

Parenting Towards SOUND SELF LOVE

As parents we want our kids to know we love them, and that's as it should be. But trailblazing feminist author and changemaker bell hooks, challenges us to go to a deeper, and perhaps more important place. She wrote, "If we give our children sound self-love they will be able to deal with whatever life puts before them." What does it mean to "give our children sound self-love"? How can we teach our kids to love themselves?

3 APPROACHES TO TRY:

1

Teach your children to see themselves as contributors and problem solvers. For example, when a glass tips over and spills, point your child toward the materials they'll need to clean it up and offer guidance but don't do the cleaning for them.

2

Teach your children to look to themselves first for validation and approval before looking to others - even you as parents. For example, instead of, "Marta, I love the picture you drew, you're such a good artist try. "I'm noticing these bold colors, tell me more about how you chose them."

3

Teach your children how to shape the world, as well as understand it. For example, if you choose to walk or ride to run an errand rather than drive, talk with your children about those choices and their impact on the environment. Enlist them as collaborators in finding ways to make your everyday actions more environmentally friendly and provide them with developmentally appropriate resources to understand why this matters.



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- bell hooks -

The name bell hooks is non-capitalised to honour her wishes to keep the focus on her works, instead of herself.