

First Teachers

No doubt you have heard the idea that the parent is the first teacher to their child. Believe it or not, it's true. As The Attitude Doc, I assembled several different attitudes, or perspectives, a parent can embody being that first teacher. I also provide perspectives from the point of view of a child living in a perfect world. (LOL) Over the next period of time, I will be writing about this subject and offering a few ideas in which to ponder. As you read, keep in mind that I call myself a "stretch", rather than a "shrink." How do you align with the following beliefs?

Parenting is an exciting and challenging occupation. As a matter of fact, it's quite fascinating, because I learn so much about myself, which actually means that my child becomes my teacher. It's an awesome responsibility knowing that my child absorbs everything like a sponge, whether I'm conscious of it or not. I am mindful of my words, gestures and actions. It serves both of us for me to be respectful and consistent--expecting the same in return.

As a child, I explore my inner world to understand my parents, rather than blame and make them wrong. The more aware of and expressing my feelings I become, the more responsible I am in communicating my truth with honesty and integrity. Our home is a center for harmony and cooperation, with the lesson of each day being choice. I get to choose--my thoughts, my attitude and my behavior. Now that's powerful!

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