

# NEURO NURTURING™

It feels so INCREDIBLY GOOD when I can tell that you enjoy who I am!

**Neuro-Nurturing Insight:** The brain only pays attention to one thing at a time. And what we pay attention to makes a real difference.

When we have a belief about something, we pay attention to whatever it is that supports what we believe. We notice anything that might verify that what we believe is true.

This is important to realize and remember during daily life with children. Because what is going to be most beneficial is to focus your attention on the positives about what your child does and who your child is.

## Example:

If you are thinking your child does not listen and follow your requests, then you are going to notice all the times that is true. However, if you focus your attention differently and notice all of the times your child does do what you ask, you might be very pleasantly surprised. By focusing your attention on the positive, you are likely to find how much more your child is responding to what you are asking!

## Tips to try:

- Make a conscious effort to pay attention to all of the positives about your child's behaviors and especially focus on how uniquely special your child is.
- Notice the ways in which their extraordinary personality is beautifully revealed through your interactions together.
- Realize how much your child wants your recognition, wants opportunities to demonstrate who they are and so wants you to appreciate and support their unique brilliance.

