasant personality because you just aren't as smart as your siblings. This is compounded by other experiences when you were compared to others-- classmates, friends, acquaintances—who were performing at a higher academic level than you. It becomes part of your belief system that you just aren't smart. You may even accept the label of "stupid."

You begin to look for evidence to support this belief. And when you are looking for something like that, you usually find it.



Now when a coworker makes a caustic remark about your intelligence, your critical factor lets it right in because it matches what is stored in your subconscious. Another coworker may remind you that the person who made the remark has done the same thing to others and is generally accepted as a jerk. Your supervisor may assure you repeatedly that you are a valuable and trusted employee. Your spouse and close friends can point out every intelligent thing you have ever

said and done, and none of that matters. That caustic remark goes straight to your permanent memory and strengthens your negative beliefs about yourself because it fits the program running in your subconscious.

New information that is congruent with the programs that are running in your subconscious is admitted, new information that is not is discarded. That is what the critical factor does.

Sometimes it is your friend, sometimes it isn't.

The Power of Your Subconscious Mind

Notice the difference in those two scenarios? It's the subconscious programming. In the first, your subconscious was programmed to believe yourself smart and capable. Any claims made that you weren't were ignored, forgotten, like water off a duck's back. In the second example, your mind had been programmed to believe you weren't good enough. A cruel comment found its mark like a skillfully aimed bullet. Any input to the contrary was ignored.

Does this give you any ideas about how you can bully-proof your child as well as yourself?

Your subconscious mind holds the programs that run your daily life.

These programs affect the way you feel about yourself and others, whether you are willing to take risks or not, whether you eat for nutrition or comfort. You may even find that you continue engaging in a behavior even after you know it is preventing you from your desired outcome, such as a relationship you cherish, progressing in your chosen career, or being the kind of parent you want to be. Your decisions are heavily influenced by your subconscious. It's that powerful.

Fortunately, it is not that permanent. Just as an outdated computer program can be rewritten or replaced, so can your negative programming. And so can your child's. That is what hypnosis does. I have other programs that will help you to rewrite your negative subconscious programs. This book will address how you can do that for your children.

But before we go there, we need to talk about your child's mind and how it varies from yours.

Your Child's Mind

The conscious mind is not fully developed in young children. They do not have a critical factor to filter out new information. They take it all in literally and believe everything they are told. Take a moment to ponder that. They accept as truth ALL information from an authority figure. And who is the authority figure they spend the most time with?



You may want to think about that as you interact with your child.

Consider your tone of voice, the words you use, the nonverbal messages you send, even the way you felt when you first found out you were pregnant and during the pregnancy. As I mentioned before, studies have shown that the infant in utero is sentient. They hear sounds. They respond to the environment their mother is in. The programming of their subconscious has begun.

They are aware of the birthing process, the way they are touched and spoken to immediately after birth. Many neonatal experts recommend that the first hour of life is a critical time to bond with your baby.

Medical interference could be kept to a minimum and only the parents' hands should be touching the baby. And that touch communicates emotions which can allow the infant to feel loved, accepted, worthy and deserving.



In the best of all possible worlds, your child would experience nothing but love and a belief in their capabilities. You may well be striving to do just that. But life happens. Maybe this pregnancy wasn't the realization of a long-held hope. Maybe you felt some misgivings about your impending role as a parent. Maybe you're human and sometimes find yourself tired and out of sorts. And by now you have figured out that you don't have total control over what the other authority figures in your child's life say or do.

Please do not berate yourself if you feel you have fallen short. The fact that you want the best for your child speaks in your favor. That means you care and that love will be the force pulling you to become the best parent you can be. Share that love with your child every day. Make the connection like a game of catch. Send love to your child and watch to make sure it is caught. Love is spoken in different languages, verbal expressions, time spent together, physical touch, gifts, acts of service.

Use all of the languages and over time you will observe which ones your child responds to the most. Make sure your child knows you love them.

You may be concerned about the programming that is happening at school. Whether it's on the playground or in the classroom, some settings could result in negative experiences for your child. Challenging ones that cause them to grow and do more than they thought they could can be beneficial. But experiences that cause them to doubt their worth are not helpful.

Our public-school system comes across as a one-size-fits-all setting.

And that is never effective. Your child is unique and deserves the setting that is the best fit. I taught in the public-school system for over 15 years. For many students it is exactly what they need to prepare them for life as a successful adult. For others, it does more harm than good.

I wrote a book based on my years of experience as a homeschool mother, mother of children in a public school, and a public-school teacher. I've sat on both sides of the Parent-Teacher Conference table.

For most of my career I was a special education teacher. The book is titled, [Navigating the Educational System: 5 Strategies to Get the Best for Your Child](#). I wrote it because I believe it is important for parents to understand their responsibility and options in educating their children.

I describe various settings and make recommendations on how parents can be more involved in their children's education for the best possible outcomes. I began the book with the following statement.

"It has been said that the best teacher will show you where to look, but not tell you what to see. It is my goal with this book to share what I have learned through experience in my years as a parent and professional educator as well as through study and research and allow you, as the reader, to determine what is best for your child. The expression, 'It takes a village to raise a child.' has been overused and I can't totally agree with it. It would be more appropriate to say it takes a village to support the parents so they can raise their child."

