

Do this as a parent

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=6PBLNTA90Q4](https://www.youtube.com/watch?v=6PBLNTA90Q4)
<https://www.youtube.com/watch?v=6pBLnTa9oQ4>

SUMMARY

Parents often mistakenly believe their role is to provide extravagant experiences and possessions for their children, but what children truly need is to be seen and honored for who they are at their core. This understanding is central to conscious parenting, which emphasizes the importance of attuning to a child's authentic essence rather than projecting parental expectations.

- *Parents often feel pressured to give children experiences they lacked in their own upbringing.*
- *Children may equate their identity with achievements, possessions, and experiences.*
- *The pressure to perform can lead children to lose sight of their true selves.*
- *Conscious parenting focuses on recognizing and honoring a child's authentic essence.*
- *Parents should align their parenting with the child's true identity, not their own fantasies.*
- *Simple acknowledgment and celebration of a child's individuality are vital for their development.*
- *Attunement to a child's needs fosters a healthier parent-child relationship.*

Parents often think that our job as a parent is to provide all these things that we never had. You know, send them to the fanciest schools, buy them fancy experiences, allow them to travel the world. But what we parents fail to realize is that what our children need the most from us is for us to truly see them for who it is they are without all this extra. You know when we put all this pressure that they should experience life at the zenith and that they should do all things possible we don't realize that they believe that their identity now is dependent on the doing on the travel on the clothes on the possessions and then when these things are not present in their life they lose sight of who it is they are because they were never honored for who it is they are. So what we parents need to realize is that and this is what I teach in conscious parenting is that our children need more than anything is for parents to see them for who it is they are and then attune their parenting align their parenting to that essence not the essence of who the parent hoped they would be or wanted in their fantasy for them to be. Who is the child before me? Ah the child wants you to attune to them as they are without the extra without the grades the achievement the doing the busyness just simple honoring and the greeting and the celebration of who the child is in their authentic essence.