

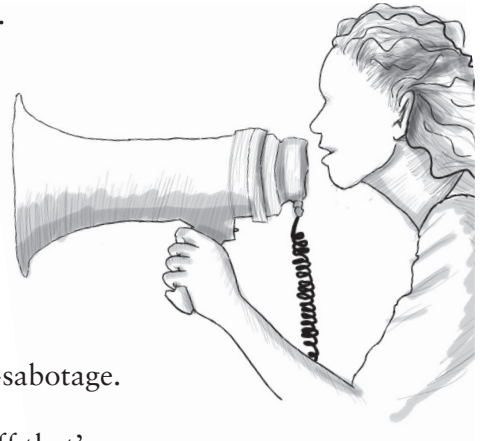
The Real Perfect Parent Manifesto

*how to design a
fabulous family life*

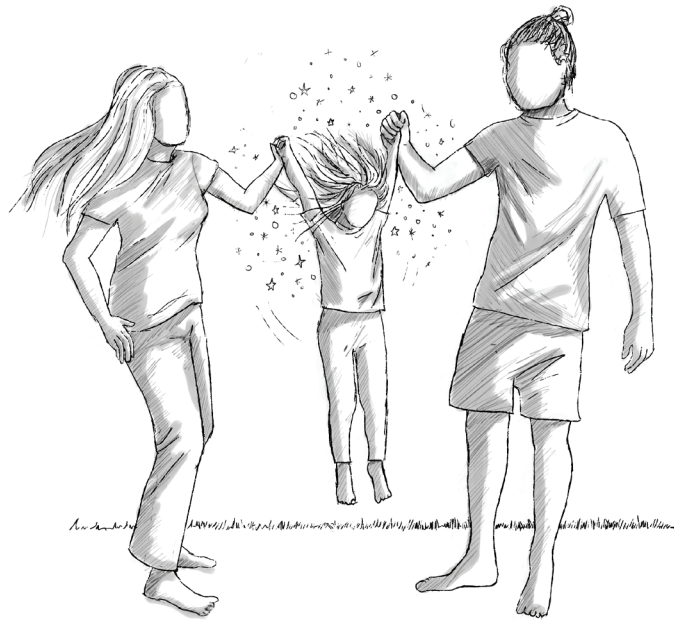
BY SUNI SÁNCHEZ

I AM MY OWN BEST ADVOCATE

- My life is an expression of what is important to me.
- My needs are a priority.
- I model what it means to follow one's dreams/plans – I do not live my life through my child's life.
- I do not try to be everything to everyone.
- I take responsibility for my own happiness and self-sabotage.
- I stay open to connection while filtering out the stuff that's unhelpful and hurtful.
- Self-love is part of my daily life.
- I commit to self-growth and inward-observation.
- I identify the place I get cornered into, where I shut down, melt down, blow up, break down, and I work with, through and around it.
- I know the difference between intuition and my own un-resolved issues.
- I work hard not to project my ignorance nor my shortcomings onto my children.
- I don't blame my kids for my own triggers.
- I am willing to evolve.
- I know I can, and where and how I can, get professional help when needed.
- If guilt pokes its head up, I use it for self-reflection and make amends.
- I remember my inner child.
- I endeavour to practice light-heartedness without feeling the pressure to always 'have fun,' 'enjoy myself,' or 'enjoy my child's childhood' every second.
- I am willing to explore the uncomfortable, unknowing waters in which wisdom is born.

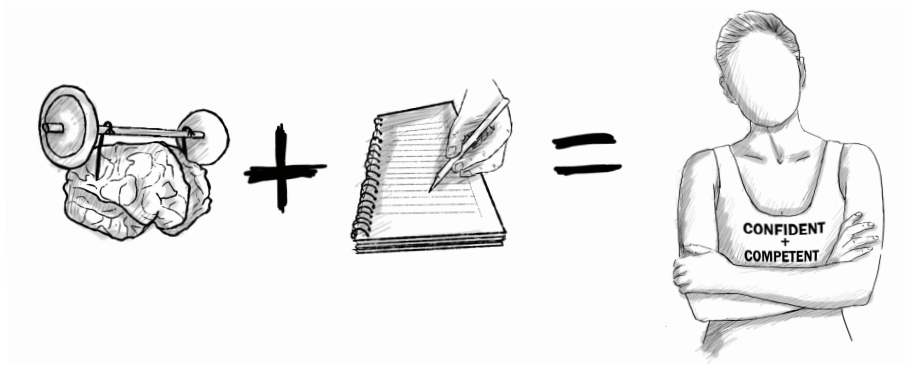


I AM MY CHILD'S ADVOCATE



- I treat my child as an autonomous person.
- I commit to honouring my kid as a complete human being from day one.
- I support my child in being an active participant in their own development and life from day one.
- I make sure that integrity and respect underlie everything I do.
- One of my primary roles is to be my child's researcher – I observe.
- I'm an active participant in creating a sustainable future for my children.
- I accept that 'my' children will get to choose who they are and who they want to become – they are not obliged to be who I want them to be.
- I stay open to connection.
- I say no to taking on the role of the 'fixer,' 'controller' or 'prison guard'.

