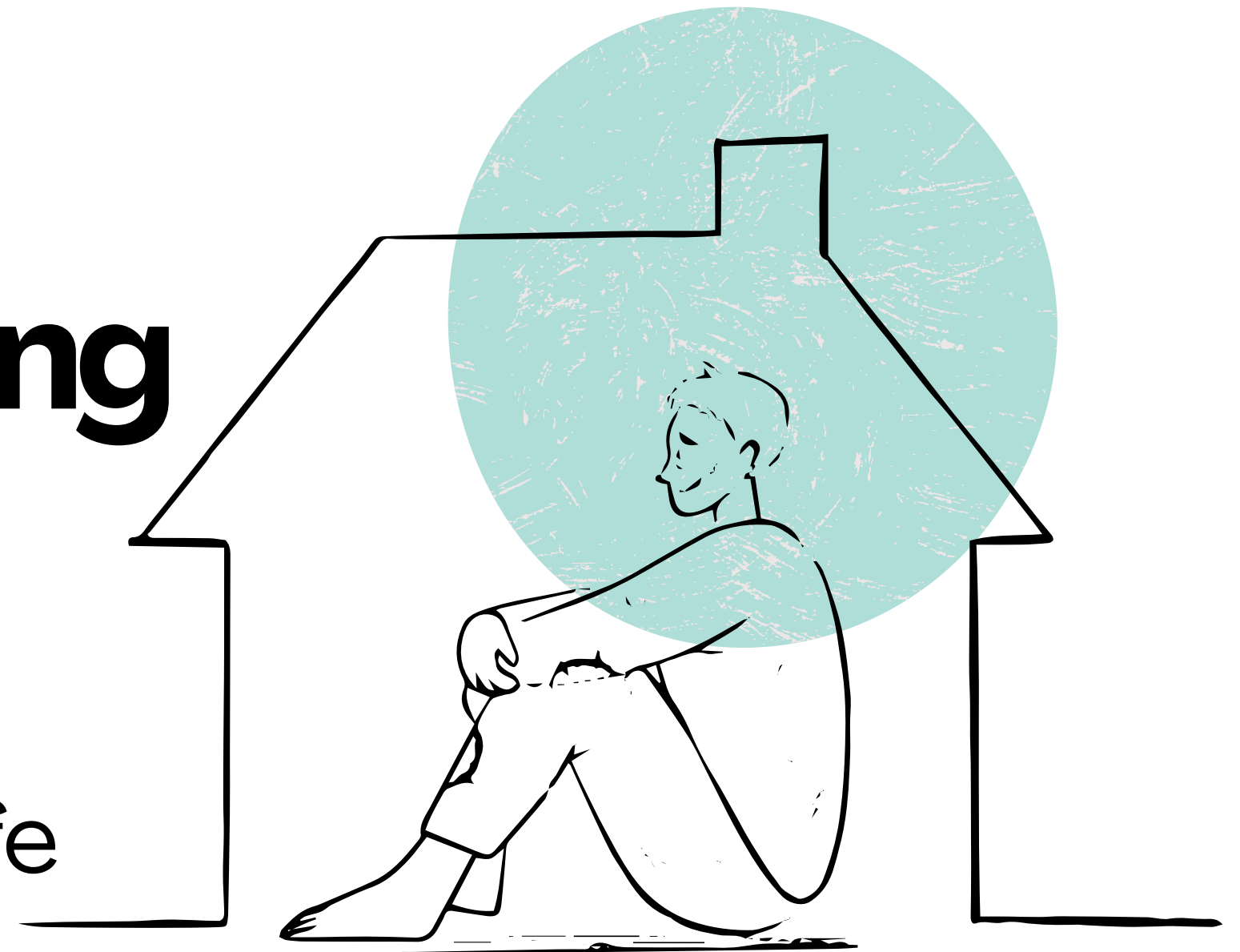


# Conscious Parenting & Counselling

with Maguelonne Rousseau

Find balance and serenity in your life

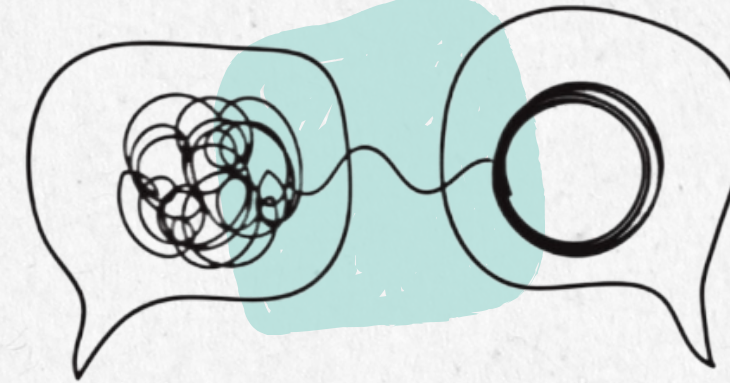


Conscious Parenting Training



[www.consciousparentingtraining.com](http://www.consciousparentingtraining.com)

# Maguelonne Rousseau



**Counsellor** - Person-centered & humanistic approaches, Member of the Singapore Association for Counselling & Psychotherapy

**Family and Parenting Guidance** - Respectful, Positive & Conscious Parenting

**Sleeptalk for Children Consultant** - The Goulding Process - Self-esteem program for Children

**Certified Yoga & Personal Wellbeing Instructor** - Yoga for Svastha

Mother of three

# What is Conscious Parenting & Counselling?



## LEARNING PROCESS

Fundamental knowledge and understanding of brain development and human psychology

Learning helping tools: SleepTalk, communication skills, EFT, breathing & mindfulness techniques...

## DEVELOPING A MINDSET

Willing to make efforts & Work on yourself

Positive & growth mindset

Building resilience

Trust your child's natural growing process

## FINDING YOUR BALANCE

Your family is unique

Accept imperfections

Self-care

# What are the benefits?

01

## FOR CHILDREN

Grow healthy in body and mind (emotional intelligence...)

Develop resilience

Learn from you as a role-model

02

## FOR PARENTS

Feel more empowered, less guilty

Develop mindfulness, resilience and a positive mindset

Develop meaningful, deeper connections with your loved ones

Know yourself, heal yourself and find balance

Enjoy the journey of parenting

03

## FOR SOCIETY

More empathy and connection with others & environment

Less judgment of others

# Where to start?



## INDIVIDUAL SESSIONS

**PARENTING**  
Guidance

**SLEEPTALK**  
for Children

**COUNSELLING**  
Therapy



