



Future Families Inc

Families consciously creating the future
www.futurefamilies.com.au

Conscious Parenting Family Wellness Concepts

We believe that as parents, we have the responsibility to nurture and raise our children to become the 'best person they can be'. We see our children as more than just having physical, mental and social needs but rather as conscious, spiritual beings who require nurturing at all levels – beginning from conception. We believe in 'holistic' and pro-active parenting values that support this type of nurturing.

As such we recognise the importance of, and support, the following family wellness concepts:

- Natural / gentle birthing
- Conscious / connection parenting
- Role model parenting (demonstrating appropriate behaviour instead of telling children how to behave e.g. **not** asking children to say please or sorry)
- Natural parenting
- Breastfeeding (for at least 12 months or more if desired)
- Baby Carrying / Wearing
- Co-sleeping
- Baby and infant massage
- Natural health for babies, kids and families (naturopathic, chiropractic, homeopathic etc)
- Alternatives to disposable nappies
- Organic, healthy eating
- Chemical free lifestyles
- Choosing vaccination alternatives
- Preventative health through nutrition and practitioners such as chiropractors, osteopaths, naturopaths, homeopaths
- Natural remedies used when sickness occurs to support the body's immune system and medicines (Nurofen, Panadol, antibiotics etc) only used in emergency cases
- Family or community care of children rather than 'profit based' childcare centres
- Parents choices to stay at home or to work
- Alternative education (Steiner, Montessori, Community, Home schooling etc.)
- Choosing acknowledgement and encouragement but not praise or punishment systems (e.g. no time-out, no bribes)
- Developmental play instead of TV
- Nurturing the spiritual child through verse, songs, rituals and meditation
- and many more.....