

# THE POWER OF PRESENCE IN PARENTING

CONSCIOUS PARENT PROGRAM



DR. MARGITICS FERENC

Dr. Margitics Ferenc  
**THE POWER OF PRESENCE IN PARENTING**  
**Conscious Parent Program**

Authored by: Dr. Margitics Ferenc

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# INTRODUCTION



## **What is the Conscious Parent Program?**

The *Conscious Parent Program* is a comprehensive guide for parents who wish to accompany their child's development with greater awareness, presence, and understanding.

The foundation of the program is attentive and loving parenting, aimed not only at the child's well-being but also at fostering a deeper connection between parent and child.

Conscious parenting is not a perfect parenting method but a lifestyle that helps us approach our children with genuine attention and acceptance in everyday life.

This book encourages parents to recognize their own parenting patterns, understand the role of presence in raising children, and build a harmonious family system in which the child feels safe while growing into an independent, self-motivated individual.

## **Who is this book for?**

## THE POWER OF PRESENCE IN PARENTING

This book is for parents, future parents, grandparents, and educators who seek a deeper understanding of mindful parenting.

If you:

*want to develop a deeper relationship with your child,*

*are interested in becoming a more emotionally balanced parent,*

*are looking for ways to support your child's natural development,*

*wish to learn how to consciously handle conflicts and challenges, then  
this book is for you.*

The program provides practical tools and techniques to help you respond calmly, consciously, and lovingly in parenting situations.

### **What is this book about?**

The *Conscious Parent Program* provides a structured approach to understanding and applying mindful parenting. The book covers the following topics:

#### **Part I: Foundations of Conscious Parenting**

What is presence and how can we achieve it?

The role of presence in parenting.

The impact of presence on the parent-child relationship.

The power of mindful attention in family life.

Practical examples: How to “be there” for your child.

#### **Part II: Parental Self-Awareness and Inner Work**

How does our level of awareness as parents affect us?

Recognizing our own patterns and beliefs.

Overcoming emotional and mental obstacles.

### **Part III: The Child's Natural Awareness**

A child's presence as a natural state.

How can we preserve a child's innate awareness?

### **Part IV: Presence in Everyday Interactions**

How to respond to your child's needs.

The power of active listening and true communication.

Conscious conversations with children.

### **Part V: Play and Creativity with Awareness**

The role of play in developing mindfulness.

How to create a playful and peaceful environment.

Creating together in presence.

### **Part VI: Developing Emotional Intelligence**

Accepting and understanding emotions – the parent as a role model.

Teaching children to express and regulate their emotions.

Emotion journal and meaningful discussions.

### **Part VII: Conscious Conflict Resolution**

How to stay present during conflicts.

Transforming parent-child disputes into cooperation.

### **Part VIII: The Art of Acceptance**

The impact of judgment and excessive expectations on children.

Unconditional acceptance and love for your child.

How to consciously handle your child's mistakes and failures.

Using positive reinforcement.

### **Part IX: Teaching Compassion**

How to teach children to understand others.

The power of conscious parental role modeling.

Empathy games and stories.

### **Part X: Setting Boundaries with Awareness**

The role of rules and their flexible management.

How to set boundaries without conflict.

Conscious parental guidance.

### **Part XI: Supporting a Child's Independence**

How to raise a self-motivated, independent child.

The role of presence in supporting a child's decision-making.

### **Part XII: The Parent and Child Growing Together**

The evolving role of the parent as the child grows.

How to stay present in a changing relationship.

### **Part XIII: The Harmony of Family Life**

Family rituals and traditions based on presence.

How to build a conscious family system.

### **Part XIV: The Legacy of Presence**

## THE POWER OF PRESENCE IN PARENTING

How to pass on the values of presence and awareness across generations.

### **Appendices:**

Meditation and Presence Exercises for Parents.

Playful Mindfulness Exercises for Children.

Recommended Literature and Resources.

### **Why is conscious parenting important?**

Parenting is not only about the child but also about the parent.

As we become more aware of our own emotions, reactions, and patterns, we can create a calmer, more loving, and balanced atmosphere within the family.

Conscious parenting allows us not just to raise our children but to truly experience and enjoy parenthood—deeply connecting with both our children and ourselves.

This book is an invitation to step into the world of conscious parenting and discover the power of presence in raising children.





PART I  
THE FOUNDATIONS OF  
CONSCIOUS PARENTING





## 1. WHAT DOES PRESENCE MEAN AND HOW CAN WE ACHIEVE IT?



### **What is Presence and How Can We Achieve It?**

Presence is a state of consciousness in which our attention is fully rooted in the present moment.

