

Session 7

SEEING BEYOND THE BEHAVIOR

Awareness Changes Everything

When we truly see our children, we stop reacting
to behavior—and start responding with
awareness, compassion, and connection.




Awareness
helps us
understand.
Connection
helps our
children thrive.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

TODAY WE WILL...

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EXPLORE AWARENESS

Understand the power of looking beneath behavior with curiosity and compassion.



SEE OUR CHILD MORE CLEARLY

Reflect on your child as a whole person—their strengths, challenges, temperament, and needs.



LOOK BENEATH THE BEHAVIOR

Identify possible factors that shape challenging behaviors.



RESPOND WITH AWARENESS

Shift from reaction to intentional, connected response.



PRACTICE AWARENESS

Use tools today to strengthen awareness and build deeper connection.



SESSION FOCUS:

Awareness helps us understand. Understanding helps us connect.
Connection helps our children thrive.



LEARN.



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TOGETHER.

LET'S CHECK IN

Where Are We?



What was one thing you **learned** or realized this week?



How did you practice **awareness** before reacting?



What **wins**—big or small—are you celebrating?



Checking in helps us stay present, celebrate growth, and continue the work **together**.



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WHY AWARENESS

Matters

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Every behavior is a message.

Awareness helps us look beneath the surface before assuming the worst.



Awareness creates connection.

When our children feel seen and understood, they feel safe and supported.



Understanding changes everything.

It gives us the power to respond with compassion instead of reacting with control.



Awareness builds emotional intelligence.

Your growth teaches your child how to recognize, name, and manage their feelings.



Children
do well
when they
feel well.



Awareness allows us to **pause**, get **curious**, and choose **connection** over correction.



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MEET YOUR CHILD

See the Whole Person

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Awareness helps us see **beyond behavior**
to **the child we're raising.**

STRENGTHS

What lights them up
and comes naturally.

TEMPERAMENT

Their natural way of
thinking, feeling, and
responding.



CHALLENGES

Where they struggle
and need support.

ENVIRONMENT

What overwhelms them
and impacts their
regulation.

CONNECTION

What helps them feel safe, connected,
and supported by you.



When we understand our children
more deeply, we can guide them
with more **empathy** and **intention.**



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LOOK BENEATH

Before You React

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Awareness helps us pause, explore, and respond
with purpose instead of reacting on autopilot.



PAUSE AND OBSERVE

Take a moment to slow down and really observe what's happening.



GET CURIOUS, NOT FURIOUS

Ask yourself what might be driving this behavior instead of assuming the worst.



SEEK TO UNDERSTAND

Consider their feelings, needs, and environment before deciding how to respond.



RESPOND WITH INTENTION

Choose a response that teaches, connects, and supports their growth.



When we
choose awareness,
we give our
children the gift of
understanding,
and ourselves
the gift of growth.



Awareness
helps us see
the **why** behind
the **what**.



LEARN.



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PRACTICE WITH PURPOSE

Session 7 

⇒ Apply What You Learn ⇒

Awareness grows when we practice it in **real time**.

Use these tools this week to **strengthen your connection** and **your response**.

THIS WEEK'S TOOLS



REFLECT DEEPLY

- Complete the Child Awareness Reflection Worksheet to **see your child as a whole person**.



LOOK BENEATH THE BEHAVIOR

- Use the Awareness Mapping Exercise to **explore** what may be driving challenging behaviors.



TRACK AND GROW

- Use the Awareness Tracking Journal to **reflect, learn, and notice** your growth over time.


*Practice today.
Connection
tomorrow.
Strength for
life.*




HOMEWORK: Complete all three worksheets.
Bring your insights and questions to our next session.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

SESSION 7 AT A GLANCE

Session 7 

Awareness Changes Everything



TODAY'S FOCUS

Deepen your awareness of your child as a whole person and learn to look beneath behavior.



KEY TAKEAWAY

When we **understand the why** behind the behavior, we can respond with empathy, not just react.



YOU WILL PRACTICE

Reflecting on your child, mapping behaviors, and tracking your awareness in real time.



YOU WILL GAIN

Stronger connection, better responses, and more confidence in your parenting.



HOMEWORK Complete all three worksheets and bring your insights to our next session.



Awareness is the bridge between behavior and **connection**.
Let's keep building it—**together**.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

SESSION 7 WRAP-UP

Session 7 

Awareness is a Daily Practice

This week, you explored how looking beneath behavior creates **deeper understanding**, **stronger connection**, and **better outcomes**.



WHAT YOU LEARNED

- Awareness helps us see our child as a whole person.
- Behavior is communication, not just defiance.
- Looking beneath behavior helps us uncover what our child may need.



WHAT YOU PRACTICED

- Reflecting on your child's strengths, challenges, and needs.
- Mapping behaviors to understand possible contributing factors.
- Tracking your awareness and noticing how it shifts your response.



WHAT YOU'LL GAIN

- Stronger connection with your child.
- More intentional, empathetic responses.
- Greater confidence in your parenting.



Awareness doesn't mean we get it perfect. It means we stay **curious**, keep **learning**, and choose **connection** over correction.



Small shifts in awareness today create lasting change tomorrow.

You are showing up, and that matters. 



LEARN.



CONNECT.



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