



Media Kit

Jacqlin Richards

Your kid isn't the problem.
What's driving you is.

THE WORLD HAS
CHANGED
PARENTING HASN'T.
NOW IT MUST



JACQLIN RICHARDS

Parenting Alchemist

Jacqlin Richards is a **Parenting Alchemist**, speaker, mother of two, Amazon #1 bestselling author of ***F*ck Up Your Kids with Grace & Humour***, and founder of the **Resourced Parenting Method™**.

A recipient of the 2025 Women Changing the World Gold Award for Adult Education and Training, Jacqlin is challenging the way we think about parenting, personal responsibility, and generational change.

Her work begins with a simple but confronting premise: your kid isn't the problem. What's driving you is. While much of the parenting world focuses on behaviour, strategies, and getting parents to do better, Jacqlin goes underneath the behaviour. She helps parents recognise the reactive loops, inherited conditioning, survival patterns, and unresolved pain that can quietly shape how they lead, love, protect, control, rescue, and relate to their children.

At the heart of her work is the belief that parenting is not simply a behaviour problem — it is a capacity problem. Parents can know exactly what they want to do and still find themselves yelling, shutting down, overcontrolling, rescuing, or repeating patterns they swore they would never pass on. More information alone cannot change what we do not yet have the capacity to hold.

Grounded in lived transformation rather than theory, Jacqlin's work blends nervous-system awareness, intuition, humour, radical self-responsibility, and practical tools for interrupting reactive patterns in real time. Rather than holding parents to an impossible standard of perfection, she invites them to become curious about what is driving their reactions, take responsibility for their impact without collapsing into shame, allow themselves to be human and make mistakes, repair when they get it wrong, and build the internal capacity to choose differently.

Through the **Resourced Parenting Method™**, Jacqlin helps parents move beyond externally imposed rules and one-size-fits-all advice to develop greater self-awareness, emotional capacity, and trust in their own inner knowing.

Her book, ***F*ck Up Your Kids with Grace & Humour***, brings this work to a wider audience through an unfiltered exploration of parenting, inherited patterns, pain, repair, screens, responsibility, and what it takes to raise emotionally resourced, resilient humans in a world radically different from the one in which most parents were raised.

Through her books, speaking, workshops, coaching, and community, Jacqlin is building a movement of parents willing to look beneath behaviour, interrupt what has been passed down, and create meaningful change in themselves, their families, and the generations that follow.

About the Book

Most parents don't realise they're not simply reacting to what is happening in the moment — they're reliving the past.

We're told to be patient, get it right, and raise "good kids." But beneath the pressure, guilt, control, and constant second-guessing, something deeper is shaping the way we parent: inherited beliefs, emotional conditioning, unconscious reactions, and nervous-system survival states that keep old patterns repeating.

Because your kid isn't the problem. Neither is the world we're living in. What's driving you is.

F*ck Up Your Kids with Grace & Humour: The Truth About Parenting became an Amazon #1 bestseller in all three of its launch categories, reaching across New Zealand, Australia, the U.S. and beyond. This remarkable book offers a different way forward.

Not more strategies.

Not more pressure.

A no-BS path back to yourself.

Through the **Resourced Parenting Method™**, Jacqlin Richards shows parents how to recognise the patterns operating beneath their reactions, interrupt them in real time, stop parenting from the past, and meet what is actually happening with greater truth, presence, intuition, and capacity.

This is the shift from reaction to relationship.

From survival to connection.

From lead to gold.

Raw, funny, confronting as hell, and full of heart, this book invites parents to take responsibility without collapsing into shame, allow themselves to be human, repair when they get it wrong, and build the internal capacity to choose differently.

It will change how readers see themselves, their children, and what is truly possible within their families.

RESOURCED PARENTING™

A new model for raising humans
in a rapidly changing world

From global award-winning creator

Jacqlin Richards

Founder of the Resourced Parenting Method™
International #1 Amazon Bestselling Author of
*F*ck Up Your Kids with Grace & Humour*



Who This Book is For

The high-functioning parent who looks capable on the outside but feels reactive, ashamed, exhausted, or disconnected at home.

They love their children deeply, but they keep snapping, rescuing, controlling, collapsing, or repeating patterns they swore they would never repeat.

They have tried the scripts, read the books, listened to the podcasts, and know what they “should” do — but in the moment, their nervous system, history, shame, fear, and conditioning take over.

They are not looking for perfect parenting.

