




# PARENTING YOUR INNER CHILD BOOTCAMP

## TALKING GUIDE AND WEEK 1 QUESTIONS

This is a topic that I think underpins all of how we respond to our children, our partners, and life. Our imprints around Trust can determine if we meet life with love or fear. It's a powerful one. So I want to start with exploring – where does trust sit in your life? Can we trust that our children are perfect just the way they are? Can we trust our own intuition to guide us? Can we trust that life is taking care of us? Can we trust ourselves as parents and our own inner knowing of what our child needs and how to hold space for them? What did you learn about trust growing up?

### What was your imprint around trust?

- Did you hear your parents say, 'you can't trust anyone', was there infidelity in your family that you picked up on or knew about as a child, so you couldn't trust a parent
- Did you feel that you couldn't trust yourself as your parent often told you that you were being silly, or to stop with the feelings or don't be scared, etc
- Did your inbuilt barometer let you know that things aren't safe - however you were dismissed by a parent or older person?
- Was the safety of your connection jeopardized by your parents and it was not safe



### **Where does trust sit for you now in your body?**

- Do you worry a lot about the future? .
- Do you fear that your child isn't going to be OK?
- Do you feel that you can't trust yourself (as in your intuition or inner guidance)? .
- What happens when you put your hands on your belly or your heart and tune into your intuition?
- Can you trust the messages you get?
- Is there a sense in your body that you can trust life/yourself/others or does your body let you know that you have to be on high alert?
- It's not safe to let your guard down? Be gentle with this observation – take some deep breaths, in and out your nose.

### **What messages are you sending your child about trusting life?**

- Now, I am aware that this is a big theme and in parenting, it is a big one as if we come back to what we want our children to know about being alive, about relationships, about tuning into themselves – we have to explore what is the imprint we are giving our kids.
- Also (as your kids get older) trust is a HUGE piece as they move out into the world more independently, so this is a great theme to understand and feel into as it underpins how we respond to our children on many levels and then how they will meet life.

A good thing to note is that in order to move into Trust - we need a calm nervous system. So if we are often stressed or anxious or have trauma on board - it can feel hard to move into trust.