

INVESTING IN YOUR CHILDREN

It's been said that it is a lot easier to manage a financial portfolio than it is to manage a family and in many cases that's true. Utilizing your analytical, logical abilities to achieve a financial outcome can be much easier than investing time, energy, creativity, imagination and intuition into your children.

Parenting is such an important role, where children learn all their immediate values, and their feelings are validated or not. This is where they learn who they are and how to contribute in the outside world.

Parenting is not an easy job for many it isn't something that necessarily comes naturally. It has to be learned, and no matter how old, a parent can still learn how to be more loving, more supportive, more caring, more unconditional and more of who they really are.

As parents and grandparents we have a duty of care and a responsibility to add value to our children's lives. The key is to add value, not take control. Expressing love through over-controlling your children is not a healthy or effective way to parent. We often misconstrue what amounts to over control as being loving but it is not. Over-controlling comes in many forms and denies a child to experience the outcome of their actions, for instance, over-servicing by driving them everywhere rather than teaching them how to use public transport. Doing their home work for them instead of letting them make their own mistakes. Imposing your values upon them without allowing them to discover their own, guided by you. If you really want to add value to your child's life show them how to access their skills and abilities, show them how to access their intuition.

Trusting intuition

Intuition is a feeling or a sense of the best thing for you to do at the time. Think of all the times you had a feeling to do something or not do something and you ended up being absolutely right about that feeling.

Trust your intuition, it will always be true for you

When you listen to your feelings they reliably tell you what to do. Everyone has a strong sense of intuition while growing up, but it is easy to stop listening to it and only listen to your logical, analytical, objective mind. The objective mind is a

valuable tool but it needs to work in consultation with your intuitive mind as well.

How to encourage your child to listen

Here is how you can guide your child to listen to their intuition:

1. When you feel scared or confused, stop, take deep diaphragm breaths. Breathe into that feeling of fear and confusion, feel it first and acknowledge it, then breathe into it. Then on the outward breath, let it go. Let go of your fear or confusion.
2. Close your eyes and ask yourself 'What is best for me to do about this right now?' Quiet yourself and wait for your answer. If it doesn't come straight away, let go of the question for a while and understand that it will come when you are ready.
3. Listen to your heart to get the message, be alert to what you feel.
4. The answer can come to you in many forms:
 - it may just flick into your mind in a flash
 - it may come through when you are thinking about something else
 - it may come when you are talking with someone or reading or day-dreaming.
5. Act upon your intuition, do what you believe you need to do and do it with confidence. Your intuition is the most powerful tool on earth but you must trust it and act upon it to make it happen.

Helping develop healthy self-esteem

Parents who have healthy self esteem usually raise children with healthy self esteem. Build on your own self esteem by creating balance in your lives. Don't worship at the alter of hard work. Work with diligence, passion and power but don't brag about working hard as if it gives you your value. Your value is in who you are not how hard you work. Many people have given up their families and submerged themselves in hard work because it is easier for them to measure their progress through work. It is much more difficult to measure your value or contribution within your family.

Create balance in your lives to enable your children to see this as a favorable option for them.

Live a balanced life-learn some and think some and draw and paint and sing and dance and play and work every day some

Robert Fulghum

Balance your life by giving and receiving

Teach your children to learn how to receive feedback and compliments, children and adults both have difficulty in receiving compliments. Saying 'thank you' and letting it in rather than judging it or finding it insincere is a hard thing for some. Encourage your children to let themselves feel good about positive feedback. Be a willing receiver yourself as an example, when someone does something nice for you, thank them, be gracious, stay out of your mind, don't intellectualise it. Go into your heart and imagine it being filled with the kindness of the compliment receive it in your heart not your head.

Receiving love or kindness into your heart is receiving it without judgment or cynicism. If you try to receive it in your evaluative mind, it may not be enough - it may not be said in the right way or at the right time, or you may doubt the honesty of the person giving it. Second-guessing other people's motives is crazy and goes nowhere. You will never be able to work out if the person really means it or not. Just take the compliment into your heart and feel it and accept it. Your self-worth will be the better for it.

Look after yourself

Show your child the example of being kind and caring with yourself. Decide to take great care of yourself give yourself great customer service.

Most parents invest in their children through providing an education. Many parents invest for their children's futures by creating an investment fund for their future. These are wonderful things to do for your children but it is more practical and useful for them if you invest in their future by arming them with skills, tools and attitudes for effective living. Invest in your children by really listening to them every day, by giving them positive response most of the time.

Add value to their lives by getting in touch with the child within you. That creative, fun, intuitive, wise child within you. Share your sense of wonder and excitement in the world, share it with your children. Denying that part of you is denying the link into communicating positively with your child.

*Your children are not your children.
They are the sons and daughters of Life's longing for itself.
They come through you but not from you,
and though they are with you yet they belong not to you.
You may give them your love but not your thoughts.
You may house their bodies, but not their souls,
For their souls dwell in the house of tomorrow,
which you cannot visit,*

*even in your dreams.
You may strive to be like them,
but seek not to make them like you.
For life goes not backward nor tarries with yesterday.
You are the bows from which your
children as living arrows are sent forth.*

Kahlil Kibran

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