Artwork by www.OliviaKathrynHinds.com

PARENTING

with **Dorrie van Roij-Houtappels**

Session 2: Being Present

Golden Rule: Create a safe haven for children.

See and accept every child as an individual.

Every child is different and when a child feels accepted as they are, and not the way we would like them to be, the child will automatically start feeling safe.

When we are present with our children, we can pick up their signals and become sensitive to their needs. Being present with our children **shows them that they are safe with us and that they can trust us.**

Remember that wherever the mind goes, energy (Qi) will follow.

Try this: Put yourself in the shoes of your child. Make sure that you really ask for what you need. By expressing our feelings, children understand us and we can help them to begin cultivating the feeling of compassion. Be creative and figure out what suits your child the best.