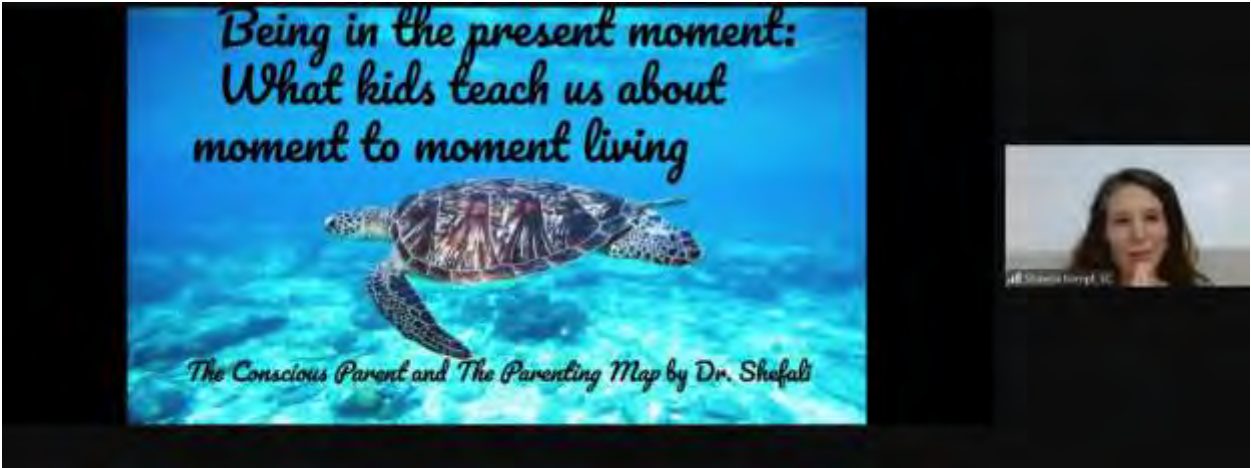


Self-Care Isn't Selfish : Conscious Parenting Workshop

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Participants were deeply moved and inspired during a recent presentation by Shawna Kempf, who shared powerful insights from *The Conscious Parent: Transforming Ourselves, Empowering Our Children* by Dr. Shefali Tsabary.

Dr. Tsabary writes, "Through our children, we get front row seats to our insecurities. They awaken our unresolved issues." Shawna built upon this concept by helping us understand that parenting is not just about raising children - it's also about healing and transforming ourselves.



With warmth and clarity, Shawna guided attendees through the foundational idea that conscious parenting begins with self-awareness. She encouraged us to honor our personal struggles and unresolved emotions, rather than suppress them. "What is this reminding me of from my past?" was one of the reflective questions she suggested we ask ourselves. Such questions invite self-inquiry and help us uncover deeper patterns that influence how we interact with our children.

Shawna emphasized the importance of being present: slowing down, pausing before reacting, and learning to accept ourselves and our children as they are. One memorable example she gave was as simple as looking at a kitchen sink full of dishes. We can either feel burdened by the task or shift our perspective: "These dishes represent a meal shared with people I love. Washing them is part of the meaningful work of family life."

This mindful approach resonated with everyone in attendance. The workshop also included time for journaling and group sharing, allowing participants to reflect on how they are growing in their relationships with their children and grandchildren. It was a meaningful opportunity to connect, support one another, and leave with a deeper commitment to conscious, loving parenting.

The session was a beautiful reminder that in learning to parent our children, we also have the opportunity to re-parent ourselves - becoming more compassionate, patient, and present human beings.