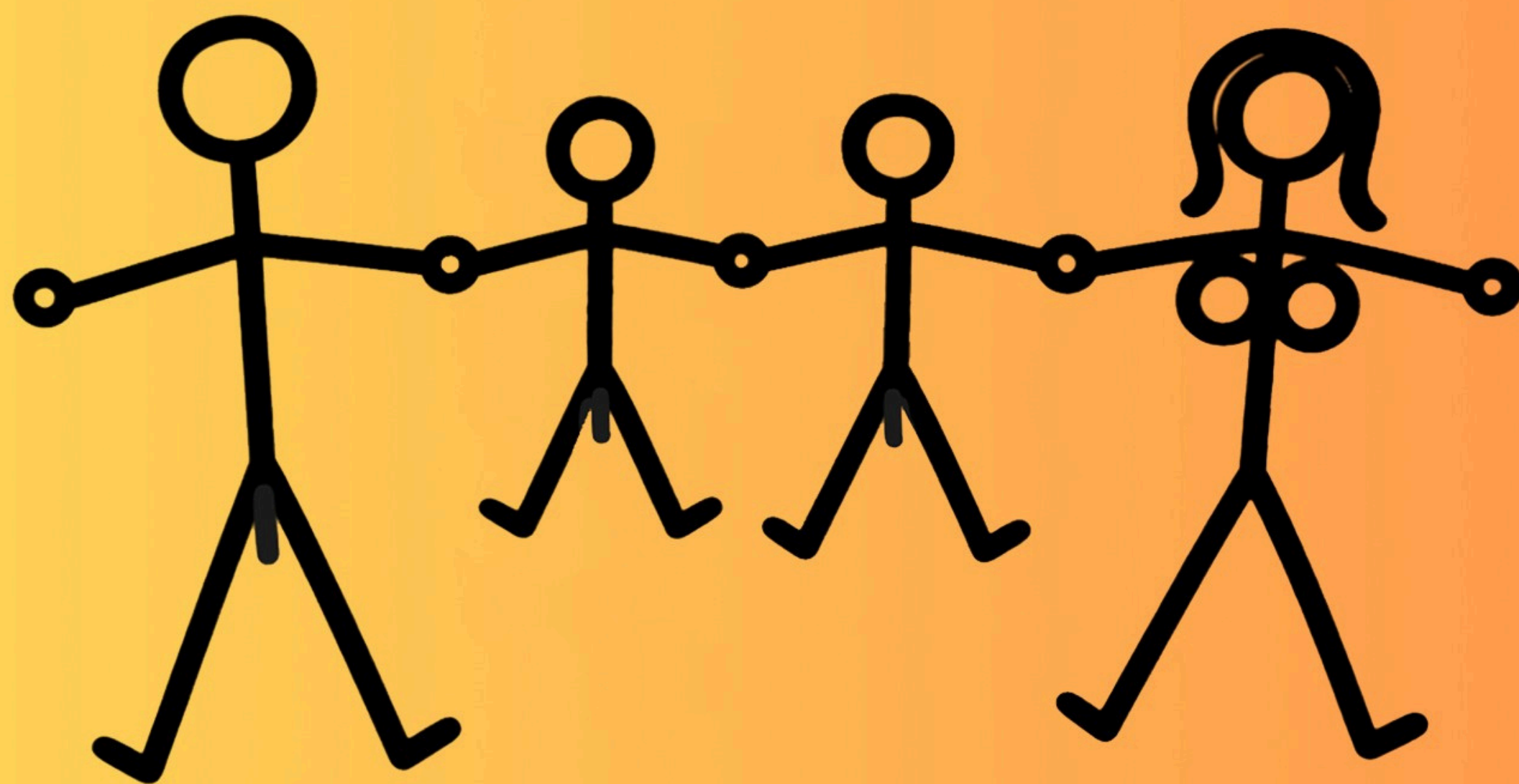


“A bold and important contribution to the parenting conversation.”
— Dr. Shefali Tsabary, New York Times bestselling author of *The Conscious Parent*

FUCK UP YOUR KIDS WITH GRACE & HUMOUR



THE TRUTH ABOUT PARENTING
(And Being Parented)

BY JACQLIN RICHARDS

"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*

"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 *Fuck 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

“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

“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 humour 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®

"I've just immersed myself in another world that wasn't mine yet felt oh so familiar. Your writing cuts right to the point and speaks so rawly about our humanness. It's beautifully written and I'm very excited to read it in its entirety. Thank you for giving me the honour of a preview. It's humanity's story. Everyone needs to read this book!"

