



CHAPTER ONE



We want our children to be

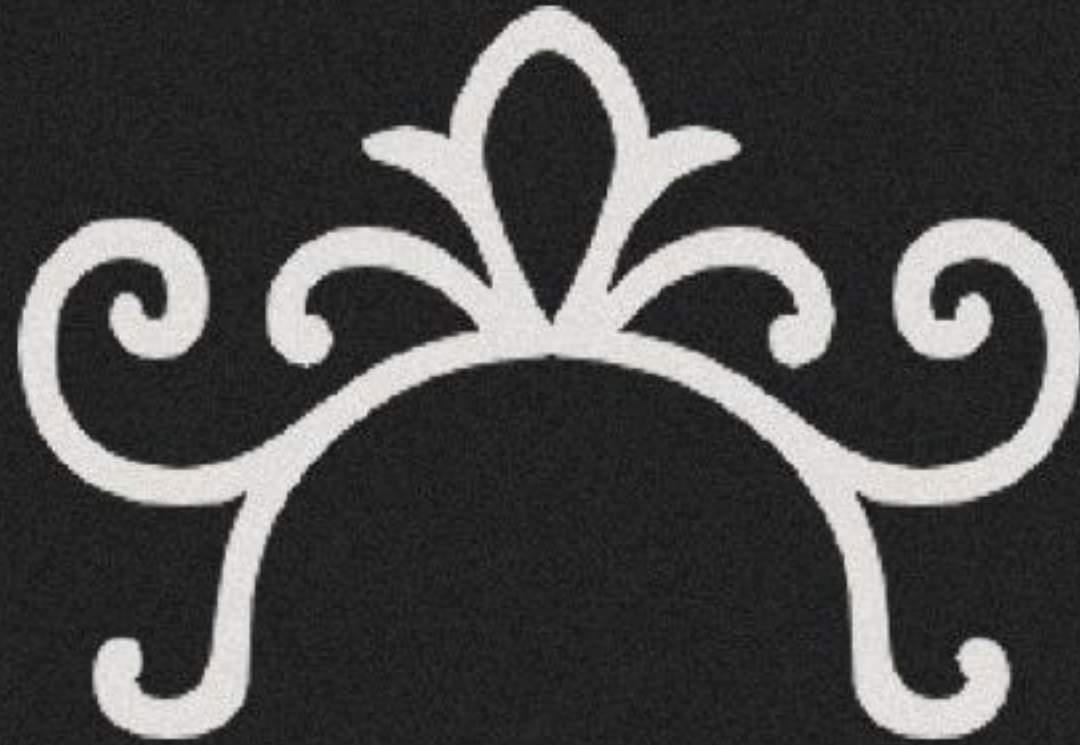


Chapter Summary

In 'We Want Our Children to Be,' Brené Brown emphasizes the crucial role of parents in shaping their children's sense of worthiness and resilience. The chapter highlights the inadequacies of seeking perfect parenting methods in a culture rife with 'never enough' mentality. Instead of fixating on outcomes, parents must focus on embodying the adults they wish their children to become. Through vulnerability and authenticity, parents can model the values of love, compassion, and courage, creating an environment for children to thrive. By prioritizing connection over perfection, parents can also teach their children to navigate life's challenges with resilience and hope.



Who We Are Matters More Than What We Know



Our actions and presence as parents heavily influence our children's development. It is not merely about having the right answers, but about embodying the values we wish to instill in them. Children learn by observing how we live our own lives.

The Culture of 'Never Enough'

The pressure from a 'never enough' culture often leads to judgment and self-doubt in parenting. This quest for certainty may offer temporary comfort, but it can also generate shame and competitiveness among parents.



Vulnerability is Essential

While vulnerability is daunting, it is a fertile ground for connection and growth within families. Embracing vulnerability helps us model authenticity and compassion for our children.

Moving Beyond Perfectionism

Obsessing over perfection in parenting can hinder our ability to teach resilience. When we accept our imperfections, we encourage our children to embrace theirs, fostering a culture of acceptance in our homes.



Raising Resilient Children

Support from parents helps children build a sense of worthiness and resilience. To navigate difficulties, kids must learn to engage with the world from a place of intrinsic value.

Understanding Shame and Guilt

Shame is often linked to negative outcomes, while guilt can motivate positive change. As parents, we must separate our children from their actions and communicate love unconditionally.

Cultivating Belonging

Fostering a sense of belonging is vital for children. They should feel accepted not for conforming, but for being their true selves within the family unit.

"“Belonging doesn’t require us to change who we are; it requires us to be who we are.””

Navigating Parenting Debates

The divisive nature of parenting discussions often brings about unkind judgment. Instead, we should focus on engagement and mutual respect, supporting each other's choices.

"Engagement means investing time and energy... it's about being present."

Encouraging Hope through Struggle



Letting children face challenges develops their resilience and hope. It is essential for children to experience setbacks so they can learn to bounce back.

The Wholehearted Parenting Manifesto



This manifesto articulates a commitment to love, vulnerability, and connection. It serves as a guiding principle for parents aiming to raise Wholehearted children.



Recap

- "“What we are teaches the child more than what we say.”"
- "“Perfectionism is a belief that if we live perfect, act perfect, and look perfect, we can avoid the painful feelings of shame.”"
- "“If we want our children to be courageous, we must model courage ourselves.”"
- "“Shame corrodes the part of us that believes we can do better.”"
- "“Belonging doesn’t require us to change who we are; it requires us to be who we are.”"



Thank You

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