

**Parenting for Peace**



*Birthing a Peaceful Generation*



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Presence  
Awareness  
Rhythm  
Example  
Nurturance  
Trust  
Simplicity

**PARENTING**  
*for*  
**PEACE**

RAISING THE  
NEXT GENERATION  
OF PEACEMAKERS



MARCY AXNESS, PHD



**Seven Steps**

- 1 ~ Pro-Growth Choices (pre-conception)
- 2 ~ Attuned Conception
- 3 ~ Radiant Pregnancy
- 4 ~ Empowered Birth
- 5 ~ Nature's Peace Plan PP & Year One
- 6 ~ The Enchanted Years
- 7 ~ Shepherd Them Into The World



**Parenting for Peace**

At every stage and at every level of development, the organism is deciding: growth or protection?

--Bruce Lipton



**Parenting for Peace**

*Do circumstances warrant devoting my energies toward optimal growth, or do I need to protect and defend myself?*



*"Big Bang" Parenting for Peace Tool #1*

**Master Question:** "Will this communication / action foster growth mode OR protection mode in my child (and myself)?"





The most potent risk factor combination predicting violent criminality eighteen years later was birth complications (including invasive medical procedures) together with maternal rejection. [Raine, A, P Brennan, and SA Medink. "Birth Complications Combined with Early Maternal Rejection at Age 1 Year Predispose to Violent Crime at 18 Years." *Archives of General Psychiatry* 51 (1994): 984-88.]

*"In about 10-15 minutes please write about the thoughts and feelings you had when experiencing childbirth. Please describe also feelings and thoughts that you would not disclose to others. You may want to include in your account other people, such as hospital professionals or important people in your present, past or future life. Everything you write will be kept strictly confidential."* [Di Blasio et al., 2002]

**Neuroplasticity: Healing is Always Possible**

[marcyaxness.com/unique-7-step-parenting-tool](http://marcyaxness.com/unique-7-step-parenting-tool)

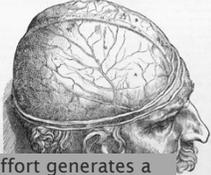
A Unique 7-Step Parenting Tool: Sleep Talking  
by Marcy Axness, PhD



*"Storing ... is a daring reverse of the concept of the free human will."  
—George Gilmer, author of *Memories and Telegrams**

**Jeffrey Schwartz**

**The Mind & The Brain**  
*Neuroplasticity and the Power of Mental Force*



*"...the exertion of willful effort generates a physical force that has the power to change how the brain works and even its physical structure. The result is neuroplasticity."*

**Step 6 The Enchanted Years**  
**Toddler through Seven**

- Physical & emotional warmth
- Nourishing diet
- Consistent rhythms
  - Calm, loving authoritative parent
- Atmosphere of reverence, awe & beauty



The need of the young child is *external consistency & predictability...* so that the child gradually internalizes regulation and stability. — Bruce Perry



**“Socialization” Begins**

**10 - 13.5 months:** “The honeymoon” (90% positive interactions)  
**13 - 17 months:** Every 9 minutes... a harsh “No”

Shame (“an attachment emotion”):  
Rapid state transition from a preexisting positive state to a negative state.

“... the reaction to an important other’s unexpected refusal to enter into a dyadic system that can recreate an attachment bond.”  
[Schore]



**PARENTING**  
*for*  
**PEACE**

“In today’s mass societies, it takes only one percent of people making a dedicated choice—contrary to the mainstream’s choice—to create a movement that can change the world.” --Mark Penn, *Microtrends*



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***Attuned Conception***

*You think because you understand one you must also understand two, because one and one make two.*

*But you must also understand “and.”*  
—Rumi