— **Lisa Jeffrey**

Health and Wellness Facilitator & Founder of Sanctuary Retreat

"Jacqlin has written a brave and important book for parents who know there has to be another way. I wish this book had existed when I was raising my daughters."

— **Becky Norwood**

Spotlight Publishing House

**"When a parent changes the place they are parenting
from, the child receives a different world."**

— **Mark Falzon**

Author of the Foreword

Founder of MAD (Make a Difference)

FUCK **UP YOUR KIDS** **WITH GRACE** **& HUMOUR**

The Truth About Parenting
(And Being Parented)

Jacqlin Richards

Contents

Foreword.....	xiii
Introduction.....	xxiii
1. An Unlikely Beginning: Kilburn, Coke, and Going Numb	1
2. Filling the Void: A Journey from Addiction to Self-Discovery	21
3. Know Where You're Coming From: Why Start Here	41
4. Rescuing, Enabling, and Protecting Your Kids. And Why You Must Stop Doing That!.....	59
5. Parenting from the Past: Disrupting Unconscious Patterns	75
6. Bigger—I'm Externally Referenced in #VictimConsciousness!	93
7. Reframing Pain and Trauma as "Stuff That Happened"	113
8. The RAS-Ma-Tas.....	127
9. The Journey of Individuation: Why Parenting Calls You into Your Whole Self	141
10. The Myth of The Perfect and Worthy Parent.....	165

11. Stop Making Screens (and Everything Else) Bad	183
12. This Is the Practice.....	203
13. The Adoption—A Massive Lesson in Perception.....	215
14. Innocence is the Bridge to Intuitive Parenting	233
15. The Intuitive Parent’s Journey: From Wounds to Wholeness	253
16. The Field of Possibility: Join the Revolution	291
 Appendix A: Premises + A Note on Modern Alchemy.....	 299
Acknowledgements	303
About The Author	307
Book Resources.....	309
How To Work with Jacqlin	311

5

Parenting from the Past: Disrupting Unconscious Patterns

Have you ever heard your mother's words fly out of your mouth when your kid does something remotely thrilling—or, let's be real, downright dangerous? Or found your dad's "way" becoming your "way" when your kid pushes all your buttons, tests your patience beyond belief, and catapults you into full sergeant-major mode? The way we parent, without awareness of what we're doing and why, is a direct reflection of how we were parented. We typically either mimic our upbringing or swing to the opposite extreme. Sound familiar? The problem is that neither end of this spectrum is authentic, helpful, or empowering—for us as parents or for our kids, who are growing up in a world that looks nothing like the one we were raised in.

We get stuck like glue in conditioned loops of repetition and reaction—and have no idea how to escape.

Until now.

I've cracked the code. I've got the answer, I know the secret, I won the golden ticket—whatever you want to call it, I've got it, baby, and trust me, you want it.

What I'm talking about is the behaviour modelled by our primary caregivers—usually our parents. We often think our programming comes from what they said to us: the words they used (or didn't). Just like the words we now use to try to get our own kids to do what we want. But on my journey of becoming a kid-raising master—a Parenting Alchemist—I've learnt a ton.

My eyes were blown wide open when I realised this:

We're handing down way more than words.

What mattered was how our caregivers behaved. How they showed up. The choices they made—or didn't. That's what conditioned us as kids. And when that lands, it can be a little terrifying, because it means our parents unconsciously passed on far more than they—or we—ever realised. And now, we're doing the same thing—while trying our absolute best to raise our own kids with the only tools we've got: the programming from our parents... in a society full of other parents and people who've also been parented. Doh.

