

WHAT ARE NATURAL CONSEQUENCES AND WHY THEY ARE IMPORTANT ?

4 MIN • YOUTUBE • [HTTPS://WWW.YOUTUBE.COM/WATCH?V=SJ7E_3N02ZY](https://www.youtube.com/watch?v=Sj7E_3N02ZY)

https://www.youtube.com/watch?v=Sj7E_3N02ZY

SUMMARY

Ankita discusses the importance of allowing children to experience natural consequences as a vital part of their learning and development. By stepping back and letting children face the results of their choices, parents can foster independence and self-trust, despite the emotional difficulty of watching them struggle.

- *Natural consequences help children learn without the need for lectures or explanations.*
- *Real-life examples include allowing children to choose inappropriate clothing or neglecting homework, leading to tangible outcomes.*
- *The approach is challenging for parents, as it often conflicts with the instinct to protect and rescue.*
- *It's crucial to differentiate between safe learning opportunities and dangerous situations where intervention is necessary.*
- *Parents are encouraged to practice stepping back in small areas, like homework reminders or clothing choices.*
- *The journey of parenting involves learning together and supporting each other in letting children learn from their experiences.*
- *Trusting children to learn from life instills self-trust, an essential quality for their growth.*

Hi parents, I'm Ankita, blending Montessori, neuroscience, music, positive parenting to help you follow your amazing child from day one to forever. Today, we're talking about something that might make your heart race a little. Letting our children experience natural consequences. You know that moment when you're watching your child about to make a mistake and everything in you wants to jump in and save them? Yeah, we've all been there. Ashifali Sabri, the parenting expert I absolutely love says, "Sometimes the best parenting happens when we take a step back."

Let me tell you a story that happened with my own child. A year ago, my 4-year-old insisted on wearing flip-flops to the park, even though I knew it would be muddy. Every fiber of my being wanted to force those sneakers on her, but instead I let her choose. Twenty minutes later, they were muddy, uncomfortable, and guess what? She never fought me about appropriate shoes since then. That's natural consequences in action because there are no lectures needed, there are no explanations needed.

But here's the thing, this parenting approach is hard. Like really hard when your child forgets their lunch at home and you're sitting at work knowing they're hungry, it feels awful. But ask yourself, what teaches a better lesson? Rescuing them every time or letting them figure it out once in a while? Let's talk real examples that happen in every home. Your teen stays up late on Instagram, struggles to wake up. Natural consequence is feeling tired at school.

Your child refuses to put their toys away. Natural consequence? The toy might get broken or misplaced because it was left out. Your child doesn't pack their gym clothes. What's the natural consequence? Maybe sitting out of PE class in school. Your middle schooler procrastinates on a project. Natural consequence? Feeling the stress of rushing and maybe, maybe getting a lower grade. But wait, this doesn't mean we turn into cold, unfeeling parents. Dr. Shifali teaches us it's about being supportive without swooping in to fix everything.

Instead of saying, I told you so, though we're totally thinking it. Try that sound stuff. What do you think you will do differently next time now that you know about natural consequences? Here's where most parenting videos stop. But let's get super real. What about the messy stuff when your child is constantly forgetting their homework? Do you let them feel the class? When they're not keeping track of their allowance and cannot buy something they very badly want?

When they don't shower and their friends start noticing? These situations feel so much harder than the simple examples, right? Our discomfort, watching our children struggle, often says more about our own fears than our child's needs. Quick reality check. We are not talking about letting natural consequences play out in dangerous situations. If your toddler is running towards the street, you grab them. But forgetting a jacket? That's a safe learning opportunity. Here's my challenge to you this week.

Pick one small area to practice stepping back. Maybe it's homework reminders. Maybe it's jacket battles. Whatever it is, try letting natural consequences be the teacher. And remember parents, this isn't about being perfect at this approach. I still catch myself wanting to rescue my child all the time. Just yesterday, I had to physically sit on top of my hands to stop myself from delivering my daughter's forgotten lunchbox to school. It's a journey and we are all learning together.

Let's support each other in this. Top a comment below, sharing your hardest, letting them learn moment. What happened? How did you handle it? Before you go, one last thing Dr. Shifali always reminds us. When we trust our children's ability to learn from life, we give them the incredible gift of self-trust. And isn't that something we want for our children? So hit that subscribe button for more parenting talk and do like this video if this was helpful.

I'll see you in the next one.