

Are you trying to love your children a lot  
when you don't like yourself even a little?

# Shame- Free Parenting



SANDRA WILSON, Ph.D.

*Author of *Free from Shame**

# Shame Free Parenting

**LCSW M. Div. Craig Knippenberg, Lcsw  
M DIV Knippenberg**

## **Shame Free Parenting:**

**Shame-Free Parenting** LCSW M. Div. Craig Knippenberg, Lcsw M DIV Knippenberg, 2023-10-10 In *Shame Free Parenting* author Craig Knippenberg takes on the trend of hypervigilant parenting and offers a compassionate guide to navigating the complexities of parenting with resilience and authenticity. With sections that address pivotal aspects of raising children, Knippenberg equips parents with practical strategies to forge strong connections while fostering independence. From managing emotions to setting boundaries, this book encourages parents to embrace their own imperfections; it's okay to lose it sometimes, even relax and work toward growth. Knippenberg delves into topics including gaming, TikTok, and school shootings, and underscores the importance of creating structure, valuing resources, and guiding children toward their purpose. With a seasoned perspective, Knippenberg advocates for family adventures and volunteerism as tools for building lasting bonds and instilling values. Full of shame-free parenting tips and resources for parents, *Shame Free Parenting* empowers them to cultivate resilient families that thrive in the face of adversity. *A Parent's Guide to Shame-Free Parenting* Axis, 2019-03-01. Possibly one of the most debilitating and demotivating feelings we experience, shame is a powerful influence in all of our lives. Yet most of us were never taught how to deal with it well, if at all. This guide aims to help you break free from your own shame while creating a shame-free atmosphere for your kids. Parent Guides are your one-stop shop for biblical guidance on teen culture trends and struggles. In 15 pages or fewer, each guide tackles issues your teens are facing right now: things like doubts, the latest apps and video games, mental health, technological pitfalls, and more. Using Scripture as their backbone, these Parent Guides offer compassionate insight into teens' world, thoughts, and feelings, as well as discussion questions and practical advice for impactful discipleship.

**Shame-Free Parenting** Sandra D. Wilson, 1992. Offering resources to break the cycle of dysfunctionality in today's families, Sandra Wilson shows parents how to regain for themselves a sense of value and purpose and how to give these precious gifts to their children and grandchildren.

**Shameless Parenting** Tina Schermer Sellers, 2021. [Punishment-Free Parenting](#) Jon Fogel, 2025-01-28. A no-judgment, simple-to-follow step-by-step parenting guide to help you manage your emotions, meet your child's needs with empathy, and create a calmer home without ever resorting to threats or punishment. Every parent has had that painful moment they realize there must be a better way to raise kids than the old-school yelling, threats, bribes, and punishment way. For Jon Fogel, that realization set him on a path toward wholeness, understanding himself, learning about the brain, and empowering parents to raise kids who live physically, mentally, and emotionally healthy lives. In just a few short years, he became an inspiration to more than a million people around the world who were also striving to do better and become the best parents they can be. Now, with *Punishment-Free Parenting*, Fogel, parenting educator, pastor, and father of four, brings to parents the hard-won wisdom from his research and work as a parenting coach. With memorable stories, advice, and compassionate insight, he offers moms and dads a clear path to their own wholeness as parents, from learning to recognize and name their own emotional triggers to responding with

