

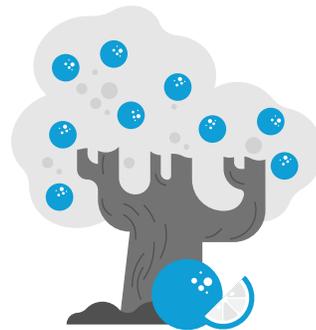
# Foundations for Thriving in Catholic Parenting

## Episode 3 - Roots

Each of us has a personal narrative built on our unique life experiences. These narratives often shape how we parent and influence our expectations for the family. As the family comes together, we each bring unique experiences that contribute to how the family operates. This is especially true of spouses whose stories merge together to forge the direction of the entire family. Our uniqueness as parents affects the development of our children. Here we uncover how to use our past experiences in a healthy way that leads our families to thrive. ***Familiesofcharacter.com***

### Good fruit comes from healthy roots.

- roots – your stories
- trunk – your marriage
- branches – your children
- good fruit – virtue



Your uniqueness affects your children's uniqueness.

- Blond hair, the way you: fold arms, celebrate joys, face fears

Selfcare <> Selfishness – need BALANCE – when YOU thrive, your CHILDREN thrive.

MEMORIES (messages & emotions) affect our decision making every day.

### QUESTION:

1. What's something that happened to you as a child that influences how you see the world today.

EMOTIONS make excellent servants, but tyrannical masters.

**Ordered** = virtue      **Disordered** = vice

INVITE God in. You are not on a solo mission. You are parenting WITH God, not FOR God.

### QUESTION:

1. What messages and emotions does your parenting give your kids?
2. Where did you get those messages and emotions?

### TO DO:

1. Stay open to grace.
2. Remind yourself of the truth (mistakes <> bad).
3. Stay compassionate
4. Ask for forgiveness & for healing
5. Apologize and repair.