



# Wee Learn



## 10 Ways to Inspire Your Children

Children are the precious bridge between the past and the future. We have them with us for several years and during that time we have the opportunity to teach, support, nurture, and inspire them as they mature and set out upon life on their own terms. Anything you teach or show a child has the ability to inspire them, to open their eyes to new possibilities and new ways of thinking and feeling.

There are so many ways we can show our children what life can be at its best and what they can aspire to become at their best. Here are few ways to help your child feel inspired and excited as they embark on their own journey of a lifetime.

### **Be a good role model.**

Lead by example. Show your children you respect yourself, that you care about what happens to you and your wellbeing. They will learn from seeing how you live your life, how you treat yourself. Love your children as the separate unique individuals they are.

### **Show affection.**

Being hugged, held, kissed is something most of us crave throughout our lives. For children especially, touching is a way to feel comforted, calmed, and cared for. Show your child they are loved through your actions and your words. Say, "I love you" frequently.

### **Be mindful of your interactions.**

Think before you say anything you may later regret. There will be many times and circumstances when your child will frustrate, anger, and disappoint you, but take the time to be patient and practice restraint. Words hurt as badly as actions and sometimes more.

### **Praise your child.**

Tell your child whenever he/she shows effort, consideration, and practices positive action. Taking responsibility for their own well being, showing care and concern for others, doing well in school, helping around the house, undertaking a new project, etc. need to be recognized, acknowledged, and encouraged.

### **Be human.**

As a person and as a parent we will inevitably make mistakes. Openly acknowledge that you can be wrong, that you jumped to an incorrect conclusion, that you had a bad day, that you have weaknesses and flaws. When you show your children who you are, not only as a parent, but as a human being, it gives them the ability to be who they are and to learn to practice compassion toward others. You build confidence, encourage the ability to try anything, and help make your child live outside of fear when you give them the opportunity to take responsibility for themselves and their decisions.

Source: <https://bit.ly/3e6QgQ9>

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**Create opportunities to work side-by-side with your child.** Take the time and make the effort to create projects that allow you to spend quality time with your child. It allows a child to see how something gets done by example. Allowing them to do things for themselves with your presence guiding them is invaluable in helping them feel that they can do things on their own but can ask for your help if needed.

**Say "please", "thank you", and "I'm sorry".** Show consideration and compassion for anyone you meet. Also, show people you appreciate them through the course of your day. It allows your child to see that even strangers have a part in your life, if even for a moment. It teaches appreciation for everyone's life.

**Open your child's mind to things beyond their comfort zone.** Expand the small world of their everyday life. Explore different perspectives, different ways of living, and encourage diversity and tolerance. Teaching your child that different is not "less than", wrong, or bad is basic to living in this world. Practice makes perfect, or at least, better. As with anything you want to master, the more time and effort you spend inspiring your child will reap great rewards for your child as well as for you.

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