

Nonviolent Parenting Is Not ... / Is ...

Nonviolent parenting gives parents the tools to raise children who are imbued with the qualities of kindness, compassion, caring, generosity, and the joy of growing and learning. They are able to feel their own feelings, to feel with and for others, and to contain and value the information that they learn from the deepest of these feelings. They are able to successfully navigate the hard times of life, have healthy intimate relationships, recognize injustice and intolerance, respect all living things, and make moral and ethical decisions. This list of qualities comes alive through the daily, moment-by-moment interactions between parents and children.

What nonviolent parenting is not:

- Nonviolent parenting **is not** about hurting, manipulating, or shaming
- Nonviolent parenting **is not** permissive parenting
- Nonviolent parenting **is not** about having no limits
- Nonviolent parenting **is not** about getting children to behave by any means necessary
- Nonviolent parenting **is not** easy

Nonviolent Parenting is:

- Nonviolent parenting **is** about unconditional love
- Nonviolent parenting **is** about holding the long-term vision of who we want our children to be as adults
- Nonviolent parenting **is** about connecting with our child's feelings and needs
- Nonviolent parenting **is** about parents connecting with their own feelings and needs
- Nonviolent parenting **is** about empathy
- Nonviolent parenting **is** about raising compassionate, caring, and empathetic children