



Connection Before Correction: Nurturing Healthy Relationships With Our Children

MWC Tea & Chat

Facilitator Background

Sara Adam, born and raised in Kenya, is a dynamic and dedicated professional with a multifaceted skill set and an unwavering passion for empowering others. As a certified Conscious Parenting Coach and a Self-Defence Martial Arts Instructor, she brings a unique blend of empathy, resilience, and practical expertise to her work.

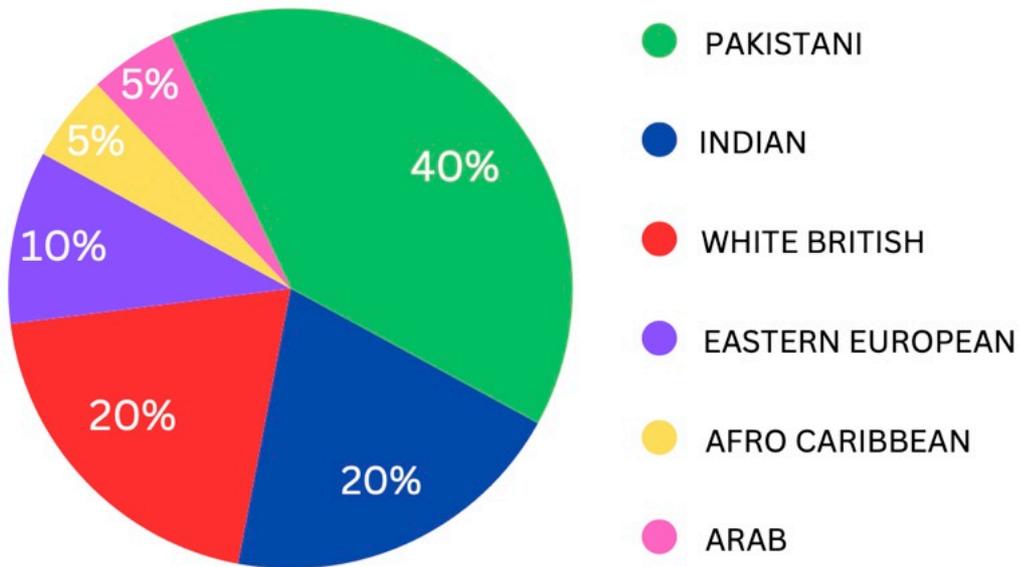
In addition to her coaching and martial arts qualifications, Sara is a specialist in team building and group dynamics. She has facilitated numerous spiritual retreats and team-building workshops, integrating mindfulness, breathwork, and fascial flow techniques to inspire personal growth, enhance communication, and promote effective collaboration within teams.

As a single mother, Sara's life experiences profoundly shape her approach, allowing her to connect deeply with individuals and teams. Her work is anchored in faith and breath-work, fostering a holistic journey of personal and collective development—one breath at a time.

Sara's mission is to empower individuals and teams to build stronger relationships, balance personal and professional aspirations, and achieve their goals through mindfulness and connection. Her innovative and compassionate approach makes her a transformative force in every endeavour she undertakes.

Event Overview

Ethnicity of Participants



Total attendees were 58 women

Research shows that poor parenting, especially neglect or harsh discipline, can lead to long-term behavioural issues in children, including aggression, school exclusion, and criminal activity later in life. In Bradford, where nearly 75,000 crimes were recorded in the year to September 2023, including over 33,000 violent offences, such early life factors are likely contributors.

Supporting parents with nurturing and consistent approaches could help reduce these trends and improve outcomes for both families and the wider community.

Many parents from South Asian and migrant backgrounds in the UK face unique challenges when it comes to raising children. They often find themselves balancing traditional family expectations with the realities of parenting in a very different cultural environment. Mothers, in particular, can feel caught in the middle, expected to maintain cultural values while supporting their children's development in a society that encourages independence, open discussion, and emotional awareness.



This event, *"Connection Before Correction: Nurturing Healthy Relationships with Our Children,"* has been organised in response to these challenges. It aims to create a space for parents to explore how to build stronger, more understanding relationships with their children. The focus is on connection, listening, empathy, and mutual respect, as the foundation for any guidance or discipline.

In many families, especially where extended relatives are involved, parenting decisions can be influenced or even overridden by others. This can leave mothers feeling undermined or unsure of their role. Added to this are wider issues such as language barriers, lack of support networks, and concerns around mental health, all of which can make parenting feel even more difficult and isolating.

This event recognises these realities and offers a supportive environment for reflection and shared learning. It will provide practical ideas for nurturing trust and communication at home, while also encouraging parents to think about how their own childhood experiences shape the way they raise their children. Above all, it's about creating space to connect, with our children, and with each other.