a deeper awareness of their children's developmental processes What emerges is a collaborative partnership with children free from the drama and pain of punishment In pages packed with the most helpful research findings from child developmental psychology neurology and pediatric medicine readers will meet other parents just like them and children just like their own who have learned to use the tools and tips that Fogel provides Punishment Free Parenting is the simple accessible no judgment book for parents who want the support and guidance of a dad just like them **The Journey of the Heroic Parent** Brad M. Reedy, 2016-01-19 Raising a child struggling with mental health issues addiction depression suicidal thoughts eating disorders or even just teen angst can be frightening and confusing When all you've done is not enough when your child seems lost and you feel inept and impotent Dr Reedy can help you take the necessary steps to find your child not with cursory cures or snappy solutions but rather by effecting positive change in your own behaviour Reflective Parenting Sheila Redfern, Alistair Cooper, Alistair Cooper, 2015-09-07 Have you ever wondered what's going on in your child's mind This engaging book shows how reflective parenting can help you understand your children manage their behaviour and build your relationship and connection with them It is filled with practical advice showing how recent developments in mentalization attachment and neuroscience have transformed our understanding of the parent child relationship and can bring meaningful change to your own family relationships Alistair Cooper and Sheila Redfern show you how to make a positive impact on your relationship with your child starting from the development of the baby's first relationship with you as parents to how you can be more reflective in relationships with toddlers children and young people Using everyday examples the authors provide you with practical strategies to develop a more reflective style of parenting and how to use this approach in everyday interactions to help your child achieve their full potential in their development cognitively emotionally and behaviourally Reflective Parenting is an informative and enriching read for parents written to help parents form a better relationship with their children It is also an essential resource for clinicians working with children young people and families to support them in managing the dynamics of the child parent relationship This is a book that every parent needs to read

*Free* J. Kevin Butcher, 2021-04 Our walk with Jesus is often full of duty fear and shame This book teaches how to discover freedom that Jesus offers **Mending the Soul, Second Edition** Steven R. Tracy, Celestia G Tracy, 2023-04-04 A well researched biblical and scientific overview of abuse its various types and effects and how to heal from it Abuse can be sexual physical neglect spiritual and verbal The chief arguments pursued throughout the book are Abuse is far more rampant than most Christians realize but due to human depravity and satanic influence widespread abuse is predictable All types of abuse create profound long term soul damage due to the way abuse perverts various aspects of the image of God God is the healing redeemer Human salvation came through horrible physical abuse Healing must take place in the context of relationships Humans are deeply impacted by others due to being made in the image of God Just as surely as abusive relationships have tremendous power to wound the soul so healthy relationships have tremendous power to nurture and heal the soul Questions

answered in the book include How can a genuine believer abuse a child Why would someone abuse a child How can parents and children's workers identify abusers How can abuse victims heal What does genuine healing look like Is anger appropriate or hurtful for abuse victims Where does forgiveness fit in This second edition has been updated to reflect research conducted and published in the past 15 years on abuse and trauma It accounts for the significant social changes and increased mental health struggles in our culture including dramatic escalation in rates of depression anxiety suicide and isolation which exacerbate the effects of abuse and complicate the healing process Based on their now extensive trauma care experience this new edition helps readers how to minister to new domestic and global victims such as sex trafficking survivors foster children refugees and survivors of genocide Examples and illustrations are updated with more recent ones from high profile abuse cases and the aftermath of the MeToo movement The appendixes include lists of helpful resources for child protection policies worker parent child abuse education warning signs of potential abusers and general abuse resources books internet sites and organizations to equip ministry leaders are provided in appendixes Illustrations case studies and art therapy drawings

Sigh, See, Start Alison Escalante, 2024-02-20 In a perfectionistic parenting culture that tells you that you are never enough no matter how much you do for your kids this unique approach empowers you with a simple parenting technique to gain confidence remain grounded and connect positively with your children Dr Alison Escalante is a board certified pediatrician with more than two decades of experience who has spent the last ten years exploring ways to equip parents to meet their children's needs She has experienced first hand the culture of criticism and anxiety that drains parental joy and leaves parents feeling bad about what they should or should not be doing with and for their children She calls this the parenting ShouldStorm and this book is her invitation to escape that cycle and be the parent your child needs In this game changing parenting book Dr Escalante outlines her 3 step science based approach to escaping the ShouldStorm and embracing should free mindful parenting Going into detail about each step she clearly explains how to implement this approach in everyday situations where parents may feel overwhelmed and shares real results from parents and children who use the technique SIGH In moments of parental overwhelm take a breath all the way into your belly Imagine it's a sigh of relief Sighs help you stop and center yourself instead of reacting to the should in your head SEE Notice what's going on See your child Are they happy Are they close to tears Are their fists balled in anger START Then and only then start listening and start thinking about what an appropriate reaction would be Do they need a hug Some space Something else In the vein of Good Inside this book offers a simple approach and practical proven strategies any parent can use It also explores parenting culture and why it has become more and more intense over recent decades For anyone who wants a proven toolkit for resisting a parenting culture that shames them when they can't meet unrealistic expectations Sigh See Start is your new go to tool for joyful parenting