This means that we are not lost in memories of the past or worried about the future, but instead, we are fully aware of what is happening to us right now—whether it is a simple activity, a conversation, or even the observation of our own thoughts and emotions.

Presence is not a "thing" that can be acquired but rather a state in which the ego dissolves, revealing a deep inner silence.

In this silence, we can experience the true nature of life.

### **The Relationship Between Presence and the Ego**

The ego is a part of our personal identity, our sense of self.

In psychology, the ego refers to the aspect of the conscious

mind that perceives reality, makes decisions, and directs our behavior.

It is the ego that tries to answer the question, "Who am I?", working to maintain our self-image and personal identity.

The primary function of the ego is to sustain an individual's external and internal sense of identity.

It protects the person from contradictions between the external world and their self-image and seeks to shape reality in a way that aligns with their own ideals and expectations.

The ego enables us to make decisions, interact with others, and interpret the world around us.

However, the ego continuously separates us from the present moment.

It keeps us trapped in past identifications and future desires.

When the Ego is in Control:

We keep replaying stories from the past ("Why did this happen to me?").

We worry about the future ("What if I fail?").

We try to control everything in our lives because we fear the unknown.

The mind constantly comments and judges.

Presence, on the Other Hand...

Presence means quieting the noise of the ego. It is not about eliminating the ego but rather no longer identifying with it.

## **How Can We Achieve Presence?**

Experiencing presence is the result of conscious practice.

Most of the time, however, we are not aware of presence because our attention is primarily controlled by the mind in our daily lives.

Below, we will explore how to free ourselves from the dominance of the mind and experience the power of presence within us.

The Steps to Achieving Presence:

### **Become Aware of Your Thoughts and Emotions**

Most people live in a state of complete identification with their thoughts and emotions.

The first step to experiencing presence is noticing them without getting lost in them.

Observe the flow of your thoughts without becoming absorbed in them.

Notice when your mind drifts into the past or the future.

If emotions arise, try to observe them with full attention, without suppressing or analyzing them.

**Practice:** Sit in a quiet place and observe your thoughts for 5 minutes.

Do not try to change them—just be aware of what is happening.

### **Connect with Your Body and Breath**

The body is always in the present moment. By consciously connecting with the sensations in your body, you can anchor your attention in the now.

Notice how your body feels in this very moment.

Feel your hands, your feet, the movement of your breath.

Take deep breaths and surrender completely to the sensation.

**Practice:** When you find yourself in a stressful situation, observe your breath. Notice how it changes when you feel tense. Take a few deep breaths consciously and feel your body relax.

### The Role of Full Attention

One of the strongest forms of presence is deep attention.

This means turning your full awareness toward any activity you are engaged in.

When eating, focus only on the meal—the flavors, textures, and movements.

When walking, feel your feet touching the ground and the breeze on your face.

When talking to someone, listen fully instead of thinking about your response.

**Practice:** Try mindful eating: take a single bite with full awareness, as if tasting it for the first time. Notice the flavors, texture, and temperature.

### Let Go of Resistance

One of the greatest obstacles to presence is inner resistance, the feeling that "this shouldn't be happening."

This happens because the mind constantly judges and resists what is.

Presence means accepting the moment as it is.

If a situation is unpleasant, look at it as part of life.

Observe what happens when you stop fighting against it.

**Practice:** When facing an uncomfortable situation, ask yourself: *"What would happen if I fully accepted this moment?"* Notice how your feelings about the situation shift.

Experience Silence and Awareness of Space

In presence, we do not just perceive the physical world; we also experience a deep inner silence.

When you pause for a moment, notice the spacious awareness behind your thoughts.

This awareness itself is presence—a profound stillness that is always there.

Now, you can see the world not only through forms but also through the lens of space and silence.

**Practice:** Sit quietly and do not focus on anything—just become aware of the space around you. Notice how it feels when you are not identified with your thoughts and emotions.

### **The Effects of the State of Presence**

If you practice presence regularly, your life can undergo a profound transformation. You may experience the following changes:

You will feel less stress and anxiety, as most problems stem from the past or the future.

You will experience a deeper inner peace, because you are no longer resisting the present moment.

You will build better relationships with others, as you will truly listen and be present with them.

You will make clearer decisions, as they will no longer arise from the noise of the mind but from deep inner stillness.

You will feel greater freedom, because you will no longer be controlled by the mind—you will be awareness itself.

### **Conclusion**

Presence is an inner state in which we are fully here and now. It is not a technique but the natural state of life—one that we can rediscover.

