

LIFE on the OTHER SIDE

Healthy Families

Equips parents and guardians to face patterns, wounds, and pressures with clarity and intention. Helps them turn past pain into steps that shape a stronger future for their children.



Survival



Presence



Love



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Dr. Louis Guiden Jr.

LIFE ON THE OTHER SIDE: PARENT & GUARDIAN WORKSHOP HANDOUT

Breaking Cycles: Becoming the Parent You Needed

By Dr. Louis Guiden Jr.



Key Message

Parenting isn't about perfection it's about progress. You can't rewrite your past, but you can re-author your family's future.

 What does "progress" in parenting look like for you right now?



Reflection Prompts

1. What part of my parenting mirrors how I was raised?

2. What does "being present" really look like in my home?

3. What healing do I still need to do so my child doesn't inherit my pain?

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Practical Steps

- Pause before reacting. Choose presence over pressure.
- Speak love out loud. Don't assume they know say it.
- Model what you didn't receive. Be the parent you needed.



Which one of these steps will you start practicing this week?



Parent Challenge

Tonight, tell your child: "I love you. I'm proud of you. I see you." Repeat it until they believe it.



How did your child respond the last time you said "I'm proud of you"?



Closing Declaration

"I will not let my pain parent my children. I will lead with presence, speak with love, and build with legacy."



What will "building with legacy" look like for your family this year?
