

~ Conscious Parenting ~

8 Things your intuitive child wants you to know



Leony

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8 Things your intuitive child wants you to know

Introduction

I wrote this mini E-book to help you get a better understanding and insight in to the inner world of your intuitive child. These are the things I learned through the conversations I had with my son, and through working and telepathically communicating with many other children. These are some of the core basics of Conscious Parenting.

The information in this mini E-book is especially suited for parents and care-givers of sensitive or intuitive children, the new kids, indigos and crystal children but I believe the information works for all kids of all ages and is useful for other family members, teachers or child-care professionals as well.

On the next page you will find the first of the eight things that your intuitive child wants you to know.



8 Things your intuitive child wants you to know

1. Please let me feel my feelings

Our children are dependent on us for their survival, so they need to make it perfectly clear when they need us.

To many of us, hearing our children cry is very difficult, we're uncomfortable with it and we want to make it stop ... and that is a very understandable reaction. However, our children need to express their feelings - they need to learn that their feelings are okay and that they matter to us.



Can you imagine coming back from work after a big, emotional argument with your boss and you really just need to talk to someone about it and let your feelings out. But instead of just listening to your story, letting you blow off steam and maybe even stroking your hair, your hubby or friend keeps interrupting you to tell you everything is okay (invalidating your feelings), stuffing your mouth with chocolate, waving a rattle in front of your face or turning on the TV to distract you from your story?

Children need a safe space to express their genuine feelings. Feelings that are expressed don't get bottled up and staying in touch with their genuine feelings helps children immensely, later in life. They become clear in knowing what they want, in making choices and in feeling and stating their boundaries etc.

If you find it very difficult to listen to your child cry and 'tell his/her story', you could try meditating and focusing on the feeling of love whilst listening.

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What your child wants you to know about 'expressing feelings'

When you take time to listen to me when it matters most, I feel that my feelings matter to you, that it's okay for me to be me and to have these feelings. They're just overwhelming to me at times and I pick up so many feelings from everywhere. I love your gentle, reassuring presence to help me work through them and release them.

Your presence helps me feel safe, loved, nurtured and enables me to stay in touch with my internal feelings. I love that. It keeps me connected to my internal guidance system and I am learning to trust that. It helps me to grow up into a healthy emotional human.

You might notice that when you lovingly hold me, or are present with me when I cry or experience big emotions, that I'll start to cry even louder sometimes. You are not making it worse, you are just providing the safety for me to really let go and let it all out. You will see that after a while, I will be all done, relieved and happy again.

2. I feel safe with clear boundaries



There's a very common misconception in parents about the subject of children and freedom. When you are aware that your child is a very bright soul with great inner wisdom and you know it has to live its own life, you might be tempted to think that you have to allow your child full freedom in everything.

Whilst our children have incredible Soul wisdom, they are not independent of us and they need us for their safety and survival.

To your child, clear, healthy boundaries feel like safety. They show that you are the calm, grounded and present one, that guides them through life safely. And when you or your boundaries are not clear, they will behave in a way to reflect this to you. I call this 'boundary-asking behavior.'

Boundary-asking behavior is when your child starts acting up, because it feels a need for clarity, structure and safety. Your child will keep pushing your boundaries until you become clear again and provide the structure and safety it needs.

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What your child wants you to know about 'boundaries'

I love being here on earth and exploring life. I love it when you allow me to explore things I am interested in, discover new things, allow me to fall down, and to get up again.

However as a child, I cannot survive without your loving support. One of my most basic needs is for me to feel safe. When I'm safe I can learn, explore and grow. When I don't feel safe, it will become my first priority to feel safe again. I am wired this way. I want to live and survive on a very basic level.

So I LOVE to feel that you are my rock, my calm, grounded, presence that makes sure I am safe. If I notice you're not really clear, I will start pushing your boundaries until you become clear again. I don't want to be in control, honestly that's way too much for me now. I want you to be in control, and for me to feel that.

It really helps me understand my world when you give me clear boundaries. It gives me a feeling of rest, certainty and a form of predictability that I highly value. My world is changing almost daily from all the things that I learn and experience. And these clear, predictable boundaries help me feel safe and make sense of the world.

Also, when you model to me how to state boundaries in a clear and loving way, I learn how to express my boundaries as well. I am learning that it is a good and healthy thing to have boundaries, that I can have them too and that people will respect them if I am really clear

about them.

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3. 100% attention charges me up

Your child needs your loving attention to grow up as an emotionally healthy adult. Attention is a basic survival need for children. That's why if it's not present in their family situation, children will develop behaviors that will enable them to get the attention in any way they can.

This doesn't mean that you have to be present with your child all day and all night. The need depends largely on your child's age and is different for each child. It also doesn't mean that you have to DO something together - your attention could even be when you are observing your child play. Your loving, '100% present' attention will feed and nurture your child in invaluable ways.



