

INSPIRING MATERIAL

Relating from the Heart with children



How to create strong, conscious & healthy relationships with children

"When you communicate well with your child, it leads to a strong relationship, greater cooperation and feelings of worth, joy & connection"

- Andreas Eder

If you are a parent, building a healthy and trusting relationship with your child is probably one of the most important things you will ever do.

No matter what age they are, you are effectively helping to shape another human being's self-esteem, and providing them with a good grounding for later life.

When you communicate well with your child, it leads to a strong relationship, greater cooperation, and feelings of worth.

If the opposite is the case, it can lead to your child switching off conflict and feelings of worthlessness. They are far less likely to open up about any difficulties or worries and it can be easy to lose touch with what is going on for them.

I wish to share now with you some of the wisdom I got along my own path with working with children and exploring human life, that hopefully will support you to create deepened connection and meaningfulness relationships with children, and the rest of humanity as well the animal kingdom.

"Whatever method you use change old habits to new ones, the one proviso that you have to follow is to do it regularly"

Read more on the next page...



CHILD'S PLAY LEADS TO JOYOUS & FULFILLING CONNECTION

For establishing empowering conscious relationships with children, to have more fun and deepened fulfilling connection, and elevating them to the most magnificent experience of themselves, these pillars could be helpful along the way:

Be as courteous to your child as you would a close friend

If you regularly interrupt them halfway through a story or break off to pay attention to something else, you are sending the message that what they have to say isn't important to you.

Children have also important needs of integrity and respect

Unless other people are specifically meant to be included in discussions, hold important conversations with your children in private. Embarrassing them or putting them on the spot in front of other people will lead to resentment and hostility in the future.

Avoid towering over younger children

Physically get down to their level to talk, face to face.

To deeply 'see' children as who they truly are, you empower them and deepen their connection to themselves and to the magnificent beauty of Life

One of the best thing you can do for the most empowering growth for children is to communicate with respect, honesty and curiosity as you would do to any adult. Use 'door opener' statements like 'That's very interesting' or 'Tell me more about that' to encourage your children - or even your grandchildren - to share ideas and feelings and showy are interested and respect what they have to say. Your tone needs to be genuine and your focus on them.

Stay centered within yourself. Choose love instead of resentment

If you are very angry about something, unless it is an emergency tag needs addressing immediately, wait until you feel calmer and/or objective. Address the behavior rather than labeling the child - they may have done something you view as stupid or bad BUT they are not a stupid, bad child. Your child needs to feel accepted even when their behaviour isn't.

How was it to read this for you? What inspired you? What touches you?

What of these points would you like to implement in your connection with children, as well with others?

*Hope this was helpful to you and that sharing helps you to start
experiencing a deeply joyous relationships
in your everyday life!*



If you would like to know more about how you can implement Mindfulness in your everyday life & experience a happier & healthier way of living, email me and we will investigate the possibilities together.

You will also find more inspiring material on my website.

If you want to know more about my coaching or about the True Empowerment-programs I organize, feel free to come on your first free call with me.

Be well. Stay connected. Be happy.

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