

Compassionate Parenting

“Forget ‘rocket science,’ or ‘brain surgery’ : When we want to make the point that something isn’t really all that difficult, we ought to say, ‘Hey, it’s not parenting!’”

~ Alfie Kohn

Are you interested in learning how making changes to the way you communicate can deepen your connection with your child and create more harmony in your household? Compass parents are invited to come together for 8 weeks to learn and practice communication skills that foster connection, trust, cooperation, and compassion. Based on the work of Marshall Rosenberg and his book Non-Violent Communication, (NVC) this class is in alignment with the Montessori principle of teaching peace and is appropriate for parents of children of all ages that attend Compass.

This class will explore how:

- Compassion can diffuse tense situations and help resolve conflict
- Autonomy is valued by children of all ages and how to foster it in healthy ways
- Our feelings are created by our needs and values and not other people's behavior
- Making demands sets up a submit or rebel response, and what to do instead
- Punishment and reward are forms of extrinsic motivation, and how NVC is an intrinsic alternative

Class dates: Jan. 11th, Jan. 18th, Jan. 25th, Feb. 1st, Feb. 8th, Feb. 15th, Feb. 22nd, & March 1st.

Class time: 5:30-6:45

How to register: Email Jacey at: jaceymtramutt@gmail.com

Cost: \$20 per class – 2 sliding scale slots are available for \$10 per class

Class size is limited to 10, on a first come first serve basis.

Free childcare is available. Please contact Kami to register your child at: kosborne@compassk12.org

The book: Raising Children Compassionately by Marshall Rosenberg will be provided.

Here's what Compass parents are saying about the class:

"After studying different styles of parenting in seminars, groups, and classes, I discovered Non-Violent Communication (NVC) two years ago. NVC has helped me become a calmer, more empathetic parent and encouraged me to express both my needs and feelings and to teach my children to express theirs. It was very challenging for me to learn the language of NVC, but with Jacey's group I was able to learn in a supportive environment. I have grown emotionally and have developed deeper connections with my spouse and all my children (even my teenagers!)." - Erika Deru

"I participated in a nine-month study of NVC with Jacey and some other Compass parents, meeting twice monthly. The process helped me relate to my children from a more grounded place, helped me be more present to them, helped me be more compassionate toward myself, and gave me a community to share the journey of trying out the various steps of the NVC language. We helped each other recognize areas of growth and celebrated the amazing little moments when we were able to approach parenting in more intentional, more connective ways. Jacey is a caring facilitator with immense knowledge of the topic. Without directing the experience, her presence and understanding of the NVC method guided me gently through the learning that I still use in my daily life." - Melissa Monforti

"Working with Jacey to learn mindfulness has been rewarding as a way to calm my reactivity and parent my grandchild with increasing success. Nonviolent communication is one of many ways I have explored to compassionately parent and the ongoing process has enriched my life." - Terri Warriner

"Learning Non-Violent Communication (NVC) parenting skills from Jacey has had a profound effect on my relationship with my children. As they grow, I sometimes find it challenging to maintain meaningful connections with them, particularly in times of conflict or transition. Communicating using NVC allows me to honor them as individuals while still respecting my own needs, which in turn allows me to feel more connected to them. While NVC does require ongoing practice, I so appreciate having had the opportunity to learn these skills when my children were young, as I anticipate I will need them even more as they get older. I am hopeful that using NVC in our home will allow them to learn it well, and be able to use it to create fulfilling relationships of their own in the future. I have also noticed that NVC has had a ripple effect throughout my life, allowing me to communicate more effectively in all of my relationships. Jacey's NVC classes have changed the way I see my children, the way I interact with both kids and adults, and really, they have changed the way I see the world. I would highly recommend them." - Allison Archard

"Mindfulness in parenting and non-violent communication (NVC) has enriched my relationships with my children. As a result of NVC, I think we have a greater mutual understanding, which helps me be calmer as a parent, and empowers them to express their needs and feelings so we can be a more connected family unit. NVC and Jacey's approach of bringing in mindfulness as a tool for NVC has really changed our daily living." - Marketa McGuire

"Participating in the nonviolent communication parent discussion group was a positive experience for me, kind of like the "Life-Changing Magic of Tidying" but on the inside. Jacey teaches mindfulness as the first step to NVC, and through that I've learned to clear even more of the ever-emerging mental

clutter and distractions. And the paradigm of NVC has put even more language and thoughtfulness towards discussing family needs and making requests to meet those needs." - Lavanya Kraus