



TEACH YOUR CHILD AUTHENTICITY

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Teach Your Child the Value of an Authentic Life

Many would agree it's increasingly tricky raising children in this "social media" world. Even more challenging is raising them to be authentic.

Today's world makes it all too easy for children and teens to grasp the shallow values that perpetuate their insecurities. Kids grow up with their minds focused on the fleeting pleasures of life but end up feeling empty inside.

Teaching your child how to embrace an authentic life will help them understand the true meaning of happiness. By overcoming their fears and embracing a sense of acceptance, your child will learn to believe in themselves and enjoy the simple things in life.

Authentic

Worthy of belief and trust.

How exactly can you teach your child the value of an authentic life? These tips can help:

- **Teach acceptance by practicing acceptance in your life.** The concept of acceptance dictates that you live your life without letting your past mistakes or bad experiences control your present actions.

- **You can only be who you are in the present.** It's important to let go of the past and focus on the here and now. **Avoid trying to get your children to follow a specific mold** because each person is unique and has a path to follow.
- **Get them to see how an authentic life is relevant to them.** Many people find it easy to change their beliefs when they can see the actual value in their lives. It's a natural part of life.
- A robust belief system matters. Tell them how much you have sacrificed for your beliefs.
- Mention moments in your life when you faced challenges and weren't afraid to stand up for yourself. **Show them how they can do that, too, when following their own path.**



- **Let your children feel important.** Let them see that no matter what they do, you're proud of them. Talk with them, focus on the positive, and **demonstrate your appreciation for them every chance you get.**
- When a child sees how much you love and value them, they'll learn to do the same. Also, let them know that it's okay to be angry sometimes. It's part of being human.
- To make them feel important, let them choose between different items and activities in their daily life. Getting them to choose gives them the feeling that they matter to you.
- Give them opportunities to learn about various careers and encourage them to choose the one that's appealing to them.
- **Remove the social masks.** Many people today wear all sorts of fronts to seem important and to look good, like feigning interest in small talk or pretending to have it all together.

- These masks may appear trivial to you, but your child may be holding on to these social cues. That is an opportunity to teach them about authenticity.
- **Let people see your true self. Your children will do the same.**
- **Be the best example of authenticity.** As a parent, you set the tone for what you expect from your child. Maintain a solid sense of integrity, and your child will follow suit. Be authentic.
- **Don't be shy to sing in the shower, go to karaoke, or even cry.** Kids are watching and imitating you, and letting them see the real you will help them feel connected and more closely connected to you as a person.
- Also, remember to put yourself out there and do what scares you. Believe it or not, this is priceless for your child.



Authenticity is a skill that's best learned when someone models it for you. **Show your children how to find the true meaning of happiness and coping skills to meet life's challenges.**

By embracing an authentic life, you'll teach your child the success they yearn for while making them happier than ever.

In the end, all kids want to be accepted and feel loved. Make that your goal as a parent, and you'll be well on your way to teaching your children the skills they need for a happy life.

