

# BodyTalk

because

Family Matters

## Discover Great Health

### CHILDREN AS TEACHERS

Children have great wisdom if we are only willing to listen. They teach us to speak our minds and our truth. Granted, there are nice ways to say things and not so nice ways to say them, but truth is truth and it leads to authenticity. Truth is one of the opposites to fear as are trust, love and clarity.

### NOTHING LIKE CONTROL

As any mother of small children will attest, there are days that can be very trying. Since small children really have no control over their environment, they create control. They choose how fast or how slow to walk, or whether they will (or not) eat what you have placed before them. Then there is my personal favorite - choosing what clothes to wear, which is how I attempted to control my environment as a small child. The ways in which a child will attempt control can be creative and, at times, exhausting.

### A MOTHER'S GREAT GIFT

Control is born from fear. Many of us would like to feel like we have some measure of control or at least a choice in the matter. So I learned to give my children choices. For example, If we were going somewhere that required a dress, I would pull out two dresses and ask my daughter which one she would like to wear. I did not give the option of pants. She may have chosen a different dress but she did choose a dress. By giving her a choice, she felt empowered and understood that she still had a voice.

### REDEFINE LOVE

Over the last few years, I have redefined the way I think about love. Love is accepting someone exactly the way they are (even ourselves) without question, without reservation, without judgement. May you experience the gift of love.

The views expressed in this article are educational in nature and reflect the personal and clinical experiences of the author.



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