

# Does Peaceful Parenting Mean Letting Kids Do Whatever They Want?

*Guest post by Laura Markham.*

It might seem like just letting your kid do whatever she wants would make you more peaceful. No struggle, right? But that lasts for about three minutes.

What makes a peaceful parent is regulating your own emotions so you can stay lovingly connected, to help your child process hers. That's what helps kids learn to manage their emotions, so they can manage their behavior — and so they want to!

So peaceful parents are always “in charge.” Young children are new on the planet, and it's our job to be their guides. Otherwise, kids keep pushing to make sure someone is “in charge” and will keep them safe. That's part of providing a peaceful, nurturing, joyful, safe home so our children can thrive.

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