

## THE NEED TO ACT

### 3. Allow me

Your child inherently knows what is best for their growth. How children act, therefore, is a wonderful indication of their inner world of feelings and thoughts, and a register of how integrated they are. The child is, in essence, proclaiming Allow Me.

#### Common Behaviours

ADHD \ Appetite\ [lack of or excess] \ Bowel \Stomach aches \  
Oppositional Defiance \ Toilet Training issues \ Self esteem issues

#### THE CHILD MAY FEEL

- Powerless,
- shame,
- withdrawn,
- indecisive,
- over active

#### SUPPORT THE CHILD

Allow children to follow their own intuition.  
Ask you child what they feel they should do?  
Give your child opportunities to follow their own lead sometimes

#### AFFIRM

I honour the power within me  
I am enough