By practicing presence, we unveil a deeper sense of inner freedom and peace, a state in which we can experience life in its fullest reality.



## 2. THE ROLE OF PRESENCE IN PARENTING



### **WHY IS PRESENCE IMPORTANT IN PARENTING?**

One of the most essential elements of parenting is the parent's presence, which is not only physical but also emotional and mental.

This presence is crucial for building a meaningful connection with the child.

Presence means that the parent gives their full attention to the child, consciously connects with them, and is fully there in the moment—free from judgments and expectations.

But why is this so vital for a child's development?

### **1. Establishing a Sense of Security and Attachment**

For a child, the presence of a parent is the foundation of emotional security. When the parent is genuinely present, the child feels heard, understood, and valued.

This sense of importance strengthens attachment, which is essential for the child's healthy emotional development.

If a parent is physically present but emotionally distant—such as looking at their phone or being preoccupied with other thoughts—the child may feel neglected. Over time, this can lead to feelings of insecurity and self-esteem issues.

### Practical Example

Before bedtime, your child comes to you to share details about their day at school. If your attention is divided—for instance, you're looking at your phone or preparing dinner—they may feel that they are not important to you.

### Conscious Parenting Response

Put aside what you're doing and turn your full attention to your child. Look them in the eyes, listen without interrupting, and show genuine interest in what they're saying.

For instance, if they tell you about an argument with a classmate, don't just respond with, "It's okay, don't worry about it." Instead, ask, "Why did the argument happen? How did it make you feel?"

By doing this, you send the message that their feelings and experiences matter, which fosters trust and emotional security.

## **2. Embracing the Power of the Present Moment**

Children naturally live in the present moment. When a parent can connect with them in the same way, it becomes a valuable experience not only for the child but also a lesson for the parent.

. . .

Whether it's through playing together, having an honest conversation, or taking a simple walk, being fully present creates moments that deepen the relationship and make the experience unforgettable.

#### Practical Example

Imagine playing with your child—building blocks, playing a board game, or building with LEGO. If your mind is preoccupied with work-related issues, your child will sense that you're not truly present.

### **Conscious Parenting Response**

Immerse yourself in the activity with your child as if you were a child yourself. Let go of daily concerns and enjoy the shared time.

For example, if you're building with LEGO, don't just passively observe. Build the tower together and ask questions like, "How do you think we can make this more stable?" or "What would you like to add next?"

This kind of shared experience not only strengthens the parent-child bond but also teaches the child how to be fully present in the moment.

### **3. Leading by Example and Providing a Role Model**

Parents are the primary role models for their children. When a parent is consciously present, the child learns how to pay attention to others and how to truly live in the moment.

This is a lifelong skill that helps them in their relationships and in finding inner peace.

#### Practical Example

During a busy morning, your child refuses to get dressed on time, and you start losing your patience.

The automatic reaction might be to snap and say, “Hurry up, I don’t have all day!” This can create tension and anxiety in your child.

#### Conscious Parenting Response

Take a deep breath and become aware of your reactions. Instead, you could say, “I see that it’s hard for you to get started this morning. Should I help you get dressed so we can move faster?”

Alternatively, approach the situation with humor, such as, “Let’s see who can get dressed faster—you or me!” This can diffuse the tension and create a playful atmosphere.

By responding this way, you not only ease the situation but also teach your child how to handle stressful moments calmly and constructively.

### **4. Managing Conflicts More Effectively**

Being present helps a parent better understand their child’s needs, emotions, and the motivations behind their behavior.

In a conflict, if the parent remains present, they are not driven by automatic reactions but can approach the situation consciously and empathetically.

This way, the child learns that challenges can be resolved and that communication plays a key role in the process.

#### Practical Example

If your child is angry and throwing a tantrum because they can’t have what they want, the easiest response might be to

yell at them or give in to their demands just to stop the noise.

### Conscious Parenting Response

Instead, sit down next to them and observe their emotions without judgment. You could say, “I see you’re really upset right now. Can you tell me why you’re feeling this way?”

When a child feels heard, they tend to calm down much faster, and over time, they learn how to process and manage their emotions more effectively.

## **5. Developing Emotional Intelligence**

A parent’s presence creates an opportunity for the child to learn how to identify and manage their emotions.

When a parent responds attentively to their child’s feelings, it not only fosters emotional intelligence but also communicates to the child that their emotions are important and valuable.

