

PEDALS POINTERS



Helping our children to feel heard and holding space.

As parents, it's only natural to want to protect our children from pain, whether it's hurt feelings, a tricky friendship, a disappointment, or a loss. But sometimes, the most powerful thing we can do is not rush in to fix things.

Instead, simply sit with them, listen, and allow them to feel what they're feeling, without jumping to solve it. It's really not easy, especially when all we want is for our children to be happy, but learning to cope with life's ups and downs, in a safe and supported way, helps children build resilience, emotional awareness, and confidence.

By holding space for their big emotions, without trying to change them, we teach our children a powerful truth: that they are capable of working through challenges and that they don't need to fear uncomfortable feelings. All feelings are normal.

It's not about getting it perfect. It's about being present. And that, truly, is a gift that lasts a lifetime.



PEDALS

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