

# Stop Surviving Parenting and Start Thriving at It with Lorena Seidel M.Ed.

MARCH 22, 2021

Winston & Strawn recently hosted an event titled “Stop Surviving Parenting and Start Thriving at It.” The webinar was conducted by Lorena Seidel M.Ed.—a social emotional learning consultant, certified Montessori teacher, trained positive discipline educator, mindfulness-based stress reduction teacher, and mother of three. Through her work, she helps adults create a more positive relationship with young children to improve home and classroom environments.

Here are a few key takeaways from her webinar:

- Focus on the bigger parenting picture. The goal is to create a beautiful, lifelong relationship with your child and raise a wonderful human being.
- For us to have a thriving parent-child relationship we need to create a positive parent cycle of interaction.
- The 4 steps for setting a great parenting cycle in motion are:
- New Parenting Mindset: Finding the “right” state of mind that allows us to stay calm in the most stressful situations.
- Positive Discipline Strategies: Ditch the tips, tools, and tricks! Focus on positive strategies that connect.
- Parent-Child Connection and Harmony: Success is in creating, repairing, and sustaining connection and harmony. Recovering from breakdowns quickly and without emotional cost.
- Emotionally Intelligent Parenting: Learn to stop treating the symptoms and uncover the core reason and motivational forces behind our child’s misbehavior.

The secret is on the implementation. It is not what we know, but what we do that will create change! Learn more about Lorena’s programs [here](#).

1 Min Read

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