When Noah and I are not physically together, we do this over Skype. We see each other, I feel our energies connect and then after a number of minutes of chatting, making funny faces, singing or him just watching me when I catch up with his dad, I feel that we're all done 're-charging'. At that point Noah usually gets distracted, walks away from the screen to go and play or says goodbye and ends the call.

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What your child wants you to know about 'your attention'

I really love and need your loving attention. I feel like I can recharge when I am in your loving presence. When I am charged like that, I feel safe to go out and explore the world. Even when you're not there with me.

It's in those special moments when you turn off your phone and other distractions and make me a priority. In those moments when you are 100% present with me, just observing, not wanting anything from me but just letting me be myself, you are showing me that I matter and that what I do matters to you.

The amount of this special time that I need with you will change and I'll show you when I need it. I will start asking for your attention in different and maybe less-pleasant ways if I feel I need it. Please don't take this personally or get angry with me, for I am just showing you what I need in the only way I know how.

I love showing you my world - showing you what I like, what I like to do and what I am discovering.

Being myself with you fully present with me, grows my feelings of being worthy and my confidence in myself.

4. I've got my own life to live

This was a particularly hard lesson for me. Noah's birth was different from the way that I had planned it or hoped it to be. Instead of the natural, home water-birth I expected, we ended up in the hospital.

The next day I realized that having children really is all about letting go. It hit me pretty hard when I realized: 'this is the most beautiful being ever to walk the earth, and I cannot make his life perfect.'

By choosing his way to enter the world, he showed me clearly right from the start that I needed to let him live his own life and choose his own experiences.



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What your child wants you to know about 'living his/her own life'

I know you only want the best for me, but I didn't come here to experience only the best. I came here to experience it all: making my own choices, making mistakes, falling down and getting up again.

Take your time to observe me. What choices do I make, what places, people and activities do I gravitate towards? Please keep your eyes open and an open mind, as I might pick different things from what you had in mind for me, or thought were good for me.

I might look like you in some ways, but I will choose a different road from you. I am happy that you've learned from your 'mistakes' and want to help me avoid making them myself, and I know it's hard to see me hurt sometimes. But please don't project your hopes, dreams and expectations on me. I have my own path to follow and I learn through all the life experiences I gather, not through your words about them.

Thank you for allowing me the freedom to live my life my way and for all the love and support you give me.

5. I chose you because I trust you

When you are raising a child and you've got very different ideas about parenting compared with the world around you, it is hard sometimes to stay true to yourself and do your own thing. It was for me. However my son always said he chose me for all of who I am. And that helped me to trust myself and to make my own choices and my own mistakes too.

Our babies trust us completely, so why not follow their lead, and trust ourselves.



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What your child wants you to know about 'trust'

I chose you because of who you truly are. There are thousands of different ways of raising children and many choices to make, and I chose you because I trust you to make your choices. There is no right or wrong, there are just different experiences, and I like to experience your choices.

I know it's hard being a parent, wanting to do everything right. But please trust yourself. Because I do. If you ever find yourself in a situation not knowing what to do, go to your heart, take a couple of deep breaths and listen to yourself. You know what to do.

And even when some days, you are tired and feeling 'off' and you do something you would have preferred to have done differently, it's still okay.

It is okay because it's you, and I love to see and learn from all of you. I didn't choose you for the positive experiences alone, I chose you for all of the experiences. I don't need a parent who is perfect, I need a parent who is real and makes mistakes, and shows me it's okay to make mistakes and learn.

So please listen to yourself in every choice you make and do what feels good to you.

Trust you. Because I do.

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6. I need my space to explore and discover



Your child has a need to explore and discover new things. It's how children learn and it's also their way of expressing the pure joy of experiencing life.

Your child needs space and time, without distraction from you or distracting electronic devices, in order to follow his/her own inner curiosity. Your child needs free, uninterrupted playtime.

The amount of time and physical space required for this free playtime differs according to the individual child and their age. With new born babies, a few minutes of lying close to you, whilst you lovingly observe them might be enough. As your child grows, the amount of time required, the amount of safe space needed and the distance from you will grow too.

If your child becomes used to this 'free self-time' from the beginning, they will actually 'tell' you when they have had enough of it.

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What your child wants you to know about 'free exploring time'

When I feel safe, I love to go and explore life. You have no idea how interesting everything is!

Please don't interrupt me in these moments. I love playing and interacting with you too, but I also need time to explore on my own. I need time to follow my own inner urges and discover what it is I like, what's fun for me and what's not. This way I'll stay connected to my inner motivation, instead of looking outside of myself to know what to do.

The younger I am, the more I love and feel safe with your non-interrupting presence nearby. When I grow older I will move further away from you and explore new places. You'll notice.

