Taken from Parenting for Liberation's Story Workbook. To order the complete workbook please visit: www.parentingforliberation.org/shop

Shifting from fear to liberation
Trina Greene Brown creator of Parenting for Liberation

Trina Greene Brown creator of Parenting for Liberation shares her reason for launching this project in an interview with the D Report.

"I am a mother of an active, loveable, caring, generous, creative boy named Terrence and he's seven years old. I'm also co-parenting with my husband my step daughter, Ariyah who's a talented , bright, shining light, just a gorgeous little girl as well. Both are African American in the United States and given all of the historical and current traumas that are impacting young people of color I started this podcast, this blog entitled Parenting for Liberation. What happened was I noticed myself parenting from fear and I no longer wanted to be so afraid for their well being that I began to parent out of fear. I wanted to be able to parent from a place of liberation so that they could be their most freest selves. So with the intentionality of making that shift I created the podcast and blog to engage with other parents who were doing this work, fighting against all the social ills and wanting to not have to fight at home, wanting to be able to be liberated at home with their children.

And, I won't say that I got it, right? I don't declare to be the expert on Parents for Liberation, I think it's a practice, it's an ongoing transition and way of being. And the intention of the podcast and blog is actually to invite other parents who are trying this out to be in conversation with me because I don't think I have all the answers and I believe that there's more collective wisdom.

From our grandmothers, uncles, grandparents, there are so many different folks who are parenting and are contributing to our children's lives. So I want to bring and invite folks to be in conversation with me."

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Liberated Parenting Strategy: What does Parenting for Liberation mean to you? Each child is different, what does it look like or feel like for each of them? How will you know that you have accomplished liberated parenting? What is a liberated parenting strategy that you've tried?

Shifting from Fear to Liberation: This motivation behind this project is to facilitate a shift from parenting from fear to parenting for liberation. What is a shift you can make in your parenting? Tell a story of a parenting practice you want to shift away from. Tell a story of a parenting practice you want to shift towards.

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