This session captures a profound exploration of parenting challenges and strategies for deeper connection with children.

Here's a summary of the key themes covered:

1. Parenting Challenges

- Managing emotional regulation during stressful moments.
- Balancing multiple roles, especially as single parents.
- Supporting children's mental and emotional wellbeing.

2. Conscious Parenting

- Seeing children as equals, not subordinates.
- Recognising how personal triggers and past experiences influence parenting.
- Understanding the impact of tone, energy, and presence.

3. The Power of Listening

- Reflecting on whether we truly hear our children.
- Prioritising connection over correction.
- Creating space for children to express themselves without fear of judgment.

4. Parental Projections

- Avoiding the imposition of unfulfilled dreams onto children.
- Respecting children's individuality and unique paths.
- Letting go of comparison and control.

5. Breaking Generational Cycles

- Healing from one's own childhood wounds.
- Choosing empathy and reflection over reaction.
- Building trust through consistency and presence.



The session was delivered through interactive exercises and discussions:

1. Exploring Parenting Struggles Through Open Dialogue - Participants engaged in open, honest conversations about the challenges of parenting, guided by conscious parenting principles such as empathy, presence, and emotional awareness.

This activity helped them feel more connected and supported. It encouraged vulnerability and mutual understanding, laying the groundwork for more cooperative parenting.

"I didn't realise how much I was holding in until we talked. It felt like a weight lifted."

"I've never had a conversation like that before."

2. The Pen-Dropping Exercise: Letting Go of Control - Participants were asked to hold a pen and then drop it, symbolizing the act of releasing control over their children's every move and decision.

The exercise served as a powerful metaphor for trust and acceptance. It helped participants reflect on their need for control and the importance of allowing children space to grow.

"It was such a simple action, but it hit me hard. I realised how tightly I've been holding on."

"Letting go doesn't mean not caring, it means trusting."





3. Bubbles as Meditation: Finding Balance - Participants blew soap bubbles as a form of mindful play. The activity illustrated the importance of balance—too much force and the bubble bursts, too little and it won't form.

This playful exercise brought calm and joy, while subtly teaching the value of balanced effort and emotional regulation in parenting.

*"It reminded me that parenting can be fun too—we forget that sometimes."
"The bubbles were like a mirror. I saw how my energy affects everything."*

4. Visualizations: The Emotional World of Children - Participants took part in guided visualizations that highlighted how children, even in the womb, are sensitive to their parents' emotional states and interactions.

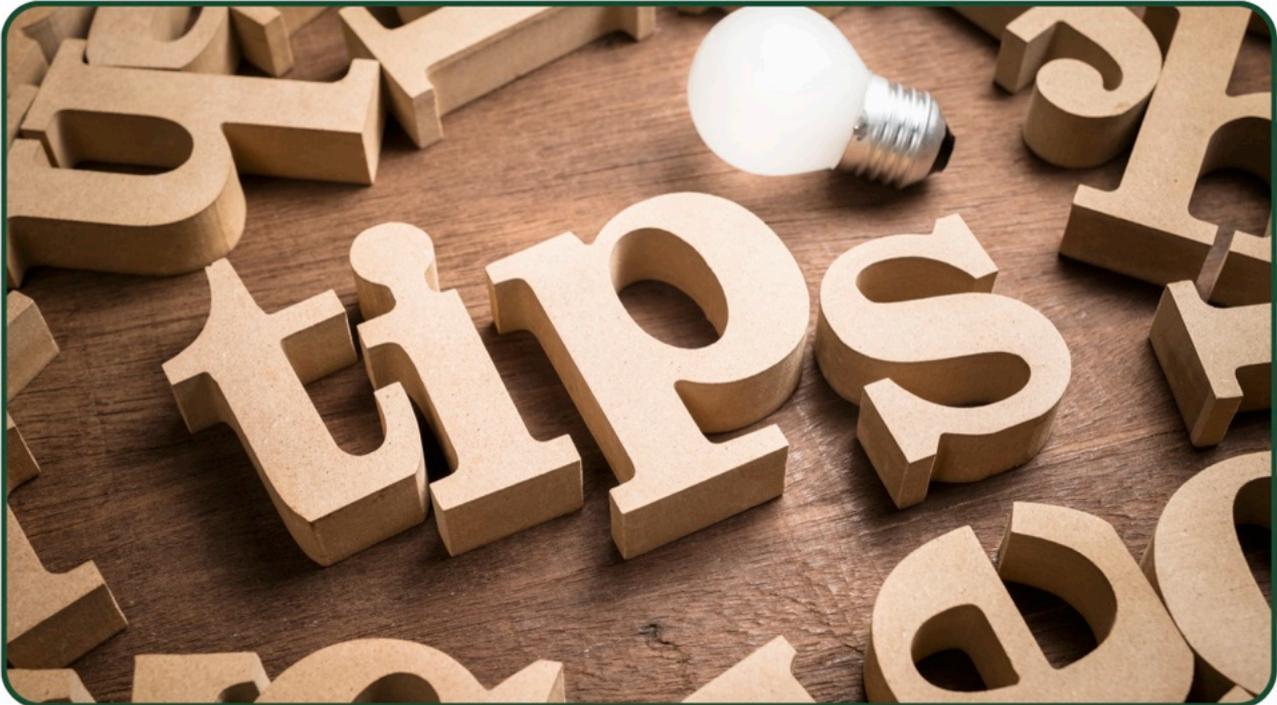
This activity deepened emotional awareness and encouraged participants to be more mindful of the emotional environment they create for their children.

