

Thriving Together:

5 Principles for Parenting Kids Who've Seen You Overcome Hardship

PRAY

Pray with intention and gratitude. Connect to your vision for your daughter and give thanks. Pray as though it is the only thing that matters. *Pick* one aspect that worries you, *see* it settled, *give* thanks. Then Let God.

PRACTICE SELF-CARE

"Healthcare: **is what the professionals do for you**; Self-care: **is what you do for yourself**." Choose 1 aspect of self-care, something that'll make you *feel* better. Schedule it in your phone/calendar. Set daily reminders

PRIORITIZE EXPERIENCES

Create and imprint new meaningful *memories* and wholesome *experiences*. Choose experiences over possessions. New stories over stuff. Revive old family traditions. Build new ones. Use shared experiences to pass on family values. *Works better than long talks and lectures!

PICK PEOPLE WHO RESPECT YOU

Be intentional about creating & attracting new community. Surround yourself with people who respect you. Respect is the opposite of abuse. Your son needs to see you respected. He needs to see that R-E-S-P-E-C-T modeled. *Children learn what they see.

PARENTING SUPPORT

Raising children alone, especially if they've witnessed a family crisis, violence in the home, or suffered bereavement—is challenging. Teaching self-discipline, boundaries, & resilience, while providing nurture & safety is vital and overwhelming to do all alone! **If you feel like you need help, you do.** Apart from getting a babysitter, hire a parenting coach, get a therapist, or find a counselor. Choose experience over qualifications. An **experienced professional** brings an objective point of view and will hold you accountable to your parenting goals.

How to Parent kids Who've Seen You Overcome Hardship: WORKSHEET

Choose an action(s) that you enjoy, one that calls you or speaks to you. This will help you feel, be, and stay committed to the process.

There 3 examples to get you started, pick 1 and fill in the **WHAT**, then complete the **WHERE** and **WHEN**



I. Pray

- Pray with intention and gratitude.

Tip: What are your top concerns, what keeps you awake at night about your daughter?

Examples:

- **What?** Your top concern about parenting your son now. Discipline? Behavior? Peer-pressure? My parenting coach taught me years ago to focus on handling one issue at a time. Write it down.

- **Where?** A special place, kind of like an altar, somewhere you can simply be present just for this. Consider... Church/Chapel (empty), Closet (my No. 1), Beach, Walking/Jogging, Treadmill/Gym. Write it down.

- **When?** Set a time. You could start with once a week. Of course, we can pray anywhere and anytime. Schedule it in. Set at least 3 reminders.

"Prayer isn't work. It works" ~ Melody Beattie

2. Practice Self-Care

Move yourself to number 1 on your To-Do List. Pick 1 thing in 1 of these 6 aspects of self-care. There are examples to get you started. Listen to your soul, you'll know what to do.

1. **Professional/Livelihood:** attend professional development programs, get a professional mentor or coach, meet regularly with a senior colleague.
2. **Physical:** practice sleep hygiene, improve your diet, get up and go for lunch break, walk sometimes instead of driving short distances.
3. **Psychological:** Creative Journaling, Play, Hobby/Craft (unrelated to work or profession).
4. **Emotional:** avoid negative media/news, start a "My Joys List", do positive affirmations.
5. **Spiritual/Faith:** start a meditation practice, volunteer, go to church/place of worship.
6. **Connectedness/Relationships:** network intentionally, pick dates wisely,

Examples:

- **What?** Pick 1 of the above. Take one small step. Just start. (e.g., have regular sleep and waking times.)

- **Where?** Gym, Yoga, Health check up (long overdue perhaps?)

- **When?** Set a time. Schedule it in. Set at least 3 reminders

"To be a good parent, you need to take care of yourself so that you can have the physical and emotional energy to take care of your family." ~ Michelle Obama

3. Prioritize Experiences

Part of healing and recovery for you and your daughter is laying down a new blueprint of meaningful memories and wholesome experiences.

- **Experiences:** travel, tours, volunteering as a family.
- **Old Family traditions:** (Christmas, Birthdays, what did you love/wish for a child at Christmas?)
- **New Family traditions:** (new) ornaments on the Christmas tree, family game nights, a special blessing or prayer over them at bedtime or before school.

Examples:

- **What?** Sharing experiences can heal the mother-child bond. Travel domestically or internationally. Take Family retreats.

- **Where?** Turks and Caicos? Prague? Tokyo? Local-- tour of your city?

- **When?** Set a time. Schedule it in. Set at least 3 reminders

“Experience is the best teacher. Be intentional about the experiences
you give your son.” ~ Dr. Flo

4. Pick People Who Respect You

Surround yourself with people who treat you with dignity and respect. Do it long enough and your daughter will start to mirror that. Children learn what they see. Your self-esteem will benefit, and that's a plus!

Examples:

- **What?** List 3 people who see your value and respect you.

- **Where?** Plan how you will connect with them. By phone, play dates, family retreats. Tell them you appreciate how they respect you and you want your son to see that.

- **When?** Set a time. Schedule it in. Set at least 3 reminders

"Surround yourself with people who see your value and remind you of it."

~ LiveLifeHappy.com

5. Parent With Support

There are specific touch points with raising kids who have seen you go through whatever it is you have survived. The responsibility can be overwhelming. Even though you are single, you don't have to do it all alone!

- Parenting Coach
- Life Coach
- Alternative Healing
- Therapist
- Counsellor

Examples:

- **What?** Be clear on what kind of support you need. Ask for referrals. Google search.

- **Where?** Connect with...a coach? ...Therapist? Email them...

- **When?** Set a time. Schedule it in. Set at least 3 reminders

'Victory is in having done your best. If you've done your best, you've won. - Bill Bowerman

Next Steps

Welcome Queen!

Thank you for signing up to discover how to successfully parent a child who has seen you survive hardship.



About Dr. Flo & Dr. Flo's Place

Dr. Florence Ene, MBBS, PhD (Dr. Flo) is a **Speaker, Personal Strategist, and Strategic Thriving™ Facilitator** dedicated to helping women break free from survival mode and step into their **power, joy, and purpose**. With a background in medicine, education, and personal transformation, Dr. Flo combines strategy, mindset shifts, and holistic empowerment to guide women toward clarity, healing, and thriving success.

At Dr. Flo's Place, we believe in **Strategic Thriving™**—moving beyond resolving challenges to **intentionally** creating a life of purpose, ease, and joy. Through coaching, courses, and transformative speaking engagements, Dr. Flo helps women and professionals embrace ease and align with their highest potential, with grace and flow.



Book that call now

☀️ Want more support? Book a 1:1 **Personal Support Strategy (PSS) Call** with Dr. Flo today!

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