### Practical Example

After a difficult day, your child comes home feeling sad because they didn’t do well on a test. Instead of dismissing their feelings with, “It’s okay, you’ll do better next time,” be present with their emotions:

### Conscious Parenting Response

Listen to them and show empathy. Ask, “How did you feel when you saw your test results? Is there anything you think you might do differently next time?”

This approach helps the child understand and process their emotions while also encouraging self-reflection and personal growth.

## **6. Understanding and Acceptance**

Being present allows parents to truly understand who their child is—with all their uniqueness, strengths, and weaknesses.

This attitude of acceptance boosts the child's self-confidence and self-acceptance, which forms the foundation for a happy and balanced life.

### **Practical Example**

During a simple walk, it's easy to get lost in your own thoughts while your child points out something fascinating—like a beautiful leaf or an anthill.

### **Conscious Parenting Response**

Stop, kneel down, and look at it together. Ask questions like, “Where do you think these ants are taking the food?” or “What colors can you see in this leaf?”

These small moments teach the child to notice and appreciate the wonders of nature and the world around them, fostering curiosity and a sense of mindfulness.

## **How to Be Present in Parenting**

**Listen Actively.** Pay full attention to your child, maintain eye contact, and show genuine interest in what they are saying.

**Eliminate Distractions.** Set aside your phone, work, and daily concerns when spending time with your child.

**Practice Mindfulness.** Be aware of your own emotions and reactions to ensure that stress or fatigue doesn't dictate your interactions.

## THE POWER OF PRESENCE IN PARENTING

Create Quality Time. Focus on the quality of time you spend together, not just the quantity. Dedicate moments where your full attention is on your child.

Lead by Example. Demonstrate presence in your own actions, teaching your child how to live a more fulfilled life by being mindful and intentional.

Parenting through presence is not about perfection but about awareness. The goal isn't to be present every single moment but to consciously focus on your child whenever possible.

These small but meaningful moments strengthen your bond, build your child's self-confidence, and teach them how to live a fuller, happier life.

Presence is not just a parenting strategy—it's a gift you can give to your child.

This gift lays the foundation for a deep, loving connection and empowers your child to live their own life more fully and mindfully.

### 3. THE ROLE OF PRESENCE IN THE PARENT-CHILD RELATIONSHIP



Presence is one of the most fundamental pillars of the parent-child relationship. Children instinctively sense whether a parent is truly present with them or merely physically there while their mind is elsewhere.

When a parent is fully attentive and open to their child, it not only fosters a deeper sense of trust and connection between them but also supports the child's emotional development and the formation of healthy self-confidence.

#### **1. Presence as a Source of Emotional Security**

A parent's attention and presence are among the most crucial factors in a child's emotional security.

Children are especially sensitive to whether their parents are truly present with them or merely physically there while their minds are elsewhere.

Conscious presence means that the parent engages with their child with full attention, acceptance, and love. This



deeply influences the child's self-confidence, self-worth, and trust in the world.

### **Why Is Emotional Security So Important?**

A child's emotional world is incredibly delicate and vulnerable. If a child feels that their parent listens to them, understands them, and accepts them as they are, a sense of inner stability begins to develop.

Emotional security is a form of inner awareness that helps the child explore the world with confidence, manage stress, and respond appropriately to emotional challenges.

### **When a child grows up with emotional security:**

They become more confident – Feeling loved and accepted reduces anxiety and makes it easier for them to connect with others.

They handle emotions better – They are not afraid to express sadness, anger, or uncertainty because they know their parent understands and supports them.

They build healthier relationships – A present parent sets an example of empathy, acceptance, and love, which the child will carry into their future relationships.

### **How Can We Create Emotional Security for a Child?**

Attentive Listening: Genuine Presence in Conversations

Children naturally want to share their thoughts and feelings with their parents.

If a parent listens half-heartedly or is distracted by their phone, it sends the message that what the child is saying is not important.

On the other hand, when a parent listens with full attention—setting aside other tasks, making eye contact, and truly engaging in the conversation—it reinforces the child's sense of self-worth and importance.

#### Key Aspects of Attentive Listening:

Do not interrupt your child! If we interrupt or correct them, we signal that their words are not important enough. Let them finish what they want to say.

Do not rush to provide solutions! Parents often feel the need to give the "right" answer immediately, but children often just need to be heard and understood.

Reflect back what they said! For example: *"I see that this was really frustrating for you."*

This reassures them that they have been truly heard and understood.

#### The Power of Touch, Hugs, and Eye Contact

For children, physical touch is one of the strongest sources of emotional security.

A hug, a gentle touch, or even a loving handshake sends a clear message to the child:

"You are important to me. I am here with you."

