

THANK YOU PARENTS

*Ideas to inspire parents from Teach Music 21C.
We're immensely grateful for what you do.*

Children Learn from Their Parents

Children are always learning about themselves. *Am I capable? Am I interesting? Am I important? Am I someone who can figure things out?*

They don't learn the answers from a single conversation. They learn them slowly, through thousands of everyday experiences. And parents have an important role in those experiences.

Children notice how we talk about them. They notice how we respond when they succeed—and when they fail. They notice whether we trust them. They notice whether we take time to enjoy who they are.

Parenting isn't about being perfect 24/7. It's about becoming more aware of the relationship we're creating with our children.

Here are TWO SMALL THINGS TO TRY

1. Catch your child being themselves.

Notice something about your child that has nothing to do with achievement. Their sense of humour. Their curiosity. Their kindness. The questions they ask. Tell them what you see.

2. Listen to your own language.

For one day, notice how you describe your child—to them and to others. Are you mostly talking about what they need to improve? Or are you also reflecting back the person you are discovering?

A THOUGHT TO CARRY WITH YOU

Parents don't need to get things right every time. Simply keep noticing, listening, and letting your children know you see and value who they are.