## GROUP SESSIONS

### **PARENTING WORKSHOPS**

**Brain** development

**Stress**, tantrums & emotional resilience

Understanding **Sleep**

**Play & Connect** to develop self-esteem & confidence

Conscious **Discipline**

**Siblings**

### **CAREGIVERS WORKSHOPS**

**Play & Connect** to develop self-esteem

Conscious **Discipline**

### **WELLBEING WORKSHOPS**

**Yoga** for Stress Relief

*Knowledge brings awareness, Awareness breeds potential*

# Conscious Parenting Training Series

[www.consciousparentingtraining.com](http://www.consciousparentingtraining.com)

## **1. Introduction, coaching & brain development fundamentals**

Find out your parenting goals: what do you want to achieve?

Analyse your expectations

Learn about different styles of parenting.

Fundamental knowledge about human & development

How can parents influence brain development?

How our knowledge about the brain can change parenting

## **2. Stress, tantrums and how to deal with negative emotion**

Common beliefs about crying

The biochemistry of crying and stress: understanding the stress response

How to respond to crying to help your child develop positively

How long is normal? Effects of prolonged crying & stress

How to calm stressed children

Surviving tantrums while developing emotional resilience

## **3. Sleep - healthy sleep patterns for the entire family**

Understanding infant sleep vs adult sleep patterns

How to develop healthy sleep patterns and routines

What causes sleep problems, and how to overcome them?

Sleep regressions, nap transitions, night feedings - how to spot a problem vs natural developments

Understanding the different methods of Sleep "training"

What will help to fall asleep

How to move on from baby to toddler

## **4. Play & connect positively to develop self-esteem & confidence**

Why play is important (and not a waste of time!)

