

When people judge our parenting

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=KDX2GYNJJAY](https://www.youtube.com/watch?v=KDX2GYNJJAY)
<https://www.youtube.com/watch?v=Kdx2gYnjjaY>

SUMMARY

The discussion emphasizes the importance of prioritizing children's needs over external judgments from family and friends, particularly in parenting. It encourages a shift from defensiveness to curiosity when faced with criticism, fostering connection and understanding instead of conflict.

- *Parenting should focus on the child's needs rather than external opinions.*
- *Individuals often feel pressured by the judgments of close family members.*
- *It's essential to recognize that others are responsible for their own feelings and experiences.*
- *Responding to criticism with curiosity rather than defensiveness can lead to better understanding.*
- *Engaging with differing viewpoints can create opportunities for connection and growth.*
- *It's possible to maintain one's parenting approach while acknowledging others' perspectives.*
- *Conflict can be avoided by fostering a mindset of curiosity and connection.*

people judge especially if they're people close to us our own parents our in-laws maybe even our parenting partner and I think there's a couple of things first off we are here in the service of our children not those other grown-ups if you're part of the international codependence Club of which I am like a founding member and president you don't have to be responsible for all the other people's experiences of things we can let them be responsible and let them be

adults the other piece is if somebody says you know I don't think that's the way that you should be doing this what if you didn't defend What If instead you were like yeah tell me more or if you're not interested in hearing anymore about it it might be something like you know you might be right and this is the way that I'm doing this for now like we can get curious about their point of view see them and hear them that's where the

miracles happen but you create that you create that by not being in conflict with it you create that by being in curiosity with it and by being in connection with it we don't have to make them wrong and we can walk the way we want to walk