

# RESOURCED PARENTING™

A new model for raising humans in a rapidly changing world

From the global award-winning creator of:  
*F\*ck Up Your Kids With Grace And Humour*

*Jacqlin Richards*

Founder of the Resourced Parenting Method™  
Global Launch 2026



## Parenting Alchemist • Speaker • Author • Award-Winning Educator

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

Her work challenges conventional ideas about parenting and invites parents to look beyond behavior, perfection, and quick-fix strategies to understand what is happening beneath the surface—within their children and within themselves.

Blending lived experience with trauma-informed practice, nervous-system work, intuitive awareness, and humour, Jacqlin helps parents recognize the patterns they inherited, understand the triggers that shape their responses, and move from reactive parenting toward more grounded, connected, and conscious leadership.

At the heart of her work is a powerful premise:

When we change the way we show up, we change what gets passed on. Jacqlin's approach isn't about becoming a perfect parent. It's about becoming a more aware, resourced, honest, and connected one.

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

**Jacqlin's keynotes, conversations, workshops, and author events are particularly relevant for:**

Parenting & Family Conferences • Schools & Educators •  
Parent Communities • Women's Events • Leadership Teams •  
Organisations • Wellness & Mental Health Events  
• Bookstores & Libraries • Podcasts & Media • Community Organisations

Her presentations are designed not simply as motivational talks, but as paradigm resets—conversations that challenge audiences to reconsider what they believe about parenting, childhood, healing, and human development.

## Helping Parents Break Generational Patterns and Raise the Next Generation with Greater Awareness, Connection & Courage

What if the goal of parenting was never to get everything right?

In her bold and refreshingly honest book, Jacqlin Richards dismantles the myth of perfect parenting and explores how our childhood experiences, conditioned beliefs, nervous systems, and unresolved patterns quietly shape the way we raise our children.

Part parenting book, part personal transformation journey, *F\*CK UP YOUR KIDS with Grace & Humour* invites readers to stop parenting on autopilot and begin approaching family life with greater awareness, truth, connection, repair—and a much-needed dose of humour.

This book is for every parent—and every person who has ever been parented.

**Title: F\*CK UP YOUR KIDS With Grace & Humour**

**Subtitle: The Truth About Parenting (And Being Parented)**

**Author: Jacqlin Richards**

**Formats: Paperback & eBook**

**Trade Distribution: IngramSpark**

**Wholesale Discount: 45%**

**Returns: Returnable – Destroy**

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