



**Courage to Risk Conference 2025, January 24, 2025**  
***Care and Feeding of the Exceptional Parents/Teachers Soul***  
**Craig A. Knippenberg, LCSW, M.Div.**

## **Introduction and Lessons from Exceptional Students**

- Standing at the Crossroads Metaphor

1. Dahlia

Your uniquely wonderful and imperfect child/student.

2. Hampden

Our uniquely wonderful and imperfect culture, which is rapidly evolving with an increasing number of reckless drivers on the road.

3. Happy Canyon

Your uniquely wonderful and imperfect parenting and teaching style.

- Parents/Teachers Under Pressure

- Cultural Myths About Parenting/Teaching That Don't Build Resiliency

## **What Can You Do to Let Go of Guilt and Build Resiliency?**

1. Focus on consistency and being this side of good enough.
2. Embrace your temperament.
3. Extend grace to yourself, your partner, co-teacher, and children.
4. Bob Ross parenting and teaching.
5. If you make a mistake, apologize and take steps to improve yourself.
6. Focus on Kindness.
7. Gottman Principle: What positive actions have you taken?
8. Naches: think of a time you felt joyful/proud of your child.

*Expect hardship and embrace every moment. Remember, you just have to be this side of good enough!*

## **Parenting/Teaching Strategies for Exceptional Students**

- Understand how the brain works.
- Don't mistake symptom behaviors for a lack of care or respect for you.
- People with AD/HD lack Hedonic Pleasure.
- Try to engage the brain's novelty and desire centers.
- Try to understand the underlying reasons behind the behavior.
- Repetition, repetition, repetition.
- Uphold and respect boundaries. Just close the bedroom door and don't look in their car.
- Accept student and parental burnout.
- Communicate standards with your partner/co-teacher to decrease deception.
- Communicate and validate your own and your partner's/co-teacher's frustration.
- Maintain a long-term view of development.
- Create lasting memories through exciting and memorable adventures.



© 2024

Shame-Free Parenting:

*Building Resiliency In Times of Hardship, Guns, and Social Media*

Craig A. Knippenberg, LCSW, M.Div.

### **Overview of Chapters**

Introduction: The Crossroads of Shame-Free Parenting

Chapter I: It's Okay to Lose it Sometimes, Just Not Too Often

Chapter II: Preserving Your Resources

Chapter III: Structure is Your Friend

Chapter IV: Structured Gaming

Chapter V: Tik-Tok Generation

Chapter VI: Validating Emotions: Guns, Schools Shootings and Other Immediate Stressors

Chapter VII: Validating Emotions: Long-Term Stress

Chapter VIII: Finding a Purpose

Chapter IX: Adventures

Chapter X: Volunteerism

Chapter XI: What Do You Want to Keep from Hardship? (There will be other Zombies)



GET YOUR COPY OF  
SHAME-FREE PARENTING TODAY!

*“Parenting and child development is not about one specific moment but is more like a stained glass window filled with thousands of moments that make up the parenting process. If you are a good enough parent, that picture is going to be fine. Give yourself permission to let go of guilt and shame.” -Craig A. Knippenberg*

Visit [www.legitparenting.com](http://www.legitparenting.com) to learn more about Craig’s books, articles, lectures and podcast