When I struggle with something or climb up on something for example, please let me try it my way. If you help me, although that is very kind, I'll never learn about learning, about dealing with 'trying without success' and about falling down and getting up.

Please watch and wait and let me find my way. If you notice it gets too frustrating for me and I reach a point where I really don't feel comfortable anymore, just tell me you're going to take me somewhere else, and that I can try again later.

I learn so much from this. I'm not really into 'good and bad' as such. I prefer discovering things 'I enjoy', or things 'I don't enjoy as much'. When something doesn't work out the way I planned it, I usually think something like: "Wow that was an experience! Let's do it again!"

7. I learn from what you do, more than from what you say

Children learn through what they see us do, not through what we say to them. You can tell your child many times to nurture and love himself/herself for example, but if you are hard on yourself and not treating yourself with love and nurturing, your child will observe you and follow what you're doing.

If we want to pass on any values to our children, we have to demonstrate them to ourselves.

Model the behavior you want to see in your children. Be patient and trust them.



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What your child wants you to know about 'learning from you'

I hear you say words and at times I watch you doing something different from those words. I am very observant and have been ever since I was a baby. One of the ways I learn is through observing what other people do.

When I have learnt to talk and communicate with words, I will still prefer to watch what people do as I'm used to this and it makes more sense to me.

So if you would like me to learn something, please show me how you would do it.

If you want me to be kind to other people, show me how you're kind to other people, show me how you're kind to me, show me how you are kind to yourself.

If you want to help me with my self-image and in loving myself, show me how you do it. Show me how you respect yourself, your boundaries and treat yourself well.

If you want me to say 'thank you', show me how you thank me and other people in our lives when you receive something, and I will learn to model this.

I do listen to your words, and I love talking with you. It's just that consciously and subconsciously, I learn so much more through watching what you do, than through the words you say.

8. Model self-care - take care of yourself

The best thing you can do for your child's self-image is to reflect a healthy self-image yourself. We've already discussed that children learn through your actions, and through life experiences rather than through words. This is especially true for your child to have a healthy self-image and to learn to love and nurture itself.



It is important to put your needs first. It might feel incredibly selfish to do so, but when you are not taking good care of yourself, you don't have anything to give to others. If you make sure you look after yourself well and feel good, you can abundantly share your energy and good feelings with the people that you care about.

Many people grow up as 'people pleasers', because they believe that how others feel about them is more important than how they feel about themselves, and so they put the needs of others before their own needs. The truth is that nobody can make you happy but you, nobody can live your life but you and nobody is responsible for your feelings but you.

It makes much more sense therefore to love yourself first. You'll feel much healthier, happier and will truly have something to give and share with your child and others.

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What your child wants you to know about 'taking care of yourself'

You might feel tempted sometimes to give me all that I ask for, to please me, because you love me so much and you want me to be happy. But you know, even if I protest, I LOVE it when you take good care of yourself and share your boundaries with me.

Every time you lovingly state your boundary on something and choose to take care of yourself, I learn how to state my boundaries and that I can choose to take care of myself too.

Please don't make any life decisions with only me in mind, when they do not feel good to you. I know you have a big, beautiful heart, but on a different level you'll model to me that I should ignore my feelings and needs and live for the feelings and needs of others. You'll show me that it's a good thing to make choices that don't feel good and this is confusing to me.

When you show me how you love and nurture yourself and make your own choices, I learn that I am allowed to love myself and make my own choices too. This will make life much easier for me when I grow up as I will know what I need, I will know how to nurture myself and know how to state my boundaries clearly.

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About the author

My name is Leony Vandebelt. I'm a mother, dancer, traveler, multi-passionate entrepreneur, free-spirit and a lover of good hugs and great company.

I was born as a new kid myself in 1984 and it took me quite some time to figure out my place in life. I've always had a special connection with children and remember as a child feeling that I could somehow understand children and communicate with them through their eyes.

After years of exploring and developing my talents , I now write, coach and teach about Conscious Parenting, and other topics I'm passionate about.



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Me & Noah



In 2011 my son Noah was born. I had met this bright soul three years before, when he came by to ask me if I wanted be his mommy.

With Noah I remembered my connection to children and my ability to communicate telepathically with them. I learned a lot from him about being a parent, about children and about life.

I started sharing the experiences I had with Noah and more and more other parents came asking for my vision and advice on situations they experienced with their children. It inspired the birth of [Free Happy Children](#).

I've helped hundreds of parents understanding their sensitive and intuitive children and I greatly enjoy sharing my work with you. I hope you enjoy it and that it will inspire you too.

With Love,
Leony



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If you like to find out more,
go to <https://hoogsensitiefkind.com/>



Conscious Parenting
Raising Free & Happy Children