

Building Our Children a Solid Foundation

Children are learning and growing every minute of every day. They are forming views and opinions of the world and themselves based on the things that they see and hear around them. It is incredibly important that in our interactions with children whether as parents, grandparents, aunts/uncles, teachers, sports coaches or in any other role, we are ensuring that the messages that they are hearing and seeing are positive, uplifting and empowering.

Chances are as you begin your journey of increased consciousness and start tracing back current day hang-ups and insecurities to their source you will find many of them originated in childhood: the careless comments or actions of adults we looked up to creating unhelpful attitudes or deep wounds in us that we carry throughout our lives. Often it will take decades before we recognise these issues and many more years of hard work to counteract them. Save your children that struggle in later life by building them a sure and solid foundation now.

The greatest gift you can give any child is support and assistance in developing their self-awareness. With self-awareness comes a healthy self-image, empathy, respect, determination and coping mechanisms. Give them that and you give them the tools they need to succeed and thrive.

Make sure your children know they are loved and treasured. Make sure they feel secure and safe. This doesn't mean giving your children everything they want, shielding them from every hurt or disappointment and not enforcing rules or standards of behaviour. Children need discipline and guidance in their life. They need encouragement and support, but they need to understand that they won't always win and things won't always come easy. Not succeeding is not something to be afraid or ashamed of. Not trying is. Children need to hear that, and they need to see it from you.

Remember that your actions are even more important than your words in building their worlds. They need to hear you saying the right things, but those messages will mean nothing if your behaviours don't match. Telling your children to treat people with respect and then swearing at the referee at their sports game when you think they've got a decision wrong is contradictory and confusing. Placing undue emphasis on their successes can build a feeling that you only love them when they are successful and won't if they aren't. Place your emphasis on actions, not outcomes. Criticise behaviours, not people.

It won't always be easy, and you won't always get it right, but as with everything patience and perseverance are key. The rewards for your children are immense, and the rewards for our society as a whole even more so if our next generation has a helping hand to play their part in the consciousness evolution.