The good news? With a potent dose of intentional awareness, we can change that. Our relationships with everything—sex, money, alcohol, drugs, religion, marriage, body image, food, friendship, politics, race, culture, parenting, you name it—are all imprinted by how our parents related to these things (or didn't), without them needing to tell us a damn thing.

A Client Story (Changing Sexual Scripts)

A recent client refused to discuss sex with her kids because of her traumatic past. When I pointed out that they'd absorb her attitudes anyway—whether she spoke or stayed silent—and then

repeat or react to them in their own lives, she was horrified. I was excited—not because I enjoy causing discomfort, but because spotting these unconscious patterns is the first step towards truly life-changing growth as parents.

This awareness motivated my client to examine her relationship with sexuality, which we explored so she could empower herself into a completely different one. From there, she began having open, honest conversations about sex with her children—talks that left them far more confident and informed.

That's the heart of escaping the We-Parent-from-the-Past Trap: becoming conscious of the patterns you inherited, examining how they live in you now, and choosing to change them—whether they show up around sex, relationships, emotions, money, or anything else—so you don't unconsciously pass the same conditioning on to your kids.

If we're brave enough to look at what's flowing from us to them—and take responsibility without shame—our kids gain powerful insight from what we've already navigated.

They become better equipped and far less likely to recreate the same sexual wounds or harmful experiences. And if they do face those challenges, they'll have the resilience and self-knowing to move through them with far more power and grace.

Before we go any further, pause for a moment.

Not to analyse. Not to fix. Just to notice what landed in your body as you read that story. If you've nose-dived into this trap since becoming a parent and found yourself stuck there, it's all good. I'm going to help you haul your arse out—and we're going to have a laugh while doing it. I guide parents through these

realisations with humour, because parenting is serious enough, right?

When I first started working with parents, I told a room full of newbies that a baby must press a button on the way down the birth canal. Or maybe it's a lever. Nah—it's a switch. And once it's flicked, you'll never be the same—and neither will your partner. You fall—seemingly irreversibly (that's what I thought for a while)—into what I call autopilot parenting. You start mirroring or reacting to your own upbringing without even noticing.

I still remember the day I woke up and realised, with a full face-palm, that I'd turned into my mother. That's exactly how you land in the We-Parent-from-the-Past Trap.

Pause and Notice: Catching Autopilot in Real Time

The next time you feel yourself reacting—tightening, snapping, shutting down, lecturing—pause.

Just for a few seconds. And ask yourself one simple question:

Who does this feel like?

Not, Is this right or wrong?

Not, What should I be doing instead?

Just notice whether what's showing up feels familiar rather than true.

That's awareness, and awareness is where choice begins.

And for those who've had a C-section? There's gotta be another switch somewhere—at least that's what I told a cheeky couple in one of my workshops who just had to ask...

Most new parents have no idea their pre-parent and post-parent selves will be two completely different people. That unconscious transformation blindsides couples—and it's a big reason many separate. Back in the day, marriage was "forever". Now, if things aren't going swimmingly, splitting is far more acceptable. (Swap the current partner for a brand-new version of exactly the same—watch for my next book, because we'll definitely be going there.)

In the past, people stayed for the kids, for money, for survival, or out of fear of going it alone. So, it's not just society that shifts—we do. And noticing you and your partner morphing into your parents—or reacting hard against them—can be deeply uncomfortable.

The only real way to know what your partner will be like as a parent before they become one? Spend time with their parents. If you don't love what you see, consider yourself educated.

For most of you, though, the deed's done—you're already partnered with a parent you never saw coming. Who tells you this stuff, right? Would've been handy intel before making that baby. And I'm not saying you or your partner haven't done things differently—but without awareness, we tend to become our parents... or a not necessarily wanted, reflection of them.

I had a powerful conversation about this with Kerrin Leoni (Auckland mayoral candidate and Whau councillor). One idea lit me up: three months of coaching for parents-to-be. Imagine having this awareness before the baby's even conceived. I can—and I want to see it happen. And to be clear, not all parenting-

from-the-past is negative. Some people grew up in homes they'd happily replicate. But let's be honest—we've all got baggage from childhood, even if we've been expertly taught to squash it and cover it up.

