

Wise Mom Mini-Manual



Guardian

Mothering Archetype

by Souzzann Zink

Introduction

You have just taken a huge step toward bringing out more of your natural gifts to allow you to give your very best to your children! Whatever else you take away from this little booklet, know that you have inside of you **exactly** what your kids need.

This is one in a series of 8 mini-manuals designed to help moms of all styles and personalities to appreciate their natural strengths and develop powerful mothering skills that will be more challenging. Remember, all mothers have many influences, so you probably have at least few things in common with more than one archetype. (If you would like to get copies of all 8, and all those tips and insights, please go [here](#) to share the quiz on Facebook and then get free access to the full set.)

Though some archetypes will typically tend to be more extraverted or introverted, moms of each type can tend toward either attribute. If you tend to be more introverted, beware of being too hard on yourself. Though introverted moms can have great understanding of themselves and their children, they can also be too quick to find ways they don't feel like they are measuring up. Remember, you are enough - **today** ♥ !

All of the recommended affirmations, and parenting techniques will be useful for all families. The challenges ("kryptonite") and strengths ("superpowers") of each archetype will help give you insight into how your whole personality serves your kids - whether each one listed is a perfect fit or not. I am very eager to improve the quiz and the mini-manuals in any way I can, so please [go to our website](#) and leave a comment to let me know what you think. We welcome any suggestions as to what would make them better, as well as any insights that were spot on with your experience. It would be especially helpful to know which techniques really helped you with your kids!

with love,

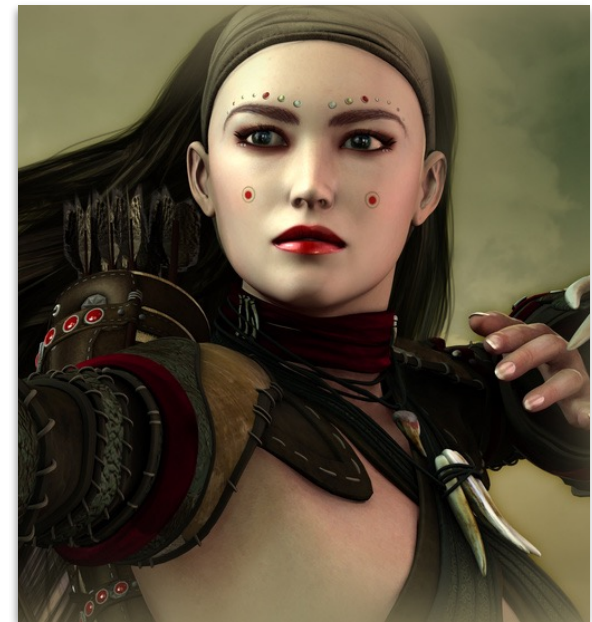
Souzzann

Your Archetype Overview

Guardian

A Key Focus: **Justice**
Often Seeking: **Security**

<i>Superpowers</i>	Natural Strengths:	Discerning Vigilant Orderly
	Notices:	Risk Child's vulnerabilities
	Contributes:	Reliability Energy
	At her best brings:	Solutions • Courage Enthusiasm
<i>Kryptonite</i> (Feels threatened by)	Carelessness - Threat of loss	Reacts - Overly diligent protecting
	Limitations - Can be:	Cynical - Rigid
	Under extreme stress:	Escapism • Frenzy
	When she lacks perspective, she:	• Sacrifices the important for the safe or known, such as keeping her children too confined for their safety
	When she's exhausted or stressed, she may:	• Overprotect or over-direct her children; following an advisor who promises what she is afraid her children lack



Special Benefits of Your Archetype - For Your Kids

Your archetype is called the Guardian because you diligently preserve the good and work to keep your family and yourself safe and secure. You honor your community and value making it stronger.

The more obvious benefits of your natural gifts are that you model:

- Responsibility
- Community-mindedness
- Vigilance and reliability
- Consistency and loyalty

You also clearly support your children in these ways:

- Comfort with creating a stable, consistent environment of respect
- Model responsibility, work with them to learn to contribute and honor their contributions in your home

The less obvious benefits are that, especially if you are deepening your mothering practice and maturing, you will tend to bring out in your kids:

- Courage, willingness to stand up for their own values, especially as they see you conquer fear and doubt
- Dedication to contributing to their communities as they see you doing this while becoming more comfortable with them choosing their own ways to give their gifts - even when they differ from yours
- Highly developed sense of where to honor tradition and where to blaze a new trail, especially as you learn to choose what you will keep and what you will let go from your own upbringing
- Clarity on their own beliefs about the world, based partly on having such a clean and consistent worldview modeled to them by you

New School Mom Tools - Tailored for Your Type

These are the tools you need most. (Many replace old school practices such as punishment and over-direction.) Some things come so easily to you, such as modeling respectful behavior, that you may not need to focus on them. You're likely to just notice the good examples around you, and model them, in areas of your strengths. The tools below are likely to help you fill in some gaps that now exist in your mothering. They are in three categories: *Mindset*, *Fill the Pantry Strategies*, and *In the Moment Actions*. The *Mindset* statements are simply beliefs to say aloud, write or type out, or think through as you walk or do other movement. *Fill the Pantry Strategies* are the tools that usually require a little thought, planning, or preparation but then return great rewards that keep on giving - to your kids and to you in that they make things much easier and/or efficient once they are done the first time.

MINDSET:

- ❖ I am worthy and capable.
- ❖ I am safe and secure.
- ❖ My child is capable.
- ❖ The world is beautiful and friendly.
- ❖ I understand my child's abilities and adapt my expectations.
- ❖ I choose the most loving action over questioning myself.

STRATEGIES AND ACTIONS

Fill the Pantry

- Self-care
- Another set of eyes & ears
- Child-manageable home
- Boundaries held stable - use environment
- Independence coaching
- Collaborate & negotiate meetings
- Clear, simple expectations set
- Calm & positive state (before interacting)
- Attractive home (to your child)
- Celebrations & rituals - child's input
- Visual messages of love
- Planning family fun meetings
- Planned cuddle time and hugs
- Planned play times & learning together

In the Moment

- Eye contact at eye level
- Boundaries held stable; flexibility - other actions
- Artful questions (including limited choices)
- Problem solve together
- Empower improvement, encourage self-evaluation
- Guidance with skills, not correcting or overdoing
- Respectful touching, with permission (non-verbal)
- Listening & waiting, not interrupting
- Respectful language, limiting words
- Reflect child's mood & words
- Positive messages, not praise (manipulative)
- Hug breaks
- Silly breaks

More Support for You

You have in this mini-manual help to start:

- ❖ Fully appreciating the magnificent gift you are to your children (so you can give it more fully!)
- ❖ Noticing gaps or needs that you need to address
- ❖ Filling in any gaps in your mothering that are based on your wounds or less developed talents

Before you do anything else, choose **one thing** from this booklet to start doing for yourself or with your children **today!** You'll be **so** glad you did. (No need to pick the perfect thing - this information will be here for you to come back to at anytime. Pick the one you just think might be fun or interesting to check out.)

If you already know you'd like more support from me on your mothering journey, please go [here](#) and let me know. Until then -

Mother from your wisdom!

(not from your wounds)

with love,

Souzzann

