

TIPS FOR HELPING CHILDREN DEVELOP HEALTHY PARADIGMS

PRACTICE WHAT YOU

PREACH

- Be a lifelong learner
- Work on yourself to shift paradigms that aren't serving you
- Always strive to improve no matter how good your life may be

- Don't talk down to children; talk to them the same way you'd talk to an adult
- Use words and situations (life experiences) they understand and can relate to
- Look at the world through their eyes to be able to relate to them better

TEACH CHILDREN AT THEIR LEVEL OF

AWARENESS

CREATE AN ENVIRONMENT THAT
IS CONDUCTIVE TO THE SOULS

UNFOLDMENT

- Plant ideas (by conveying them repeatedly) in children's subconscious mind that let them know they have unlimited potential
- Introduce children to positive messages, new ideas and empowering experiences (such as learning different languages, reading books, playing a musical instrument)
- Encourage them to use their imagination and follow their passions instead of guiding them in the direction you or others may want them to go
- Allow them to grow and explore in ways that are natural to them (get out of their way)
- Teach them to harvest the good in everything they encounter