SCREENSHOT THIS SO YOU CAN READ IT WHEN YOU NEED IT

The Secret That Makes Gentle Parenting Actually Work

: *boundaries.*

Gentle parenting is having a bad moment.

People are confusing it with permissive parenting.

But gentle parenting was never supposed to mean letting kids run the house.

The missing piece is boundaries.

"Gentle parenting made me a stronger leader."

THE SUPERPOWER

Acknowledging our child's perspective is a parental superpower. We can make them feel seen, heard, and understood — like they matter. And it can make us more confident still holding our boundary.

Once I learned to acknowledge my child's perspective, it became easier to hold the boundary.

I wasn't arguing with their feelings anymore.

I wasn't trying to convince them not to be upset.

I wasn't panicking because they were disappointed, angry, or dysregulated.

IN REAL LIFE

I could simply say:

"I get it. You really don't want to turn off the TV."

And then still turn off the TV.

That's not permissive. That's leadership.

Acknowledging is not the same as agreeing.

YOU CAN SAY	AND STILL MEAN
"I understand why you're upset."	*"The answer is still no."*

Their reaction is allowed. Your boundary still stands.