

## Week 4. THE “YOU”: DISCOVERING AND MEETING YOUR CHILD AS FULLY AS POSSIBLE

### HANDOUT: SIX CORE PRACTICES



**Six core practices to help you discover, see, and be more fully in touch with your child... a human being and a human becoming.**

- 1) **Inquiry: Who are you?** Keep this an ongoing unfolding question in your interactions with your child, through all the stages of their growth and development... listen, be curious and open to discovering your child anew each day.
- 2) **Getting behind eyes of your child:** Make it a frequent practice to imagine looking at the world through your child's eyes, feeling the world through your child's heart, hearing the world through your child's ears, experiencing the world through your child's body, and understanding the world through your child's mind... Suspend your own subjective view and experience of the world, and take on your child's "I". What new insights, compassion, responses arise in you when you engage this practice?
- 3) **Watch, witness, and wonder:** To observe, to see, appreciate and let be.
- 4) **Gathering Knowledge & Insight thru study:** To remain a learner throughout our lives as people and parents, to study the art of parenting, to read, research, and make use of the depth and span of available insights on childhood from many angles.
- 5) **Presence** – Taking the time to just be present, and allowing Presence to inform your responses and interactions with your child. Extend the gift of sacred Presence.
- 6) **Engaging consciously in supporting our children's developing self-sense** (body, mind, soul, spirit): Through our every interaction, through how we treat them, and what we model for them, we are informing their emerging self-sense.