

Supporting Your Child Within the System

Hallo solution seekers,

Many parents are quietly navigating a tension... A sense that what their child is being exposed to at school does not always align with their values, their perspectives, or what feels true for their family.

And yet, for many, stepping outside the system is not a practical option. So the question becomes: *How do we support our children to remain grounded in themselves while moving through environments we do not fully control?*

The answer is found in influence.

While you may not control every message your child hears, you absolutely influence how they interpret it, question it, and integrate it. And this influence lives in the everyday moments: your conversations, your presence, your consistency, and the trust you build.

Home becomes more than a place of rest; it emerges a space of integration.

Simple, practical experiences matter. When children cook, garden, manage money, or care for animals, they are building capability, resilience, and confidence in their ability to navigate life. Mistakes become teachers, not failures.

Equally powerful is the language we use. The stories shared at bedtime, the conversations around the dinner table, and the way we respond to our child's questions all shape their inner voice. Over time, this becomes the lens through which they see the world.

One of the most valuable skills we can nurture is independent thinking. Children do not need to agree with everything they hear. They benefit far more from learning how to question, explore multiple perspectives, and think for themselves. This includes understanding that information can carry bias, and that truth is often layered.

Alongside thinking sits something even deeper - resonance.

Resonance is the ability to sense what feels true within oneself. It is the quiet awareness a child may feel when something aligns... or when it doesn't quite sit right. This is where children can engage information consciously without simply rejecting ideas or opposing authority.

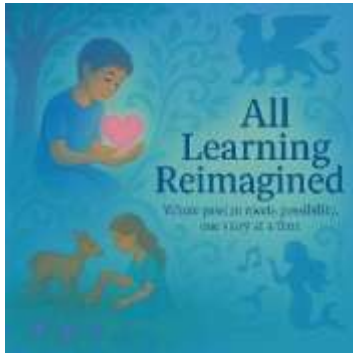
When we ask children, *"Does that resonate with you?"* or *"How did that feel?"*, we invite them to listen inwardly. Over time, this builds self-trust. A child who trusts their own inner knowing is less likely to be swayed by pressure or group thinking, and more likely to remain anchored in who they are.

Connection is the thread that holds all of this together. When children feel safe to share their thoughts, confusion, or even disagreement, they continue to come to you. This openness allows guidance to land naturally, without force.

Instead of trying to control every influence in your child's world mothers and fathers can simply stay connected, present, and intentional. When a child is supported to think, feel, and choose for themselves, they develop something far more valuable than compliance.

They develop discernment.

And that is a skill that will serve all of us for life.



To listen to an interesting podcast on raising conscious thinkers go to <https://bbsradio/alllearningreimagined>.

Recorded on to the 25th April 2026. See below for ideas to support your children. Enjoy!

Practical Activities for Parents

These are simple, low-preparation ways to begin immediately:

1. After-School Integration (Daily – 5 mins)

Ask:

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

Listen without correcting. This builds awareness.

2. Dinner Table Conversations (2–3 times per week)

Choose one question:

- What do you think about...?
- Would you have done it differently?
- Why do you think people believe that?

Encourage open perspectives.

3. Life Skills in Action (Weekly)

Choose one:

- Cook a meal together
- Create a small garden
- Plan a simple budget
- Care for a pet

Allow mistakes as they are a part of learning.

4. “Does It Resonate?” Practice (2–3 mins)

Invite your child to:

- Place a hand on their chest
- Think about something they heard or learned
- Notice: does it feel calm/open or tight/uncertain?

No right or wrong - just noticing.

5. Car Game: “Would You Rather?” (Anytime)

Ask fun or thought-provoking questions, then explore:

- Why did you choose that?
- What made you think that way?

This builds reasoning and confidence.

6. Media Awareness (Weekly)

After watching or reading something, ask:

- What message do you think this is sharing?
- Do you agree with it?

7. Family Values Anchor

Ask:

“What are 3 things that matter most to us as a family?”

Write them down and revisit often.