I explained the importance of the parent's role. "You may not have a degree or even much experience in learning styles or educational best practice, but you are the expert on your child. You have observed and interacted with him or her from birth. You can identify their moods, predict their responses, and understand how to motivate them better than any other adult. You are best suited to provide the passion to see that your child receives the support needed to reach their full potential."

The main idea of the book is to be aware of the educational options and identify the most appropriate setting that supports you in the positive programming of your child's mind. And once you have selected the best option, work closely with your child's school. Be involved to the extent you are able and be a constructive member of the team providing your child's education. The book goes into greater detail on the process and you can get a copy [here](#).

A Simple but Powerful Tool

Certainly, you love your child and are committed to be the best parent possible. You would not be reading this book if you weren't.



Whatever the source of your child's faulty programming, it can be erased or rewritten. You can begin as early as 18 months and this process remains effective until the early teens. It has been tested and refined for over 40 years.

It was developed by the mother of a severely handicapped daughter with an IQ of 45. The mother wanted to instill feelings of confidence and capability in her daughter. The daughter grew up to become an independent adult in spite of her disabilities. You can learn more about this amazing process [here](#).

This process, called Sleep Talk, is also discussed in my parenting class, [Power Parent](#). It is a simple process that can be completed in less than 5 minutes a day as long as it is done consistently. It only requires taking the time after your child has fallen asleep and before they are in a deep sleep to verbally input the positive programming to replace any negative. It is a simple, yet powerful tool.

You may not be able to prevent all negative thoughts and ideas from entering your child's mind, but you can overwhelm them with the positive. Every night, provide words of love, belief in their capability and positive affirmations. If these words are heard only by the conscious mind, they will be rejected by the previous negative programming. Instead say them while your child is sleeping to bypass the critical factor and provide this positive input on a consistent basis to overwhelm any negative thoughts, words or feelings that may have crept in. You will see your child's behavior improve.

When your child is on the receiving end of negativity, they may not be able to explain to you what happened. They just know they hurt. And when children hurt, they misbehave. The expression "Hurt people hurt people." applies to children as well as adults. Frequently poor behavior is the result of negative feelings, shame, self-loathing, anger. Replace those with love and confidence and behavior improves.

Additional Resources

In some cases, you may also need to examine physical causes, such as nutrition and exercise. Many parents have reported significant improvement in behavior when changes were made with nutrition, getting more healthy exercise or other adjustments to their home environment. A team of professionals I highly recommend is Kaha Tahī.



I had an opportunity to interview the founders, [Jamie Carrier](#) and [Heidi Hills](#) on my podcast show, "In Support of Families." Click on their names to hear their interviews and learn more about who they are and what they do. Jamie specializes in Ecotherapy. Heidi is a Health and Life Coach

They have built a team of experts in a variety of fields such as Leadership and Mindset, Nutrition and Movement, Nutrition and Cross Fit, Organizational

skills, Photography, Meditation and Reiki. I also have the honor of being a member of their team. They provide a number of programs in one or more of those areas. You can visit their website [here](#).

How would you like to program your child subconscious to think like the 20% of people in our country who have 87% of the nation's wealth?

A few years ago, I met a man who had taught himself how to do that.

The idea is not to have more money than anyone else. The idea is to learn to manage money. To use it as a tool and not let it use you.

Curtis Banks came from a very humble beginning. His parents struggled to provide for their children and taught them to work hard and get a good education. Curtis did that and was soon making more money than his parents and grandparents. But he was spending it just as fast as he was earning it, if not faster. He realized there had to be a better way and began studying how to manage money. Over the years he developed a specific system that has helped him, and many others, to attain financial freedom.

When you know how to manage your money, you can live well on any income. When you spend faster than you earn, you will struggle regardless of your income level. Money worries can have a devastating impact on family relationships. Learning how to overcome them will help you build a stronger family unit. Teaching your children how to do that gives them a brighter future.

I also had the opportunity to interview Curtis for my podcast show and he shared his story. You can listen to it [here](#).



He has a sincere desire to help families and offers a free one-hour class called "Personal Economy" every first, second and fourth Saturday. I have taken it and he provides so much content and value in that one hour. He is very generous with his time and his expertise.

You can get a copy of his book, [The Book On Money Management](#), with \$500 in bonuses [here](#).

Learn more about his training, including "Personal Economy" [Here](#)

Happy Parenting!

Emmalou Penrod Herself

Emmalou Penrod is a wife, mother, grandmother and great-grandmother, retired schoolteacher, and Certified Consulting Hypnotist. She ended her 24-year career as a teacher at a residential treatment facility for youth at risk. Most of her education career was spent as a special education teacher. She saw a need to bridge the gap that is sometimes formed between parents and the public-school system. She wrote the book, *Navigating the Educational System*, 5



Strategies to Get the Best for Your Child and started a podcast show, “In Support of Families” to provide useful information and support for parents.

You can reach Emmalou online!

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Power Parent is full of novel ideas started by the visionary, Emmalou Penrod. This book will speak to a higher level of parenting, perfect for new parents and old alike.

May this book be a light in your journey