Age appropriate play

How to feed your child's natural urge for exploration and learning

Understanding your influence: the role of the Parent

How communication can help to build confidence & self-esteem

How can play help us in achieving our long-term parenting goals: growth mindset

## **5. Conscious discipline and building confidence**

How to help children understand the rules of life without hurting them

What to do to make your children cooperative

Avoiding battles in parenting and combining love and limits

How to deal with bad behaviour

Understanding different parenting discipline strategies

Understanding Time-in vs Time-out

Using communication skills to solve difficult situations effectively

## **6. How to manage siblings' Conflicts and foster siblings' love**

Understanding the family dynamics

Creating the best "breeding ground" for good sibling relations

Develop good communication skills within the family and outside

How to teach conflict behaviour

Learn how to be the coach in sibling conflicts rather than the judge

How to create inner motivation instead of competition

# Caregivers Conscious Nanny Training Series

[www.consciousparentingtraining.com](http://www.consciousparentingtraining.com)

## 1. The Mary Poppins Training

### Play & Connect to Develop Self-Esteem and Confidence

Play is an important part of any caregivers tools' box. It is what builds up connection and helps children to discover the world and get a good sense of their bodies and emotional selves.

The class is about building connection between helper and child while respecting a child's developmental needs and natural abilities. It teaches how to be success oriented rather than limiting, be hands-off while ensuring safety, and supporting a child's spirit and natural sense of exploration.

This class will help your helper to understand play and its importance:

- The importance of free play
- How to communicate during play so the child will discover her / his strength and build resilience.
- How to play in a supportive and constructive way that will help a child to develop strong self-esteem and build confidence.
- How to play with children and how to communicate during play.
- What is important : communication, safety, different areas of development, games supporting sensory development
- How to talk to children so they can be happy and grow confident
- Examples and role plays
- How to combine work and play
- How to communicate with the parents to build trust.

## 2. The Mary Poppins Training

### Conscious Discipline

In this module your helper will learn how to stay connected and loving in more challenging situations, but also how to help your children follow necessary instruction, safety measures and guidelines.

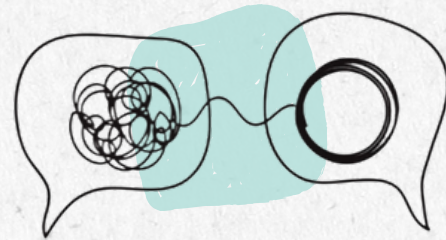
She will also learn how to respond and support your child through difficult emotional times, to pick up on distress and not confuse distress with being "naughty".

She will learn valuable and important communication skills for your child to listen and for them to stay safe and connected.

This class will help your helper to understand:

- The importance of conscious discipline
- How to help them to behave in a better way
- How to support them when they are scared, angry, sad, etc.
- How to make them more cooperative
- What to do if they are not listening to her
- What can she do if she gets angry or upset
- Hands on advice on tantrums and positive discipline and support during distress situations
- How to communicate with the parents to build trust.

# Don't stay alone Ask for help



Struggling is normal  
What you feel and experience is valid  
You deserve to feel good  
You are enough  
It's OK to ask for help



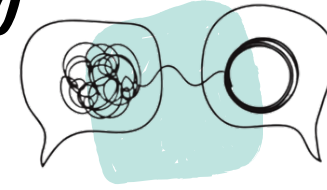




Thank you  
very much!

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with Maguelonne Rousseau



*Explore the path to emotional well-being & personal growth*



Individual  
therapy

Navigate life's ups and downs.  
Cultivate resilience, self-awareness,  
and personal growth.  
Address anxiety, stress, and relationship issues.  
Foster holistic well-being for body and mind.  
Bilingual counselling in English & French.



Parental &  
family guidance

Nurture harmonious parent-child relationships.  
Develop effective communication and understanding.  
Promote a loving and supportive family environment.  
Learn tools such as Sleepwalk for Children.



*Find balance and serenity in your life*

+65 9644 2234

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Group  
workshops

Connect with others (parents, caregivers) in  
similar situations.  
Share experiences and insights.  
Gain valuable tools and strategies.  
Discover new ways to improve your wellness  
holistically (Yoga, breath work, mindfulness)