To Identity and Beyond Matt Pavlik, 2018-12-21 Find Passion for Living and Become Unstoppable Imagine starting every day with excitement and purpose What if you had the power to overcome depression and

anxiety Eternal hope wells up inside you when you see life with both your physical eyes and God's spiritual eyes Jesus had approximately three years from the time He started His ministry until He was crucified He had a purpose and a strategy for everything He accomplished He lived up to His identity and fulfilled His deepest longing and now He calls you to find your passion and advance God's kingdom Matt Pavlik is a licensed professional clinical counselor who wants each individual restored to their true identity He's written two other books *Confident Identity* and *Marriage From Roots To Fruits* Since 2003 he has been leading individuals and couples to pursue their identities to the fullest at his Christian private practice New Reflections Counseling By engaging this book you'll learn the secret to finding your purpose and reaching your goals without fancy tricks overcoming addictive behaviors without false hope growing spiritually mature without being fake experiencing joy without changing your circumstances Fasten your seatbelt you're about to begin the ride of a lifetime one that will take you To Identity and Beyond      Relearning Parenting Sucheta S,2021-09-04 Today we are democratic parent and we love and care for our children But unknowingly we make so many blunders that affect our child's whole life How you are as a parent will be decided by how you were parented The focus of parenting is the child and yet nobody talks about the other two generations involved in this process you and your parents This book suggests ways to introspect your parenting skills It informs you about the effect of unconscious parenting and provides solutions It suggests doable techniques to becoming a conscious parent by letting go of control of your child to make him/her self motivated and taking responsibility for his/her life At the same time it presents innovative methods to guide children to embrace their authenticity and choose their path Parenting is all about loving yourself first and being free by setting healthy boundaries in your relationships This book suggests methods to resolve your childhood issues and realise your potential thus enabling your child to achieve his/her potential Though many children have the potential they lack the will and confidence to realise their dreams This book will give you tips to help your child protect him/herself from these negative influences Through my experiences of growth from unconscious parenting to conscious parenting this book is a guide to being a better parent      **Shaping the Spiritual Life of Students** Richard R. Dunn,2001-05-21 Richard Dunn shows how to mentor today's teens by setting the pace physically intellectually emotionally socially and spiritually with sensitivity to the unique issues of adolescent development

**Handbook of Individual Differences in Social Behavior** Mark R. Leary,Rick H. Hoyle,2013-12-17 How do individual differences interact with situational factors to shape social behavior Are people with certain traits more likely to form lasting marriages experience test taking anxiety break the law feel optimistic about the future This handbook provides a comprehensive authoritative examination of the full range of personality variables associated with interpersonal judgment behavior and emotion The contributors are acknowledged experts who have conducted influential research on the constructs they address Chapters discuss how each personality attribute is conceptualized and assessed review the strengths and limitations of available measures including child and adolescent measures when available present important findings related

