

## Children Who Shine from Within

Parenting – Rachel Macy Stafford

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### Talking Points

Our children shine from within. We know that, but do they know it? How can we tell our children that we notice them, and we see their light shining from within? How could our children knowing this help them? How can it help bring us closer together?

They may need to be reminded how much we love them. They may need to know that we are *all* theirs. They may need to know that we are there for them when they are stressed, frustrated or feeling rushed. They may need to know that we are there for them when they have experienced failure and are feeling defeated. They may need us there to share an accomplishment with. Even though we may actually be there sometimes we all need a little reminder that we're being cheered on. What are ways we can show our children that we *are* here?

### Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>