

It can be challenging to feel comfortable and confident in your parenting decisions - especially when you get into a space of judgment. That's why we're here today to discuss ways that parents can create a "no judgement zone" in your home and encourage a healthy and positive atmosphere.

HERE ARE FIVE STEPS TO GET YOU STARTED...

STEP #1:

The first step to creating a no judgement zone for your family is to practice self-awareness. By being conscious of our own biases, assumptions and reactions to difficult situations, it's easier to redirect our emotions into more effective and responsible responses.

BEING ABLE TO STEP BACK AND OBSERVE OUR OWN BEHAVIOR CAN HELP US BETTER UNDERSTAND OUR CHILDREN AND RESPOND CALMER AND MORE FAIRLY WHEN ISSUES ARISE.

STEP #2:

The next step is to establish an open dialogue with your children. By engaging with them and listening to their thoughts and feelings, it will make it easier to create a judgement-free environment.



STEP #3:

Asking questions that are open ended will give your child the opportunity to go in depth with their thoughts and feelings. It is also important to validate their feelings and take them seriously – as this will set a precedent for them to feel comfortable talking to you about their issues moving forward.



STEP #4:

It's also helpful to practice being empathetic with your children and using language that is not aggressive or criticism. This will allow you to form a deeper connection with your child and help foster trust between you two. To support this, it can be helpful to explain the reasoning behind your decisions so they can better understand where you are coming from.

STEP #5:

In addition, it's important to set healthy boundaries around the home. Of course, your children need rules and guidelines – however, it's important that the expectations are reasonable and you are consistent with enforcing them as well. Making sure that limits are established and consequences are clear is key to creating a steady atmosphere that is free of judgement.

Creating a judgement-free environment as a parent is possible – with diligent practice, communication, understanding and consistency – you can create a safe and positive atmosphere for your family. We hope that these tips were helpful in creating a judgement-free space for your family home. Thank you for taking the time to watch this video.