

# Powerful Secrets of Parenting



With Dr. Bob Jacobs  
- The Parenting Centre

THERE IS NO ONE 'RIGHT' WAY TO PARENT.  
TERRIFIC PARENTS CAN BE AS DIFFERENT AS TERRIFIC CHILDREN.  
I have found that there are two amazing and powerful tools that can form the foundation  
for raising well adjusted, happy and peaceful children.  
And the great news is you don't have to 'do' anything to your children.  
These are things that are 100% within the parent's control.



## Role Modelling

Envision the person you want your child to be, and then be that person yourself. This can be quite confronting, but can also turn out to be immensely rewarding. If we want our children to be honest, we can reflect on our own lives to ensure we are as honest as we can be. If we want our children to not yell, we can speak more quietly. Children believe in their parents, and they believe what we do far more than what we say. What an awesome opportunity role modelling presents to parents, to impact our own children powerfully, just by the way we live our own lives!

## Love

This may seem like something that sounds nice but isn't really a 'tool' of parenting. I don't agree. Our children are incredibly expert at knowing how we are feeling. When we are stressed, anxious, sad or happy, our children are the first to know. There is a developmental reason for this: babies are completely dependent on their caregivers for survival, so they learn to be hyper-vigilant to how their caregivers are feeling. When we are in touch with how much we love our children; in touch with the awesome, unique miracle that every child is, our children cannot help but feel it. And nothing feels better for them in terms of their development and self-esteem than knowing how they fill their parents with a sense of love.

Parenting is the most important job in the world, and changing the way we parent can truly change the world. These powerful tools can help parents as well as children and can go a long way in fostering joyful and peaceful families.



## Perfect Parents, Perfect Children:

Changing the World By  
Celebrating Our Perfection

is not a book about techniques  
or "do's and don'ts".

It looks at a new way of  
parenting and challenges our  
traditional ideas about the  
nature of children and what it  
means to be a parent.

by Dr. Bob Jacobs  
RRP \$8.95

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or contact The Parenting Centre on 5435 2504

## THE PARENTING CENTRE

### A different, powerful and proven approach for working with families and understanding children

The Parenting Centre exists to help families increase harmony and reduce conflict, and to assist parents in developing inner peace, a true sense of joy and self-esteem in themselves and their children.

#### Our Services

- Individual, couples, child and family counselling
- Parenting counselling
- Mediation and Parenting Plans
- Community Workshops
- Professional Training Workshops
- Legal Services (provided through HM Lawyers)

#### About Dr. Bob

Dr. Bob is a Clinical Psychologist, Mediator and Family Lawyer with over 30 years experience working with children and families. Through his work as a child advocate, Dr. Bob has been featured in media, conferences and workshops talking about parenting and children's issues.

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