



Can You Be A Butterfly

Situation: “I can’t do it!” “I don’t know how.” “Can you do it for me?” Sound familiar? Your child is facing something difficult that scares him/her or just isn’t something they like or want to do in this moment.

Imagine it first!

Solution:

Have your child take a deep breath, close his/her eyes and imagine a positive outcome to the situation that scares them. Have them picture the feel, the touch, the smell of what they need to do. It may take a minute for them to focus, so give them space. Perhaps even add your own short, simple setting or words, “I see you ___.” and tell them what you see. Then have them describe what they are imagining to you, keeping the focus on the positive aspects of them completing their task.

Visualization is a very important part of goal setting in life. Visualization gives confidence, relays positive encouragement and support during challenges of life. Successful world athletes, scholars, writers, dancers, musicians and even business giants use visualization to help them prepare for an event.

And while your child is describing their chosen event, listen to what words they use and how they describe it. Do they see it? Hear it? Feel it? How a child uses their imagination is a clue as to how they learn and process the world. i.e.: If they are visual flashcards may be a wonderful tool to learn, but if they are mainly auditory, playing a CD of the information may work better.

Pay attention as you tune in and use your imagination. What senses do you use to view the world? Understanding how we see the world can help us better understand our child as well.