Hi, Denial—you've been my very best friend for a very long time.

Naming the Wounds (So They Stop Running the Show)

We all have wounds. I'm going to help you understand why you have them, where they come from, and what they are—so you don't have to live at the mercy of what's been squashed down, covered up, or expertly denied. By recognising our "stuff," we stop it from unconsciously driving the car.

Lots of people swear they'll never do what their parents did. Others proudly do the exact same. The real question is: Does repeating or reacting support how you want to parent? Most of us are blindly stuck at the bottom of the We-Parent-from-the-Past Trap—unaware it even exists, let alone knowing how to climb out of it.

Discovering this in my own life changed everything. It showed me why all those pre-baby plans, ideas, and rose-tinted visions went out the window once our kid arrived. Understanding the conditioned foundation let me start rewriting my parenting story—shifting from clinging to "what's familiar" just because it's how I was parented, to choosing what's natural for me and aligned with what I truly desire—for me, my relationship, and my family.

That's what I mean by parenting from truth.

What I hear most from the parents I work with (and which echoes my own truth about parenting) is that they want to stop reacting on autopilot and instead create relationships with their partner, children, and others that are grounded in love, connection, fun, honest communication, sovereignty, and presence. They want to respond, not react—and above all, enjoy parenting more. Is that really too much to ask? I don't think so. And it starts with a commitment to authenticity—being open and real with yourself and the other people in your world. That means being willing to speak frankly and invite the same in return. To give feedback and be open to receiving it.

If you really want to lift out of the Parenting-from-the-Past Trap, enlist the people who know you best—your partner, your kids, your siblings, or close friends—and who've been around your family long enough to spot the patterns. Tell them, "If Grandma's voice is coming out of my mouth, or Grandad's habits are showing up in my parenting—let me know." The truth is, we can't see ourselves the way others can.

Reflect on your parents' behaviour when you were a kid and notice how it shows up in your life now. Can you see echoes of them in your own ways of operating? This awareness helps you create a short watch-for list. Tape it to the wall. Share it. Stick it to your forehead. Ask your people to flag it when they spot it. Yes, ask them directly for that bitch-slap of truth. Trust me, you want it, and you won't regret it.

The Mothership: Individuation and Programming

I was astounded when I fully grasped that the way I parent my own kids traces back to individuation—the first seven years of life that

every human navigates. Remember that phase I first mentioned back in Chapter 2? This is the programming that moulds the human (and parent) we become. If you've been following along, you'll know these early years are the mothership of it all.

So, if we parent from the past, what exactly makes up that past? Let's get into it. After the spark of conception, my individuation cycle began—just as yours did. I grew and developed for nine months inside my mother's womb: physically housed within her, energetically connected through feeling, literally attached via the umbilical cord and placenta that nourished me. As a tiny human-in-the-making, I was sensing, absorbing, and experiencing everything through that connection.

As wild as it sounds, our journey starts there in the womb, and it informs perceptions and beliefs long before we can talk.

At the very core of it all, it isn't what we're told—and not even what our parents do—that first forms who we are.

It's what our bodies absorb: the felt states we marinate in; the signals of stress or safety; our mother's own sense of self-worth, feeling enough, her beliefs about herself and the world—and the meaning we quietly stitch together from it all. We absorb her feelings about herself, and we make them about us. This is why embodiment matters—it's the foundation beneath words and behaviours.

As my unique sense of who I am—my individuation—unfolded, what I felt and experienced was imprinted on me—just as it was on you. That journey of becoming a separate human being continued through birth and into childhood. In my case, what that little me felt inside my mother's womb, but couldn't make sense of, was that I wasn't wanted—that she had chosen to give me up

for adoption. And, man, that early sense went on to inform so much of my life, as I lived out what I made it mean about me for most of my adult years.

