



# Chicks Talking Shift

## Pearls of Wisdom

From Elevated Parenting Podcast featuring Special Guest Laurie Farley

- Embody what you teach. Ask yourself, is this decision influenced by my own personal wounds or inherited parental patterning and is it what's truly best for my child? Keep your shift out of it.
- Acknowledge your child's "be-ing" as much as the accolades of what they're doing. Celebrate their character which lasts a lifetime because physical abilities and interests can change over time.
- Say yes more than no. "Yes" opens opportunity, curiosity, growth, and builds self-esteem while repetitive "no's" may limit self-confidence, foster self-doubt, or breed underlying resentment for authority.
- Feeling social pressure while parenting is a thing! Do what feels right to you. Listen to your heart & belly while turning down the volume of expectations and opinions of others. You know what's uniquely best for your child regardless of what other people think.
- Teach emotional intelligence by allowing negative emotions (anger, pity parties, self-sabotaging feelings) to be expressed while encouraging time limits so they don't fester and grow stubborn roots.
- Draw out their inner wisdom providing opportunities to problem-solve. Ask them leading questions that help them learn how to figure things out. This cultivates discernment and helps them tap into their intuition.
- "TransPARENTcy" builds trust, respect, and tightens familial bonds. Admitting mistakes and asking their honest opinion models humility. Create a safe space for kids to use their voice and express themselves even when it's uncomfortable or inconvenient for you.
- Children spontaneously open windows of opportunity for engagement which are often brief and close quickly. Be present in this understanding and grab those precious moments as often as possible before their enthusiasm disappears.
- Allow children to be themselves and try new things. They have a unique soul calling with their own life path and purpose. Nurture their natural gifts.



Embracing  
change...Elevating  
consciousness...Raising the  
vibes...one chat at a time.  
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