



**SELF DEVELOPMENT COURSE - PARENTING HELP, CONSCIOUS PARENTING: GENERATION GAP**

Please consider the **generation gap**, the difference in age between you and your child. We will observe your **physical, mental** and **emotional** states. Assuming you had your child at 30...

Age	Physical	Mental	Emotional
<b>30-35</b>	At the peak	Strong	Balanced
<b>0-5</b>	Very weak	Not visible	Explosive
<b>Consequence</b>	- No physical exercise - No proper sleep - <b>Physically exhausted</b> by work around toddlers - <b>Healthy Food Habits</b> are shaken by constant demand for sweets and junk food	<b>No proper mental exchange</b> with: - Children - Partner or - Friends	'Balanced' is slowly moved 'Out-of-Balance' with: - 'why is s/he crying again?', - 'what else can I do to help?', - 'what the hell am I doing wrong?' to: - 'what the fuck do you want now?'
<b>35-40</b>	Some misbalance, some disease, still strong	<b>Shaken</b> by: constantly listening to 'twinkle twinkle little star', watching cartoons & focusing on baby talks, home work, teachers and various demands	<b>Racked</b> – shouting constantly, repeating same sentences and the same breakfast, school, sleep routine over and over again...
<b>5-10</b>	Strong, full of energy	School time – exams fever	<b>Often Frustrated:</b> luck of time for physical activity, for play, and parents that always shout
<b>Consequence</b>	We stopped walking or We spend hours walking	We stopped talking or We spend hours talking	We stopped hugging or We spend hours playing and cuddling
<p><b>At the age 10+ children are becoming more aware of their parents behavior and they start remembering their parents' acts...</b></p> <p><b>At the age 40+ parents often no longer care how children will remember them...</b></p>			
<b>40-50</b>	<b>Body is aging</b> and diseases and weaknesses start interfering with day to day life	Pessimism increases. All is taken personally. Challenges by children become offensive or This is the <b>time to share</b> wisdom, secrets, beauty, and join in the challenges of youth and growth.	<b>Close / Defensive / Hurt</b> or <b>Open / Excepting / Excited</b> for experimenting is always exciting
<b>10-20</b>	Very Strong, full of energy	Strong, <b>challenging existing</b> beliefs, structures	<b>Experimenting</b>
<p><b>At the age of 20+ children are ready to move out and start their own Life experiment loving, growing, expanding, still waiting for their peak at 30.</b></p> <p><b>At the age of 50+ parents are ready to direct their journey inwards, to stop worrying about their little ones, and to re-learn how to live their lives without them.</b></p>			