

EVOLVE

YOUR MIND

BEYOND THE VIDEO



**BEHIND EVERY
CHILD WHO
BELIEVES IN
HIMSELF
IS A PARENT
WHO BELIEVED
FIRST**

BEGINNINGS



In the first few years of life, the brain develops at an unparalleled pace, with millions of neural connections being formed each day. This rapid growth lays the foundation for cognitive abilities, language development, and future learning.

During the first four years, children begin to develop emotional regulation skills, learning to recognise, express, and manage their emotions in a healthy manner. This emotional development is crucial for their overall well-being and success in social settings

POOR PARENTING



Poor parenting can be passed through generations: Understanding that parenting habits and patterns can be passed down through generations is essential.

Reflect on your upbringing and recognise any negative patterns that you may be unintentionally perpetuating, in order to break the cycle and provide a healthier environment for your child.

BE A ROLE MODEL



Demonstrating the values and behaviours you want your child to adopt has a significant impact on their development.

Children learn by observing, and by embodying the qualities you wish to see in them—such as honesty, kindness, and perseverance—YOU provide a powerful example for them to follow.

LOVE OF LEARNING



Instilling curiosity and a desire for knowledge in your child sets the foundation for lifelong learning.

Encourage them to explore new subjects and ideas, and support their educational pursuits.

This love of learning will serve them well in all areas of life, as they continue to grow and adapt to new challenges.

EMBRACE FAILURE



Teaching your child that it's okay to make mistakes and that failure is a natural part of life helps them develop a growth mindset.

When they understand that setbacks are opportunities for growth, they become more resilient and better equipped to handle future challenges.

Encourage your child to learn from their mistakes, and support them as they persevere through difficult situations.

SET BOUNDARIES



Establishing clear expectations and rules for your child provides structure and helps them understand the consequences of their choices.

Consistently enforcing these boundaries teaches your child self-discipline and respect for authority.

Additionally, it allows them to develop a sense of security, knowing what is expected of them and what they can expect from others.

RESPOSIBILTY



Encouraging your child to take responsibility for their actions and surroundings helps them develop a sense of autonomy and confidence in their abilities.

By assigning age-appropriate chores and tasks, you teach them the importance of contributing to the household and the value of hard work.

This prepares them for future challenges and responsibilities in life.

Consistently enforcing these boundaries teaches your child self-discipline and respect for authority.

FAMILY MEALTIME



Sharing meals together as a family strengthens bonds and fosters open communication.

It provides a regular opportunity for everyone to connect, share their experiences, and learn from one another.

Family gathering and sharing food is promoting a strong sense of unity, support and gratitude.

TRUST VS NAIVETY



There is a big difference between trust and naivety.

Teaching your child to trust others while maintaining a healthy level of skepticism enables them to build meaningful relationships without being overly vulnerable.

This balance helps them navigate social situations with wisdom and discernment.

COMMUNICATION



Encourage open communication. Creating a safe environment for your child to share their thoughts and feelings fosters trust and emotional intelligence.

By actively listening and empathising with their concerns, you demonstrate that their feelings are valid and important.

This open communication helps your child develop strong emotional and social skills, enabling them to navigate relationships and challenges throughout their lives.



**THERE IS NO SUCH
THING AS A
PERFECT PARENT**

**SO JUST BE A
REAL ONE.**

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