From those early stages, we start building belief systems to help us navigate the world and make sense of those big feelings of separation, missing nurture, or lack of validation we felt as babies and children. That's our programming—and it's not all bad. Without it, we'd wake up every morning having to relearn how to walk, talk, and use a fork. Humans don't exactly arrive ready to roll; we get the basic operating system of breathing, sucking, crying, peeing, and pooing... and that's about it. The rest gets loaded over time. We're not like baby deer, strutting around the meadow an hour after birth. Programming keeps us alive—it's just that some of ours is running on ancient software begging for an update.

Let's run the upgrade.

The problem is the beliefs that make up our programming aren't an accurate reflection of reality—they're formed through our limited understanding as a baby and small child. Add to that fact that, along with these beliefs (as if that wasn't enough), we also create a whole bunch of disempowering strategies to "fix" our sense of separation or feelings of not being seen, heard, or loved. And with that, we've cooked up a recipe for disaster—one that traps us in repetitive cycles of behaviour as we try to compensate for the nurture and validation, we think we're missing.

And here's the kicker—do we really lack it at all? No. We believe we do because of how we felt and still feel. And because it's painful, we assume the belief must be true.

Mic-Drop Premise

Here we go. Let me give you one of the most powerful premises I've ever learnt—because this is the perfect place to drop it:

“
Your Thoughts and Feelings
Aren't Facts
”

Hear me out. Our thoughts and feelings aren't an accurate representation of reality—they're simply personal perceptions, filtered through our past experiences.

When one of my coaches first said, “Your thoughts and feelings aren't real”—which was the way he put it—I was livid. Of course they're real! I'm thinking my thoughts, feeling my feelings, and it all feels very, very real. And yes, we are thinking them and we are feeling them. But that doesn't make them facts. So, I reworded it:

Your thoughts and feelings aren't facts.

That simple shift cracked something open for me. It made me see how easily our perception—coloured by old beliefs—can lead us wildly off-track, often with disastrous results. This is a total mind-bending moment, because most of us just believe everything we think, feel, and see. We accept it as fact. We assume it's true.

And it's NOT.

Playground Proof (Seven-Year-Old Me)

A story from my childhood nails this home—and it's so simple even my kids get it. I was seven at the time when I overheard my two best friends talking. At first it was a blur, then the words sharpened—and I froze mid-step. They were saying the most horrible things, each one landing like a punch. They had no idea I was right behind them while they animatedly tore me to pieces.

They hated me. They weren't holding back—they were detailing exactly why, with absolute gusto.

I was horrified. Totally crushed. My head pounded, a hard lump swelled in my throat, and my stomach twisted so violently I thought I might throw up. I bolted to the sick bay. The nurse took one look at me and called my mum, who came and took me home—where I stayed for the next three days. When I finally went back to school, I spotted my friends in the playground. I was hesitant—no, I'm lying, I was petrified. They came bounding over, all smiles, telling me they'd missed me, asking where I'd been, saying they had loads to tell me.

It was like nothing had happened.

I was utterly confused.

I found the courage to speak (even though I didn't want to). I told them what I'd heard and how it made me feel.

"We weren't talking about you, silly! We were talking about Sarah, the class bully! Duhhhh!"

Oh.

My.

God.

My thoughts and feelings were not facts. I'd got the wrong end of the stick. I had trusted my thoughts and believed my feelings, and my body believed them too. What I decided was happening—*they hate me*—triggered a full-blown physiological reaction. I was sick to my stomach from something that wasn't even true. My mum would never let me stay home unless I was genuinely sick—so yes, I'd really done a number on myself.

And it had nothing to do with me. Zero.

But because "I'm not worthy" and "I don't belong" are two of my top fundamental beliefs, I couldn't do what I'd do now: walk over and say, "Heyyyy, what's going on here? Who are you talking about?" I didn't have the awareness back then—or, let's be honest, the courage. I treated thoughts and feelings as facts and didn't know how to check them at the fucking door.

