

Community

Forest Cove resident and mother of six writes parenting how-to book

By LESLIE FAZIO
Contributing Writer

Your three-year-old begins whining for candy in Sears, with his seemingly unanswered plea turning in a sullen pout extending all the way into Wal-Mart. The "power game" has begun. As mom, your demeanor totally changes into a fire-breathing dragon sprouting long green teeth as your emotional response hits a downward, negative spiral.

Check the "fun" gauge. It's on empty. First-time author but six-time mom Nicole MacKenzie explains that there is a way to avoid emotional entanglements in her book, "Parenting Rule #1, Mom Has Fun!"

How can a mother of six children — Mia 13, Micah 12, Ian 10, Naomi 9, Ami 6, and baby Lydia 1 — homeschool, write a book and remain sane at the same time?

By modeling behavior of emotional intelligence, a sense of continuous curiosity, and fun. She and her husband Mick have trained her children to have fun in life.

Thus, the book focuses on "responsive parenting" (as opposed to reactive) to children's needs. In kind, the children are nurtured to their unique potential in a fun, secure environment, but with accountability for choices built in.

"Parents need to be curious about themselves, and their potential. It then becomes a reflection on their children."

— Nicole MacKenzie

Chapter titles such as "Every Child is Born a Genius," "Kids Need Boundaries," "Accountability and Discipline," and "Emotional Entanglement Leads to Punishment," offers the parent freedom from emotional uproar.

The book is a 10-year culmination of her own self-actualization (from famed psychologist Abraham Maslow) and discovery of her own full potential.

MacKenzie saw the tremendous impact the Maslow system had on adults, and began wondering how applying those tools would affect children.

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Forest Cove resident and author Nicole MacKenzie signs her new book "Parenting Rule #1, Mom Has Fun!" at her recent book signing at Austen's Coffeehouse in Atascocita. Photo by Leslie Fazio