#### Why Is Touch Important?

It helps calm the child's nervous system and reduces stress.

Hugging releases the "love hormone" (oxytocin), which strengthens emotional bonding.

A loving touch or a gentle stroke can help a child relax more quickly in a difficult situation.

### The Importance of Eye Contact

Eye contact is just as crucial. When a parent looks into their child's eyes during a conversation, it communicates:

"I am fully listening to you. What you say matters to me."

However, if a parent looks away or is distracted by other things, the child may feel that they are not important enough to deserve full attention.

### **Emotionally Available Parent: A True Source of Support**

A child does not only need their parent to be physically present; they also need them to be emotionally available.

This means that the parent is open to the child's emotions, does not dismiss or minimize them, and does not try to suppress them.

#### How Can We Be Emotionally Available?

Understand and accept the child's emotions, If a child cries or is angry, avoid saying, *"Don't cry"* or *"Don't be mad."*

Instead, help them understand their emotions:

*"I see that you're feeling sad right now. Do you want to tell me what's bothering you?"*

Be patient. Sometimes, a child needs time to open up. If they feel that their parent is present and available, they will share their thoughts more easily.

Avoid judgment- A child needs to feel safe with their parent, without the fear of being judged or shamed for their emotions.

### The Deeper Reasons Behind a Child's Behavior

A child's behavior often reflects their level of emotional security. For example:

Frequent tantrums or defiance may indicate that they do not feel emotionally heard.

Withdrawing or not sharing their feelings could mean they fear that their parent won't understand them.

Aggressive or confrontational behavior may signal a lack of emotional safety.

A present parent recognizes these signs and does not simply try to correct the behavior but seeks to understand its root cause.

With presence, the child feels: *"I am loved, I am important, and I am safe."* And that is the greatest gift a parent can give.

## **2. The Impact of Attentive Presence on a Child's Emotional Development**

A child's emotional intelligence is largely shaped by how their parent responds to their emotions. When a parent is present and pays close attention to their child's feelings, they help the child understand and accept their own emotional world.

If a child is sad, angry, or frustrated, the parent's presence can help them process their emotions without suppressing or feeling ashamed of them.

A mindful parent observes their child's emotional reactions, which allows them to better understand their true needs and desires.

A present parent sets an example of conscious emotional regulation, offering a model for the child to learn how to manage their own feelings in a healthy way.

### **3. The Connection Between Presence and Conscious Parenting**

Presence not only determines the emotional depth of the parent-child relationship but also directly influences the parenting methods a parent applies in raising their child.

A consciously present parent does not react impulsively or automatically to situations but instead makes thoughtful decisions, taking into account the child's true needs and emotional state.

If a parent is distracted, overwhelmed, or mentally elsewhere, there is a much higher likelihood that they will:

React out of impulse, such as yelling or immediately resorting to punishment.

Misinterpret the child's behavior, responding to something that is not the actual issue.

Neglect true guidance, only addressing the surface of the situation without understanding the deeper causes.

What Does Presence Mean in Parenting Situations?

A Present Parent Recognizes the Child's True Needs

A child's behavior always reflects an inner state.

Crying, tantrums, defiance, or withdrawal often have a deeper underlying reason, which an attentive parent is able to recognize.

Example: A young child starts having a tantrum in the store because they cannot get a piece of candy.

A distracted parent might automatically respond: "*Stop it right now, or we're going home!*" This approach does not

address the real issue; it only demands obedience out of fear.

A present parent would respond differently: *“I see that you really want that candy. I know it’s disappointing that you can’t have it right now. Can you tell me why it’s so important to you?”*

This approach helps the child feel that their emotions are valid and acknowledged, even if they don’t get what they want.

### A Present Parent Responds Consciously Instead of Acting Out of Impulse

Difficult situations often trigger a parent’s own stress and frustration, leading to impatient or angry reactions.

Example: A child is getting ready too slowly in the morning for daycare or school, and the parent is already running late

A distracted parent might say: *“How many times do I have to tell you to hurry up? We’re always late because of you!”* This response does not help the child get ready faster—it only makes them feel like they are the source of the problem.

A conscious, present parent might respond differently: *“I see that mornings are difficult, and I feel stressed too. Can we come up with a plan together to make it easier tomorrow?”*

This not only encourages the child to cooperate more, but it also teaches them that problems can be solved together, instead of through frustration and blame.

### Presence Helps a Parent Understand the Root Causes of a Child’s Behavior

A child’s behavior is often not a direct reaction to the situation at hand but rather an expression of an inner need or