And I know damn well we all do this. How many times have you got it wrong? Had the wrong end of the stick wedged between your teeth? Thought something was true when it just... wasn't? We've all done it. We've gone off at someone, had a massive reaction, lashed out—and been wrong. We've withdrawn, run away, and made something mean way more than it did—only to find out later we'd misread the whole damn thing. Some of us haven't even stuck around long enough to learn we misunderstood completely; we just walked away convinced we were right.

That's the thing: Our thoughts and feelings get triggered by old beliefs. Those beliefs reactivate whenever the present rhymes with the past. The mind spins a story that feels absolutely true—but so often isn't.

This is the exact cycle we're here to unravel in our parenting. Recognising it gives you the power to leave the past where it

belongs and choose differently—in real time. The individuation cycle informs who we believe we are; understanding it is how you become the parent you truly want to be.

And this is the part most parents have never been shown—what’s actually happening underneath their reactions.

Because once you see this, you can’t unsee it.

The Parenting Chain

Nervous System → Felt Experience → Fundamental Beliefs / Unconscious Meaning → Perception → Thoughts & Feelings → Behaviour → Parenting Outcome

Parenting Outcome → feeds back into nervous system state

Now let’s layer the truth into it:

Nervous System State (this is the entry point)

- **Survival vs resourced**
- **This determines everything** that follows.
- **Your nervous system is not reacting to the moment—**
it is determining how the moment is experienced.

Felt Experience (this is what’s happening in your body)

What is actually being sensed in the moment.

Tightness. Heat. Pressure. Urgency. Numbness.

This is the raw sensation arising in your body before you make meaning of anything.

When you're in survival, this can feel overwhelming, intense, or uncomfortable—and your system will try to make sense of it as quickly as possible.

You're not reacting to your child first.

You're reacting to what's happening inside your body.

If you don't understand this step, you'll keep trying to fix your thoughts... while your body is already running the show.

Fundamental Beliefs / Unconscious Meaning

What you've learned about:

- **yourself**
- **others**
- **the world**
- **children**
- **behaviour**
- **control**
- **safety**

These are not just conscious thoughts.

They are deeper, often unconscious meanings your system formed in response to repeated experience.

They are pre-verbal, nervous-system-level conclusions created before you had the language or capacity to make sense of what was happening.

Beliefs like: I'm not safe. I can't trust. I'm not worthy. I'm alone. I have to control this. I'm powerless.

These beliefs do not sit passively in the background. They organise perception, shape interpretation, and drive the whole damn system—often without you even realising they're there.

Perception (this is where it comes alive)

How you interpret:

- **yourself**
- **your child**
- **what's happening in the moment**

This is where the present gets filtered through the past.

The same behaviour can mean something completely different depending on the beliefs underneath it.

Same behaviour. Different parent. Completely different meaning.

Thoughts & Feelings

What gets activated internally.

This is where most people finally notice what's happening.

The thoughts running through their mind.

The stories.

The emotional charge.

But by the time you're here, you're already downstream.

What you think and feel is triggered by the beliefs sitting under the surface that are already shaping your perception of what's happening in the moment.

Behaviour

What you say. What you do. How you react.
This is what most people try to fix.

Parenting Outcome

Connection or disconnection
Safety or fear
Conflict or repair
Openness or secrecy

The Mic Drop

Most parenting advice tries to change behaviour. But behaviour is the last domino before the outcome. You don't start there. You go upstream.

The Critical Piece (this is everything)

- **The nervous system** doesn't just sit at the start of the chain. It sits above it. It drives everything beneath it.
- **A nervous system** in survival activates old beliefs, hijacks perception, amplifies emotion, and drives reactive behaviour.
- **A resourced nervous system** creates the conditions for clarity, presence, choice, and connection.

What makes this method different

Most models start at thoughts, behaviour, or communication.

I don't. I start with state.

- **You're not reacting** to your child.
- **You're reacting** from a nervous system that has already decided whether you're safe.

The Resourced Parenting Method (Core Mechanism)

Change your state... and you change the entire chain.

Before you ever had language... before you could make sense of the world... your body was already learning.

Your nervous system was taking in everything. Safety. Stress. Connection. Absence.