They are looking for truth.

They want to understand what is driving their reactions, stop parenting from fear, repair without shame, build real capacity, and raise resilient, emotionally honest, empowered children in a world that old parenting models were never designed for.

This parent does not need another strategy.

They need to become resourced.

They need to stop making the child the problem and start meeting the pattern at the root.

The Timing

Why Now?

The world has changed. Parenting hasn't kept up. Now it must.

We are at a tipping point in how humans relate, parent, and lead.

- Mental health, anxiety, and disconnection are at an all time high
- Parents are actively seeking new models — not more advice
- Digital education has normalised transformation at scale
- The shift from behaviour control to internal capacity is already underway

What's missing is a scalable model for building internal capacity that actually works.

**The Resourced Parenting Method™
meets this moment – and is built to scale it.**

Interview Questions

**You're not reacting because you're a bad parent.
You're reacting because your nervous system
learned survival before connection.**

1. **You say, "Your kid isn't the problem. What's driving you is."** What do you mean by that?
2. **Why do so many parents know how they want to parent** but still find themselves reacting in ways they promised they never would?
3. **You believe parenting isn't primarily a behaviour problem — it's a capacity problem.** What does that mean, and why does it change the way we approach struggling parents?
4. **How can parents begin to recognise when they're responding** to the child in front of them, versus reacting from their own childhood conditioning?
5. **You talk about responsibility without shame.** How can parents take full ownership of their impact on their children without becoming trapped in guilt, shame, or the pursuit of perfection?
6. **Why is repair so important, and what can children learn** when a parent gets it wrong, takes responsibility, and returns differently?
7. **What does it actually look like to interrupt a reactive pattern in real time** — when you're already overwhelmed, triggered, or about to lose your shit?
8. **Parents today are raising children in a world of screens,** social media, AI, pornography, comparison, and unprecedented pressure. Why do you believe the old parenting playbook is no longer enough?
9. **What happens to children — and to the wider family system** — when one parent starts doing the inner work and changing the patterns they inherited?
10. Your book is called ***F*ck Up Your Kids with Grace & Humour***. Are we all going to fuck up our kids — and if so, where do grace and humour come in?

Jacqlin Richards delivers a brutally honest, deeply compassionate, and laugh-out-loud exploration of modern parenting, trauma, healing, identity, nervous-system awareness and generational change.



Story Ideas for Reporters

You're Not Reacting to Your Kids — You're Reliving Your Childhood

Why ordinary parenting moments can activate emotional conditioning from decades earlier, and how understanding what is driving our reactions can help parents interrupt inherited patterns.

Raising Kids in 2026: Why the Old Parenting Playbook No Longer Fits

Parents are raising children through screens, social media, AI, pornography, comparison, anxiety, disconnection, and pressures previous generations never faced. Why modern families need a new conversation about parenting — not simply more strategies inherited from the past.

Why You Keep Snapping at Your Kids — Even When You Know Better

Why knowledge alone doesn't change behaviour when parents are overwhelmed or operating from survival states, and how building internal capacity can help parents interrupt reactive patterns in real time.

Responsibility Without Shame: Why Shaming Parents Won't End Generational Patterns

Parents need to take responsibility for their behaviour and the impact they have on their children. But responsibility and shame are not the same thing. Why curiosity, ownership, repair, and the capacity to choose differently create more meaningful change than parenting perfection, judgement, or blame.

Why Apologising to Your Kids Might Be One of the Most Powerful Parenting Moves You Can Make

Connected families are not built through perfection or the absence of conflict. They are built through repair. What children learn when parents take responsibility without collapsing into guilt or shame, return after rupture, and show that mistakes can become the lead we transmute into gold.

What Happens to Children When Their Parents Start Doing the Inner Work

How one adult's willingness to examine their reactions, inherited conditioning, and unresolved patterns can change the emotional culture of a family — and transform what gets passed to the next generation.

The Best Thing You Can Do Before Your Baby Arrives Has Nothing to Do with the Nursery

Additional interview topics include: preparing emotionally for parenthood; what antenatal classes don't teach you; repairing fractured relationships with adult children; defensiveness when adult children name the impact of their childhood; nervous-system capacity and reactive parenting; and the **Resourced Parenting Method™**.

