

# SAMAR · SHERA

LEADER OF CHANGE™



...

*The Leader of Change*

APPROACH  
TO  
*Parenting*

...

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OUR LIVES ARE A  
REFLECTION OF US.  
SO ARE OUR CHILDREN.

SAMAR·SHERA

Being a mother/parent and has been so terribly demeaned in this day and age. We need to stop and realize we are accountable for the upbringing of the next generation – and there is much power in that.

**And with *great power* comes *great responsibility*.**

Allowing our children to ‘just grow up’, with no thought or care to the process, doesn’t cut it anymore. We need a mindful, self-aware approach.

And the Leader of Change Approach is two-fold:

It pushes us to become self-aware of where we are behaving subconsciously and as we do, free our children of those shackles that we unknowingly pass down.

This allows a new space to open up in parenting -

*A space where everyone involved  
is allowed to be their  
individual selves.*

**Our lives are a reflection of us. So are our children.**

We are the pre-dominant force whereby our children learn from and they pick up our behavior that we are unaware of. And in our unawareness, we treat them as though they are "wrong" and should be "corrected" whilst we continue to behave in the same manner.

To be a Leader of Change in the parenting forefront is to be grounded in self-awareness and nip our unhealthy habits in the bud so they are not passed on.

Our Children Are A

*Reflection of Us*

#1

That's what creates real and lasting change – observing and adapting our own behavior instead of passing it on to our children and blaming them for what we subconsciously teach them.

Let's take bullying for example. Society celebrates it - we have Presidential candidate Donald Trump bullying immigrants and women, Taylor Swift and Selena Gomez

bullying Miley Cyrus at a VMA's after party, and box office hits include "Mean Girls" and TV series celebrating the "clique".

And if we were to look a little deeper - women are inundated constantly with how and what we should look like.

We become our own biggest bullies because we are never

## Our Children Are A

*Reflection of Us*

#1

good enough by society's unrealistic and unattainable standards. Our inner voices get passed on to our children. Our inner critic becomes their inner critic whether we realize it or not.

Yet we blame them and the schooling system for becoming bullies when they have learned to be bullies because we are our own biggest persecutors. Blaming external bodies for what is learned at home and is our responsibility is not rectifying the problem.

Allow them to do what they believe is right (which in turn allows them to navigate towards and from their internal compass) instead of forcing them to do what we as parents believe is right - in which case we are simply building robot versions of ourselves.

Cementing over our children's authentic selves with a set of values that applied to our day and age - and let it be said every generation's "day and age" is **shockingly different** (even more so with the next generation where technology is going to grow faster than 100 times of the previous

## Let Their Value System *Blossom*

### #2

century) - we're equipping them with an old set of values that won't work within their new environment and the little glimmerings that come through of what they truly felt was right dies under the conditioning we have imposed.

Not only are we ill- equipping them, we're **dimming their light**. This creates major personal struggle - we're in essence telling them who they are is not good enough, their inner voice does not matter and here starts a vicious cycle of *lack of self-belief, self-esteem and self-worth*.

We need to adapt **to them** and their day and age as opposed to the opposite way round.

I don't want to be that old parent who is depending on their child to teach them how to send a text message - that's a sign I stopped keeping abreast of change.

I want to be alongside my child, buying the latest cellphone and challenging him on how much he knows and why my cellphone is better.

PARENTS NEED TO **ADAPT**

**#3**

He doesn't need to keep up; nature will take its course and teach him as he grows.

IT'S THE **PARENTS** WHO NEED  
TO KEEP UP.

Perhaps it's time we **put our egos aside** and recognize they have come to teach us so much more than we have to teach them.

We need to stop treating our kids like it's 'us against them'.

IT'S NOT '**WRONG VERSUS  
RIGHT**'.

IT'S NOT '**PARENTS VERSUS  
CHILDREN**'.

We're *all* in this together.

**#4**

We're all in this together.

I remember watching parents of an anorexic child treat her like there was something fundamentally wrong with her and had to find a qualified person to 'fix' her. Once said person was found, they all teamed up and began to proceed talking to the child like she was a specimen in a lab under a microscope and they were a team of scientists attempting to mend her. They were bewildered why the child withdrew and

didn't want to speak to them. I suggested the alternative – you're all on the same side, and to stop treating her like she was broken and in need of fixing – and communication channels opened up again. This applies across the board to anything happening in child's life – from being a bully or being bullied, to sexuality issues –

WE NEED TO OPEN A SPACE FOR

*discussion and exploration*

WHERE ALL PARTIES ARE ON EQUAL GROUND.

We're *all* in this together.

#4

A major parenting dynamic that needs to be broken is that no one is wrong and nothing needs to be 'fixed'. We're all on a journey, working our way through life experiences, albeit different experiences, together.

*The End.*



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