

# Positive Parenting

with Suzanne Tucker

**Intuition: Children need to know we will support them in following their intuition. Tell them this. Give them your permission to be “rude” or distance themselves from people or situations that make them feel unsafe or uncomfortable.**

Choices over who they kiss/hug/sit on their lap.

Encourage the times they listen to their body. “I’m cold.” “I’m full.” “I’m hungry.”

Demonstrate your acceptance of their intuition and the choices they are making. Let them either wear or not wear a hat, coat, etc. If they end up feeling cold, they will take this information in and make different choices next time.

Demonstrate your support of your child’s intuition (internal GPS) when it comes the bathroom, eating and other self-care activities. This takes RESTRAIN and PATIENCE. Think about your long term goals for your child and “turning on the switch inside” verse managing and controlling things for them in that moment as often as you can.

Remain their GUIDE BY THE SIDE and avoid being the SAGE ON THE STAGE.

**Defiance is one of the most important safety skills your child can have.**

Tune in and trust. Intuition resides in your body. Give the gift of intuition to your child. Model it for them. This is one of the greatest gifts you can give. They will have it for the rest of their lives and it will serve them well, guiding them through decisions they’ll face when you’re not there, literally holding their hand and making decisions for/with them.

TOOLS FOR INCREASING INTUITION:

Imitating animals gives children the experience of being loud in body language and voice.

Ask them what they think/want daily. Help them listen to their body for the answer.

Safety words: Invite child to say this word if they feel unsure or unsafe in a situation.

Yoga / Jogging / Exercise / Manual labor / Breathing / eyes closed / Music / Showering / Singing: all increase mindfulness and all are forms of meditation.

Intuition Games:

Wait for the elevator and guess which one will open first.

With a deck of cards, ask your child if the card you are holding is higher/lower than 7.

When shopping, before picking a store to find this or that, pause and check in with your body. Which place to go feels right. Go there. “I feel like Target is going to be super busy so let’s go to...”

Listen to a song and ask them what the song meant to them afterwards.

Talk about feelings / happy and sad moments from the day at bedtime.