to social behavior and identify directions for future study      *Hurt People Hurt People* Sandra D. Wilson, 2025-05-06 Learn how to break the cycle of hurt people hurting people In this updated edition of her classic book Sandra Wilson helps you process pain from past relationships in order to have healthy ones going forward With empathy and biblical insight Wilson is the perfect guide to emotional healing for anyone who has experienced dysfunction or abuse as she reminds you of God's loving care and presence in your journey toward wholeness      **Unfuck Your Parenting** Bonnie Scott, Dr. Faith G. Harper, 2024-11-11 How do you raise your kids to be functional adults with big hearts Young people need to learn to stand up against every kind of oppression respect boundaries and consent and gain self compassion while also navigating money friends sex and school How can you prepare children and teens to find joy and stability as they cope with uncertainty violence and disaster especially when your own coming of age lessons weren't so thoughtfully taught Parents and mental health professionals Dr Faith G Harper and Bonnie Scott have written a parenting guide for the 21st century that is a must read for people with children of any age from infancy to adulthood Drawing from their experiences raising diverse politically active young people this book will help you bring up a new generation with tools to change the world for the better all while maintaining your own separate identity and relationships and without losing your mind      *Mom Set Free* Jeannie Cunnion, 2017-08-29 Moms are under so much pressure Pressure that weighs us down and threatens to wipe us out Are you ready for relief Mom Set Free will empower you to parent in the confidence of God's grace and to experience the freedom you were created for We moms are told that we have to get it all right so our kids turn out right We're told that their entire futures are riding on our ability to perfectly orchestrate their lives And we're told that the strength of their faith hinges on ours And we begin to believe that if we just try hard enough we can actually be enough These impossible standards leave us stuck in worry anger guilt comparison and shame Jeannie Cunnion gets it And in Mom Set Free she reveals how the Good News of the Gospel empowers us to live and parent in the freedom for which Christ has set us free Jeannie invites us to journey alongside her as we learn to Lay down what God has not asked us to carry so we can thrive in what He has Embrace our significance in our children's lives in light of God's sovereignty Trust God with the children He has entrusted to us Receive God's grace so we can reflect God's heart to our kids It's time to breathe deeper walk lighter and reclaim the wonder and adventure of parenting      *Free To Be Me* Graham Bretherick, 2019-01-08 FREE TO BE ME Turning Shame into Freedom All of us are aware of things in our lives that rob us of our freedom to be the complete person God made us to be These issues in our lives are often buried in our past but still work powerfully to keep us imprisoned and immobilized in the present Many unresolved concerns from the past are buried in shame and are very difficult for us to examine Shame is one of the most powerful emotions in our lives and yet its influence is seldom recognized or talked about The Bible has a great deal to say about shame including how God wants to turn our negative experiences with shame into something positive Wherever we live with an area of unhealed shame we are unable to function in the grace of God in that area Negative shame robs us of God's

power in our lives and the capacity to fulfill our destiny Therefore it is imperative that as Christians we understand how to turn shame into a positive healing experience that will prepare us to be used in the Kingdom of God This book is designed to bring healing to a very needy area of emotional development and will be taught with sensitivity and care     **The Worry-Free Parent** Sissy Goff,2023-08-22 Worry is contagious but you can stop its spread Anxiety has an amazing ability to spread Time and time again when veteran counselor and parenting expert Sissy Goff has an anxious child or teen in her office she s found they have at least one very well intentioned but anxious parent Anxiety is contagious and it s likely affecting your kids distracting you in the present and making you feel like it will define your family s future It doesn t have to be this way With over 30 years of experience helping both children and adults Sissy offers you practical well researched tools that will make a difference in your life and the lives of your children Learn how to uncover the roots of your own anxiety process anxiety in healthy ways rather than passing it on model bravery discover a place of deeper freer connection to your kids Here is the help you need to experience freedom from anxiety raise confident courageous kids and become a worry free family in an increasingly anxious world Also available *The Worry Free Parent Workbook* a companion resource that provides clinically proven exercises to help you pinpoint the best anxiety fighting tools for you and your family     *Library Youth Outreach* Kerol Harrod,2014-01-23 With tightened library budgets the norm librarians run the risk of cutting back so much that they isolate themselves from their patrons and their communities This doesn t have to happen The outreach methods detailed in this book range from simple actions to detailed processes Each of the 26 chapters provides helpful information for both those new to library outreach and those with years of experience



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