*"It made me realise how much my baby feels, even before birth."
"It was a wake-up call, I want to be more emotionally present."*

Participant Feedback & Quotes

The session received overwhelmingly positive feedback. Participants appreciated the safe, non-judgmental space and the practical tools shared.

- *“I never realised how much of my parenting was shaped by my own childhood. This session helped me pause and reflect.”*
- *“The pen-drop exercise was so powerful. I finally understood that I can’t control everything, and that’s okay.”*
- *“It felt so good to be heard and to know I’m not alone in these struggles.”*
- *“Sara’s story and energy were so inspiring. I left feeling lighter and more hopeful.”*
- *“I’ve always felt guilty for not being the ‘perfect’ mum. This session reminded me that connection matters more than perfection.”*
- *“Hearing other women share their stories made me feel less alone. We’re all trying our best.”*
- *“I’m going to start asking my children how they feel instead of just telling them what to do.”*
- *“The idea that I can break the cycle and do things differently from how I was raised is so empowering.”*
- *“I wish I had learned this years ago. Every parent should attend something like this.”*



The women attending took away the following parenting tips:

- **Build Connection:** Spend time doing what your child enjoys; listen without interrupting. Discipline is more effective when rooted in empathy and trust. Children respond better when they feel seen, heard, and understood.
- **Foster Autonomy:** Let children make choices and learn from mistakes. Children need space to make mistakes and grow. Trusting their process fosters independence and confidence.
- **Self-Reflect:** Monitor your own energy and triggers. Parenting is often shaped by our own childhood experiences. Recognising personal triggers helps prevent reactive parenting.
- **Lead with Empathy:** Understand your child's emotions and respond with compassion. Active listening builds emotional safety. Children are more likely to open up when they feel respected.
- **Healing is Possible:** Breaking generational patterns starts with small, conscious changes. Parents can model emotional regulation and resilience.

Conclusion

This event was a meaningful step toward empowering mothers in Bradford to parent with greater awareness, empathy, and confidence. By fostering connection before correction, we can nurture healthier relationships at home and contribute to stronger, more resilient communities.

The group also came up with some recommendations that they felt important to learn:

1. Daily Connection Rituals

- Spend 10–15 minutes daily in child-led play or conversation.
- Use bedtime or mealtimes for emotional check-ins.

2. Practice Reflective Parenting

- Pause before reacting; ask, “What does my child need right now?”
- Journal or talk to a peer about parenting challenges.

3. Model Emotional Regulation

- Use breath-work or grounding techniques when overwhelmed.
- Narrate your own feelings to teach emotional literacy.

4. Create a Support Network

- Join local parenting groups or WhatsApp communities.
- Share experiences and learn from others in similar situations.

5. Encourage Autonomy

- Offer choices (“Would you like to wear the red or blue jumper?”).
- Let children solve age-appropriate problems on their own.



They also suggested ideas of how local services and community groups could help them:

1. Culturally Sensitive Parenting Workshops

- Offer regular sessions tailored to diverse communities.
- Include interpreters or translated materials where needed.

2. Peer Support Groups

- Facilitate ongoing, informal meetups for mothers to share and reflect.
- Train community champions to lead these groups.

3. Mental Health and Trauma-Informed Support

- Provide access to culturally competent counselling services.
- Offer workshops on managing stress, anxiety, and intergenerational trauma.

4. Father and Extended Family Engagement

- Develop sessions that include fathers, grandparents, and in-laws.
- Address family dynamics and shared parenting responsibilities.

5. Accessible Resources

- Create short videos, WhatsApp messages, or leaflets with parenting tips.
- Use community centres, schools, and mosques to distribute materials.

6. Partnerships with Schools and Health Services

- Collaborate with schools to identify families needing support.
- Train teachers and health visitors in conscious parenting principles.

**Report created by the Tea & Chat
participants supported by the MWC Team**