

The Caring and Connected Parenting Guide

Grounded in neuroscience and the cultural transformation theory of partnership



An introduction for professionals

When trying to create transformative change, our tendency is often to adopt more and more layers of strategies, methods and trendy quick fixes, an approach that fails to reach sustainable change for the common good.

Renowned management expert Peter Drucker's quote, "Culture eats strategy for breakfast" reminds leaders and change agents of the importance of considering cultural norms and values when trying to create transformative change. How do we accomplish genuine and constructive cultural transformation in families, communities and nations?

Social theorist, author, macro-historian, and systems thinker, Riane Eisler offers a sustainable solution to shifting cultures. In her book *The Chalice and the Blade: Our History, Our Future* (Eisler, 1987) Eisler describes the underpinnings of cultural transformation theory.

Cultural transformation theory states that all human societies, be they as small as a family or as large as a nation, tend to follow patterns of organization that fall on a continuum from domination to partnership. Domination cultures tend to be rigidly ranked, communication flows one way, women and the "soft" or "feminine": (such as nurturance and non-violence) are devalued and hierarchies are maintained with shame, blame, and fear.

Partnership cultures are defined by mutually respectful and caring relations. All members are valued, communication flow is mutual and

gender equality is the norm.

The Partnership model maintains a stance of linking members rather than ranking. Hierarchies are based on actualization instead of domination. There is no need to maintain rigid rankings of control, so there is no inherent need for threats, coercion, and violence. When mutual respect is present, conflict becomes an opportunity to learn, and be constructive as well as creative.

One of the most hopeful aspects of Eisler's cultural transformation theory (1987) is that





cultures can change. We are not stuck with dysfunctional patterns of social structure. We can transform our relationships and organizations to partnership through conscious and careful selection of our words and behaviors.

That is the power of the Caring and Connected Parenting Guide.

The CCP Guide offers families and providers an effective resource to shift relationships toward partnership.

The CCP Guide:

- Is based on the latest neuroscience research
- Focuses on building a parenting philosophy respecting the child and the caregiver(s)
- Encourages nurturance from both parents without gender stereotypes

- Helps parents identify depression and trauma histories affecting caregiving
- Gives parents calming techniques
- Develops the child's ability to self regulate and manage stress as they mature
- Offers tools for parents to learn to value their child's thoughts and feelings
- Values the work each person does in the family
- Highlights the value of close relationships
- Informs us that mutually respectful and caring relationships are signs of partnership

Encouraging parents to work together with mutual respect and care, following the partnership model, will result in the creation of a more caring and nurturing family environment than they otherwise would have. More nurturing families lead to more nurturing communities and eventually, a healthier, more peaceful, partnership-oriented society.

The Center for Partnership Studies and its Spiritual Alliance to Stop Intimate Violence recommend the wide use of Caring and Connected Parenting as a practical tool for assisting parents in nurturing their family lives towards healthy partnership.

Published by

The Center for Partnership Studies:

<http://www.centerforpartnership.org/>

CCP Guide is available in English/Spanish at:

<http://www.saiv.org/parenting-guide>

Further reading

These titles and sources marked with an * may be useful for parents.

The Science of Parenting.
Sunderland, M., DK, 2006.

Siblings Without Rivalry.
Faber, Adele and Elaine Mazlish
Harper, 2004.

The Attachment Connection: Parenting a Secure and Confident Child Using the Science of Attachment Theory. Newton, Ruth P. New Harbinger Publications Inc., 2008.

CHILDREN'S BOOKS

Lots of Feelings
Shelley Rotner
Millbrook Press 2003

The Way I Feel
Janan Cain
Parenting Press, Inc. 2000

On Monday When It Rained
Cherryl Kachenmeister (Author)
Tom Berthiaume (Illustrator)
Houghton Mifflin Sandpiper Books, 2001

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Endorsements



Desmond Tutu, Nobel Peace Prize laureate

...Parenting is no easy task, but it is the most important task with the most effect on our future. *Caring and Connected Parenting* will help parents achieve relationships with their children that operate on a foundation of love and mutual respect. Imagine a world in which all children feel loved and are able to share it. This is a world in which peace reigns.

Betty Williams, Nobel Peace Prize laureate

This is an essential guide for parents: short, accessible, based on the latest scientific research. It is a wonderful contribution to families and an important tool to help lay foundations for a more peaceful and caring world.

Daniel Siegel, M.D., Author, *Mindsight: The New Science of Personal Transformation*, and *The Developing Mind*, and co-author of *Parenting from the Inside Out*

...Caring and Connected Parenting offers adults a way to make sense of their lives and empowers them to be present with children in science-proven ways that can help cultivate resilience, focus, and resourcefulness in the next generation. Now is the time, and these are the accessible steps...

T. Berry Brazelton, MD, Professor of Pediatrics Emeritus at Harvard Medical School, Founder, Brazelton Touchpoints Center

Today, parents and children are under more stress than they were 50 years ago when I was raising my children...This means that we must increase our efforts to support parents and children at this critical time if we want our children to have a brilliant future. When we are present to support them we can prevent problems rather than having to treat them for failure later... The Center for Partnership Studies' "Caring and Connected Parenting Guide" is an accessible, short, and very useful resource for all parents.

Laura Jana, M.D., Consultant for the 7th edition of *Dr. Spock's Baby and Child Care*, co-author of *Heading Home With Your Newborn* and *Food Fights*

Parenthood is truly a life-changing event — one that can be both amazing and at the same time, daunting...there is no question that parents serve as their children's first and most important role models. We must therefore always remember that the most valuable gift we can give our children is a consistently safe and caring environment in which they can live, learn and thrive. This easy-to-read guide helps parents do just that.

Riane Eisler, President, Center for Partnership Studies; author, *The Chalice and the Blade* and *The Real Wealth of Nations*

Caring and Connected Parenting gives new parents and parents from abusive backgrounds the tools necessary to connect with their children so they may develop lifelong healthy relationships. The pathway to peace—in the family and world —begins with the love and guidance of a child.