



Holistic Parenting Tips

'Catch' your kids doing something good. When my kids were little, I would say, 'I know something good about you!', and it would make them very happy."
- Shani Enns, energy worker

"Take even just 15 minutes of each day of just YOU time... time to relax, de-stress, pamper yourself and regain your center: whether it's through breathing, dancing, singing, soaking in a warm bath or standing outside, feet on the ground, and gazing at the beautiful sky... Whatever time with YOU means to you. Turn off the TV, cell phone, and computer and just 'be'... and return to that wonderful centered, neutral place of compassionate detachment. Then from that place respond to the situations that arise in parenting: and remember, our children are our teachers as much or even more than we are theirs." - Deedre Deemer, author

"Breathing is sooo important! When I'm driving my kids to school, we practice our breathing - deep belly breathing to calm, alternating nostril breathing to balance, or diaphragmatic breaths for mental clarity." - Lee Anne Jester, Pilates instructor

"Don't force your child to finish meals or foods. This damages the ability to stop eating when you've had enough. Instead provide a variety of healthy foods and model eating healthy foods. When provided with good options and a healthy food environment a child will eat intuitively and they will not deprive themselves." - Skye Howard, nutritional counselor

"Children come fully equipped with their own innate intelligence. We can help guide them into an experience of that intelligence by creating space and time for creative exploration and expression." - Linda Putthoff, Pilates and Yoga instructor

"You can inspire your child to develop life-long healthy habits through your example. If your child shows curiosity toward any of your health-related activities, let him or her sample some of the activity with you. If they ask about why you walk for exercise, practice yoga, or meditate, don't just tell them why - invite them to join you for a short session. Avoid pressuring them; instead, let their natural curiosity be the guide. Even if they soon lose interest, the experience will probably leave a positive imprint." - Becky Holsen, Yoga for Kids teacher