



BCARE
ASCENSION METHOD™

Session 5



Awareness CHANGES OUTCOMES

“

*The way we communicate becomes
the way our children experience us.*

”

AWARENESS BEGINS WITH US. COMMUNICATION SHAPES CONNECTION.



OUR WHY

We can't change what we're unaware of.
As we become more intentional with our words, tone,
and presence, we create an emotional climate where
our children can thrive.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

Session 5



ACCOUNTABILITY

Check-In

LOOKING BACK BEFORE WE MOVE FORWARD

Reflect on practicing **Connection Before Correction** this week.



What challenging moment did you approach **differently**?



How did your child respond when you **connected first**?



What felt **easier**?



What still felt **difficult**?

“Connection opens the door.
Awareness helps us
walk through it.”



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

Session 5



AWARENESS

Changes Everything

Before we can change our responses, we have to
notice what is happening.

“ Behavior is **communication.**
Awareness helps us
discover what words
cannot always
express. ”

AWARE OF OURSELVES



- ♥ Our emotions
- ♥ Our stress level
- ♥ Our tone
- ♥ Our body language
- ♥ The energy we bring into the room

AWARE OF OUR CHILD



- ♥ Their emotions
- ♥ Their behavior
- ♥ Their body language
- ♥ Their developmental needs
- ♥ What they may be trying to communicate

AWARE OF OUR ENVIRONMENT



- ♥ Family dynamics
- ♥ Daily routines
- ♥ School experiences
- ♥ Friendships
- ♥ Major life changes
- ♥ Sensory overload
- ♥ Lack of sleep
- ♥ Hunger
- ♥ Transitions

Children don't always have the language to say...

"I'm anxious."

"I'm embarrassed."

"I'm overwhelmed."

"I'm lonely."

"I'm scared."



So instead... they may:



Cry



Yell



Avoid



Shut down



Hit



Cling



Withdraw



What if we became **INVESTIGATORS**
of **JUDGES?**



What happened?



What might
they need?



What am
I missing?

AWARENESS IS THE PAUSE BETWEEN REACTION AND INTENTION.

Our children
are paying closer
attention than
we think.
Be aware.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

Session 5



BECOMING AWARE of Our Patterns

AWARENESS CREATES OPPORTUNITY FOR CHANGE.



What tone do I use
when I'm **frustrated**?



What messages did I
inherit growing up?



What **patterns** am I repeating
without realizing it?



How do my words, actions, and energy
impact the **emotional climate** at home?

“

We can't change
what we're
unaware of.



*Awareness is
the first step
toward growth.*



Activity Time!

COMMUNICATION REFLECTION
WORKSHEET

Take time to reflect, be honest,
and grow. 



REFLECTION IS **POWER**. AWARENESS IS **TRANSFORMATION**.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

Session 5



VALIDATION ISN'T *Agreement*

Validation says, "I understand how you feel."
It does **NOT** mean, "You can do whatever you want."

VALIDATION SOUNDS LIKE...



I can see you're disappointed.



That makes sense.



I hear you."



I understand why you feel that way.



You have a right to feel how you feel.

We can
validate **AND**
maintain
boundaries.

VALIDATION IS NOT...



Giving in



Removing expectations



Ignoring boundaries



Saying "yes" to avoid the moment



Making it about our discomfort



Activity Time!

VALIDATION PRACTICE TRACKER

Practice acknowledging emotions while maintaining leadership and boundaries.

“

When our children feel understood, they are more open to guidance.

”



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

Session 5



REFRAMING CONFLICT

Our Words Matter

Our words can **ESCALATE** conflict—or create **SAFETY**.

INSTEAD OF...

- ❌ "Because I said so."
- 😞 "Stop crying."
- 👉 "You're always..."
- 😡 "You're overreacting."
- 👊 "Hurry up!"



TRY SAYING...

- 💬 "Let me explain why this boundary matters."
- ✅ "I know you're upset. Let's work through it together."
- ✅ "Let's talk about what happened."
- ✅ "I can see this is really important to you."
- ✅ "Let's get it done together so we can move on to something fun."



“
Intentional
words create
lasting
connection.”



Activity Time!

CONFLICT COMMUNICATION REFRAME SHEET

Practice replacing reactive phrases
with intentional, respectful
communication.



The way we speak in conflict teaches our children how to speak, feel, and solve problems.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

Session 5



THIS WEEK'S Practice



AWARENESS + INTENTION = TRANSFORMATION



Choose **one** communication habit to focus on and **practice it daily**.



Notice

Notice your tone, body language, and the **energy** you bring.



Pause

Take a breath **before** you respond. Awareness creates the pause.



Validate

Validate their feelings **before** you redirect or correct.



Reframe

Replace one reactive phrase with a healthier, **intentional** response.



Remember...

Small changes in communication create lasting changes in relationships.



I CHOOSE AWARENESS OVER REACTION. *I communicate with intention. I create connection.*



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

Session 5



“The parent who is willing to *reflect* becomes the parent who can *transform*. ”



Today's Reminder 

AWARENESS ISN'T ABOUT GUILT.
It's about growth.



KEY TAKEAWAYS



Awareness
precedes
change.



Tone communicates
as much as
words.



Validation builds
trust without
removing
boundaries.



Every interaction
is an opportunity
to strengthen
connection.



Keep showing up with **love, intention, and awareness.**

You are making a difference.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.

Session 5



THANK YOU for Showing Up!

Awareness starts with you—and it creates **change** for your child, your family, and your future.

TODAY WE...



Explored the power of **awareness**.



Reflected on how our words and energy **impact** our children.



Practiced validation and respectful **communication**.



Learned how to reframe conflict with **intention**.



Took steps toward stronger **connections**.



See you next week! 

Continue practicing, reflecting, and choosing **connection**.



YOU ARE NOT PERFECT. YOU ARE PRESENT. AND THAT'S POWERFUL. 

Small shifts
create big
change.

Keep going!



Your presence matters. 

Thank you for investing in yourself
and your family.



LEARN.



CONNECT.



GROW.



ASCEND.



TOGETHER.