

Healing requires love. When someone is hurting, whether it be emotionally, physically, or spiritually, it takes being loved in order to find a way out of the pain. So as a parent, when your child is emotionally hurting and demonstrating the hurt through behavior, remember that the behavior is simply a communication to say:
"I need to be loved in order to find my way out of the pain within me."



Transformation comes in two forms:

(1) from the outside-in or (2) from the inside-out.

The first can be as simple as a new outfit that makes you feel good. It's easy, it's quick, but it is only temporary. True transformation can only happen from the inside-out. It takes courage, trust, conscious awareness, and perseverance. Yet, the journey through this inside-out transformation allows you the opportunity to live a life of truth and authenticity.



In order for children to open up to their past trauma memories, the parent has to be willing to be a “parental sponge”-- acknowledging, absorbing, and experiencing every feeling, every tear, and every fear associated with the trauma.
Now that is connection!



As we work through our own healing journeys, we often ask, *“Why did these things happen to me?”* Embracing these experiences of our past can be painful and scary, but they are an important part of who we are today. The idea of “honoring” this pain is a foreign concept, especially in our culture. Societal messages say that pain is bad and that every measure needs to be taken to get back to being happy. Yet, it is through our painful experiences that we grow and develop. It is through these experiences that we are expanded cognitively, emotionally, physically, and spiritually. It is through these experiences that we become equipped and prepared to be all that we are designed to be.



When “in the moment” with your child, your child is in his right brain. He is emotional and he is unable to access his cognitive and rational thinking (i.e., his left brain.) Asking him to tell you “why” he is acting in this way is non-productive. Asking him to make a “choice” is impossible. And asking him to “stop” is against nature. Allow yourself to join your child in his dysregulated emotional place. Let the rational thought and the life lesson follow later when he is calm and more receptive. Join him in love and allow him the space to be all he knows how to be for that very moment.



When you seek to change your child, you must look within yourself first to see what it is in you that needs to be changed. Healing through relationships is a reciprocal process and you, as the parent, need to take the lead in spearheading the movement.