Media Appearances

ARTICLES:

Good Magazine

[The Power of Apologising to Your Child](#)

[Women's Weekly](#)

[Kiwi Parent Magazine](#)

Kim Crossman

[The Hardest Part of Parenting Isn't Raising Your Child, It's Meeting the Parts of Yourself Your Child Reflects Back to You.](#)

PODCASTS:

Brian Berneman

[Raising Unshakable Children: The Inner Work Every Parent Needs to Do.](#)
[On Spotify](#) [On Apple Podcast](#) [On Youtube](#)

Kate Mason

[Parenting and Personalities - Why Labeling Things as Either "Good" or "Bad" is Bad](#)

Karen Tui Boyes

[How to Empower Your kids Through Choice](#)

Resilient Entrepreneur

[How Your Inner Child Controls Your Entrepreneurial Success with Jacqlin Richards](#)

Hot Messes, Big Visions

[EP 019: F*ck Up Your Kids with Grace & Humour, with Jacqlin Richards](#)

TV INTERVIEWS:

Seven Sharp 13 July 2026

[School Holiday Stress - It's Not Your Kids, It's You!](#)

VIDEOS:

Interview on The Cafe

[How to Lose the Term Ex Partner and Choose the Term Co-Parent](#)

Natalie Cutler-Welsh, Up Your Brave

[Love, Relationships & Parenting.](#)

The Collective Pulse

[Parenting, Relationships and Specifically the Power of Being Present.](#)
[Interview with Stacy Taylor 12 Sept 2024.](#)

SUMMITS:

Karen Tui Boyes

[Parenting for Resilience, Confidence and Independence Online Summit](#)

"This book is a full-body truth bomb; raw, hilarious, confronting, and deeply liberating. Jacqlin's voice is quirky, unapologetic, and completely on point, cutting through parenting bullshit with compassion, courage, and hard-won wisdom. You won't read this book and stay the same. It will crack you open, make you laugh out loud, and invite you to parent (and live) with far more honesty, grace, and humanity."

— Karen Tui Boyes

Author, Speaker & Educational Alchemist, Spectrum Education Ltd

Endorsements

"This book is not about perfect parenting. It is about becoming a more conscious, resourced, and truthful human being, so our children inherit more freedom than fear. Jacqlin Richards has made a bold and important contribution to the parenting conversation."

— **Dr. Shefali Tsabary**

New York Times bestselling author of *The Conscious Parent* and *The Parenting Map*

"When a parent changes the place they are parenting from, the child receives a different world. That is the quiet revolution inside this book.

This book has dirt under its fingernails. It has tears in it. It has laughter in it. It has the quality of someone who has entered her own fire and returned with something useful."

— **Mark Falzon**

Founder, MAD (Make A Difference), author of the Foreword

"This book could easily be called Parenting By Magic. It's about breaking free of the uphill battle that is the old, stuck, unimaginative, mechanical paradigm of controlling behaviour - your own and your children's. It invites you to be guided by the wisdom of your heart in serving the highest good and potential of everyone in the family.

Jacqlin Richards is one of the most conscious and dedicated educators I've ever met. If you let her guide you on this journey, your life will change — and the people you love will feel the difference."

— **William Whitecloud**

*Author of *The Magician's Way* and founder of Natural Success*

"Jacqlin Richards forges into exciting new territory with ***F*ck Up Your Kids with Grace & Humour***, a trailblazing book that invites parents to understand themselves better so they can support their children more effectively in a world that has tilted perilously off its axis. This book provides an extraordinary new parenting paradigm while sharing the author's inspiring personal story — one that will ignite possibility in the hearts and minds of readers everywhere. Without a doubt, this book stands to change the trajectory of humanity."

— **Susan Crossman,**

Author, Author Coach, and Editor

International Gold Award Winner for Literature, Women Changing the World

"In over 25 years working with families, I have learned that lasting change never starts with the child. It starts with the parent, and that is exactly where Jacqlin Richards begins. Real, raw, and refreshingly honest, this book reminds us that parenting was never meant to be perfect. With humor and lived experience, she shows how the patterns we inherited shape the way we raise our kids, and offers something far more powerful than perfection: when we heal and grow, our children do too."

— **Veenu Keller**

The Parent Child Whisperer®

"Jacqlin Richards believes the path to empowered, connected parenting lies in self-awareness and the courage to embrace imperfection. By focusing on personal growth and authentic connection, parents can break generational cycles and raise resilient, self-aware children.

This book offers a practical, humorous, and deeply human roadmap for this journey."

— **Karen Campbell**

Child Behaviour Specialist

The PARENTING revolution starts here



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