

SUPPORTIVE PARENTS

5 WAYS TO BE MORE WHOLE-HEARTEDLY PRESENT FOR YOUR CHILD

1. FEELING FELT

Withhold judgement and acknowledge the emotion.

2. REFLECTIVE LISTENING

Give them space to speak and then reflect back to them what you've heard.

3. CULTIVATE GRATITUDE

Encourage them to share the little things every day that make them feel happy.

4. PRIVATE TIME

Being alone and unplugged from devices helps them reconnect to themselves.

5. YOUR BUTTONS

Notice what triggers your reactions – unrelated to what your child brings home.

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For the full article and more information on the work Renée does with children, parents and schools, visit www.reneevandervloodt.com

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