I UNDERSTAND PARENTING IS A LEARNED SKILL



- I focus on prevention and preparation.
- I am willing to question and re-evaluate beliefs, habits, concepts, memorised behaviours, emotional reactions, perceptions, attitudes, prejudices, fears...
- I am confident in my efforts.
- I have the courage to question.
- I ask for help.
- I believe in meaningful progress.
- It's okay to sometimes pine for my 'old life', before kids.
- I will not always know what to do at times, even after I've read the books, googled the answers, listened to friends and tried old wives' tales.
- I am entitled to feel frazzled and frenzied.
- I do not pretend to hold it together.
- I choose not to waste emotional energy worrying about not being liked.
- I accept the mess – literally and figuratively.
- I apologise for and admit my mistakes.
- I accept that there will be many moments of discomfort.
- I recognise I will get triggered, exhausted, annoyed [insert spectrum of feelings and emotions] multiple times while caring for my children.
- I talk about the stresses and strains of parenthood but also the highs.
- I embrace new knowledge and information.

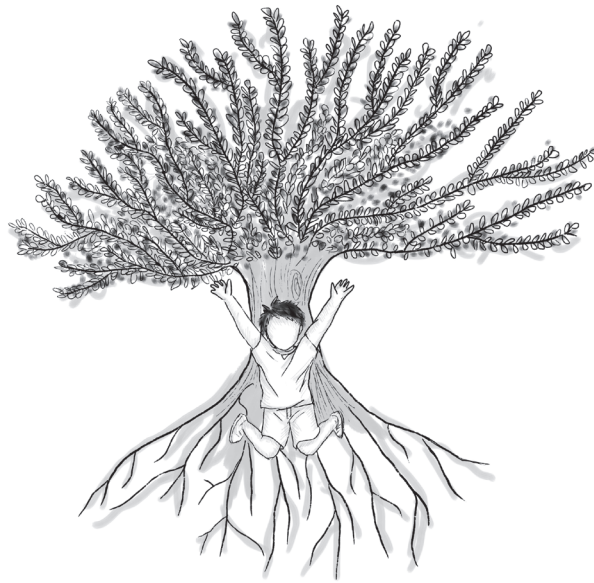
- I instil in myself a philosophy of continuous learning.
- I am accepting of people who don't have kids and those who follow a different approach to mine.
- I educate myself for the sake of myself and my children.
- I am aware that I will often find myself in the mysterious place of the unknown. I will endeavour to fall in love with the unknown.
- I am adventurous and I take risks so I will get used to failing a lot while holding the unwavering belief that I will find a way regardless of my set backs.
- I will be immature and reactive at times. I am learning alongside my children.
- In understanding and accepting my children, I will gain insights into my own fears, concerns, motivations and childhood experiences.
- I accept that parenting doesn't need to be hard all the time. Parenting doesn't need to be easy all the time. There are ups and downs, just like the ocean waves.
- It's okay not to find it easy.
- I reflect on my learning and use regret constructively; I make amends and choose to be brave.



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- I am strong person who will sometimes face challenging times.
- I am confident.
- I am a nurturing parent.
- I am fun.
- I am allowed moments of self-doubt.
- I am passionate.
- I am completely in my skin.
- I am allowed to feel disconnected and insecure at times.
- I am wise – I am committed to constant growth.
- I am definitely not bulletproof. I am allowed to falter at times.
- I am totally worthy even at those times I may be stressed and overwhelmed.

I UNDERSTAND THAT HOW I GUIDE MY CHILD AFFECTS THE KIND OF WORLD WE LIVE IN



- Collaboration and being in a partnership with my child is the backbone of our family dynamic. This is what creates a harmonious family life. We are a team.
- I strive to create an environment of acceptance.
- I have high standards in terms of respect.
- I am not just keeping my kids safe and healthy now; I'm also raising other people's future partners, neighbours, parents...
- My parenting choices not only affect our family, but the broader communities to which we belong and contribute.
- I have the capacity to take the long view on things – I parent for the bigger picture.