From those experiences, you didn't create conscious thoughts first. You formed fundamental beliefs.

Pre-verbal, nervous-system-level conclusions about yourself, others, and how the world works.

And most of them did not become obvious.

They went underground.

They became unconscious.

But they still shape how you see your child, how you interpret their behaviour, and how you respond in the moment.

This is why parenting isn't just a behaviour problem. And it's not just a knowledge problem. It's a state problem.

Because when your nervous system is in survival, it will distort what you see, amplify what you feel, and drive reactions you later regret.

But when you are resourced... you don't just behave differently.

You see differently. You feel differently. You parent differently. Change your state—and you change everything that follows.

So, let's keep going—because reclaiming how we parent isn't just possible, it's powerful. We'll dive deeper into the transformation later, but first we need to look at the orientation of consciousness we're all born into, and how it quietly steers mums, dads, and our smaller people.

This chapter isn't meant to be understood.

It's meant to be noticed.

So, before you move on, take a moment to reflect.

Reflection:

Spot the autopilot.

- **Where are you repeating** your parents' moves? Where are you reacting against them?
- **Which thoughts, feelings, and beliefs** about yourself and your kids are you treating as facts?
- **What's one "watch-for" behaviour** you'll ask your family to flag this week?

Write it down. Share it with your people. Adjust in real time.

And get ready, because trust me—the next chapter is juicy with a capital J.

JACQLIN RICHARDS



Jacquelin x

About The Author

Jacqlin Richards helps parents create the capacity to raise emotionally resourced, resilient human beings—ones who don't need the world to change to be okay, and who become so un-fuck-ing-shakable in themselves that they go out and change the world.

A Parenting Alchemist, speaker, mother of two boys, and founder of the **Resourced Parenting Method™**, Jacqlin uses parenting—and the way we were parented—as one of the most powerful portals back to self.

Her work is not about perfect parenting, behaviour control, or performing the role of “good mother” harder. It is about helping parents see the patterns running underneath their reactions, interrupt inherited scripts, and build the inner capacity to lead their families from presence, truth, repair, and intuition.

Blending lived experience, trauma-informed practice, nervous-system work, intuitive awareness, and a no-BS sense of humour, Jacqlin helps parents move out of survival-driven loops and into more truthful, resourced ways of living, relating, and leading.

Her approach is grounded in the **Resourced Parenting Method™**—a practical, embodied pathway for dissolving old conditioning, transforming reactive patterns, and parenting from the inside out. Jacqlin sees clearly that parents need more responsibility without shame, the courage to create their own rules in raising their children, and the grace to allow themselves to be messy, magical humans.

She sees that parents need more capacity.

Capacity to pause.

Capacity to repair.

Capacity to tell the truth—to themselves, their kids, and everyone else.

Capacity to stop handing their power to old wounds, outdated systems, and inherited fear.

Her work helps parents come back to themselves so what was inherited no longer runs the show—and so their children inherit more freedom than fear.

In 2025, Jacqlin received the **Women Changing the World Gold Award** for Adult Education and Training and was a finalist in two additional categories. She has been featured across podcasts, online summits, and media platforms for her bold, paradigm-shifting work in parenting and relational transformation.

With this book, she brings intuitive parenting, nervous-system resilience, and inside-out transformation into the mainstream—showing that when we change how we parent and relate, we don't just change our families.

We break cycles.

We shift generations.

We help change the trajectory of humanity.

Connect with Jacqlin and explore programs, workshops, and resources:

www.jacqlinrichards.com

hello@jacqlinrichards.com

Want the full book?

F*ck Up Your Kids with Grace & Humour: The Truth About Parenting
(*And Being Parented*) launches on Amazon soon.

If this chapter stirred something in you, the full book will take you deeper into the patterns, reactions, repair, resourcing, and truth underneath the way we parent—and the way we were parented.

Grab the workshops, join the Facebook group and get access to deeper conversations, and practical support to help you live the work—not just read it.

Lots of love,

Jacqlin x

FUCK UP YOUR KIDS WITH GRACE & HUMOUR



For my boys.
And the future we are creating.