

# Supporting Your Child Within the System

## A Guide for Conscious, Connected Parenting

You don't need to control everything your child is exposed to... You simply need to stay connected, present, and anchored in your values. Your influence lives in:

- your conversations
- your presence
- your trust in your child

*You are not powerless within the system. You are a steady guide within it.*

## A Gentle Reframe

Instead of asking:

✗ *How do I protect my child from everything?*

Try: ✓ *How do I support my child to think, feel, and choose for themselves?*

**Supporting Your Child Within the System**

You may not control every influence... but you absolutely influence how your child thinks, feels, and chooses.

- Real-life learning
- Open conversations
- Independent thinking
- Emotional awareness
- Trust their inner knowing
- Connection and presence

When a child is anchored in connection, they can walk into any environment and remain grounded in who they are.

# 12 Practical Ways to Support Your Child

## 1. Real-Life Learning at Home

Build capability through lived experience:

- Cooking, gardening, budgeting, caring for animals
- Allow mistakes → this is where learning integrates
- Encourage safe risk-taking

💡 *Life teaches what worksheets cannot.*

## 2. Subtle Influence Matters

- Bedtime stories shape inner dialogue
- Your words become their internal voice

💡 *What you consistently speak... becomes what they quietly believe.*

## 3. Independent Thinking

- Encourage both logic and intuition
- Let them question ideas. Yes, even yours

💡 *We are not raising children to follow... but to think clearly and choose consciously.*

## 4. Research & Discernment

- Explore multiple sources and discuss bias and perspective

Try asking:

- “Who created this information?”
- “What might be another perspective?”

## 5. Self-Governance

Support emotional awareness:

- Recognising feelings
- Learning to respond rather than react

💡 *Emotional regulation is a lifelong advantage.*

## 6. Daily Connection

Simple moments matter:

- Dinner table conversations
- Car games like “Would you rather?”

💡 *Connection builds trust which allows guidance to land.*

## 7. Engage with the School

- Speak respectfully with teachers
- Share concerns through appropriate channels

💡 *You can engage without being in conflict.*



## 8. Conscious Media Awareness

Be aware of messaging in social media, movies, music and books.

Ask: “What do you think this is teaching?”

## 9. Teach Resonance (Inner Knowing)

Support your child to trust their own inner guidance. Encourage them to pause and notice:

- How does this feel in your body?
- Does this feel true for you?

Use language like:

- “Does that resonate with you?”
- “What feels right for you?”

💡 *Resonance is about learning to engage with awareness.*

A child who trusts their inner knowing becomes grounded, discerning, and less influenced by pressure.

## 10. Emotional Safety

- Allow open discussion without judgment
- Let them express confusion or disagreement

💡 *If they feel safe with you, they will keep coming to you.*

## 11. Daily Integration Ritual

After school, ask:

- What did you learn today?
- What felt true?
- What didn't sit right?

💡 *This builds reflection and self-awareness over time.*

## 12. Community & Perspective

- Connect with other families
- Seek mentors and broader perspectives

💡 *Learning expands beyond the classroom.*

# Simple Daily Practice

### “Pause & Feel” Practice (2–3 minutes)

Invite your child to:

1. Close their eyes (or soften their gaze)
2. Place a hand on their chest
3. Think about something they heard or learned today
4. Ask gently:
  - “Does this feel calm, open, and true?”
  - or “Does something feel off?”

Feel awareness. There is no right or wrong answer.

## Conversation Starters for Home

- “What did you agree with today?”
- “What would you question?”
- “If you were the teacher, how would you explain it?”
- “What do you feel is true for you right now?”

## A Note for mothers and fathers

It’s okay if:

- your child hears ideas you don’t align with
- you don’t have all the answers
- you are learning alongside them

What matters most is connection, openness and trust.

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Your child does not need you to control the world around them. They need you to help them navigate it with awareness, discernment, and trust in themselves. Because when a child is anchored in connection, they can walk into any environment and remain grounded in who they are.

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Please reflect:

### “What are 3 core values I want my child to feel and live by?”

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



[All Learning Reimagined](#) podcast on BBS Radio ❤️ with Teresa

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