

# Empowering Lifestyle Made Easy

*with Helen Brougham*



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## Listening To Your Children Podcast #7

**Welcome to Empowering Lifestyle Podcast** talking about things for mums and what's dear to mums heart, how to help mums to step into empowering themselves first, their life, and how they can be with their children that can make a huge difference. And we'll also be talking to other experts.

**And now here's today's episode.**

Thank you! **Today we're going to be talking about listening to our children.** How many times do you actually say to your children, "Listen to me!" Feels like we say it over and over again, doesn't it? But if we go back to the beginning of why our children aren't listening to us, so have a look at your children and go, "Ok so what am I doing that much, so that my child isn't listening to me?" Often it happens back when the little kids are tiny and they're busy playing with their lego blocks and they don't want to come and you go, "**Come on we need to go!**" We want them to come (snaps your finger) now and the trouble is they are not ready to come right now, they actually want more time.

Because when you say, "**Come on its time to go,**" they need like 5 minutes and then a countdown to 3 minutes, so that they know now it's time for something to change and they'll do that.

Now if you **look at your life, (at work)** it's like when somebody asks you from another desk to do that photo copying when you are in the middle of something; you don't want to break what you're doing right then and go off and do some photo copying. You'll wait until you finish that section that your mind is concentrating on.

Our children are very much the same. They'd like time to get ready for things to change. Over time we get these thoughts of "They're not listening to me." Then we start to make it mean something about them not listening to us.

See, **children aren't naturally naughty**. It's our words that **thrown** around at school, like the air that we breathe.

Our children aren't really naughty in that sense, what happens is something happens in a child's life, might be at kindy, it might be school. Your child will go to school being who they are and whatever that is for them.

They'll come home and you go "Hmmm... My daughter's not happy today, something's happened." Instead of saying those words of she's just a bit off today, or all the other things that we'll say, like "Ahhh, **she's just having a bad day** or she's being silly or she's naughty." Have a look next time at what is it that your child's doing because your child is actually showing you something that you need to take notice of.

In particular, **your child is an extension of you**. If we're calling our children names and we think they are doing all these negative stuff, then we are actually portraying onto them what we think before we even ask them.

**When we sit down and take time** and it can be down to 2 or 3 minutes that if you went off to where your daughter was and you sat down with her and just be with her and go, "How was your day?" and "Are you all right?" Sometimes it takes a few minutes to really find out what's going on with your child and if you can do that, what happens is when they come home and there is something going on, like something's happened and they got blamed for something, what they do is they start doing a different behavior to cover up feeling uncomfortable.

When they do that, they might decide to be funny all the time, they might decide to cover it up by being very quiet and from that moment on, **your child can be quiet** and they don't want to be with their friends. They don't want to go out, they'll want to stay home.

That's true for all of us. If you can go back in time to the different things that you've had going on in your life and you think, that really hurt me, and how am I going to cover up that hurt to everybody else? So we'll suddenly not want to go with that group of friends again, or we'll want to not even bother. **Some may even stop** all together talking to those people because they felt uncomfortable or you could've felt uncomfortable.

So instead of thinking your child has a problem, it's great to **go and talk with them** and be with them, not call them any names. I remember a time as child, my mum calling me a name and I

thought “Oh, is that what I am?? Is that me?” I was actually trying to work out if that was me, why am I being naughty and I thought, “I’ve been really comfortable in myself, but my mum thinks I’m being naughty”.

In that moment, I decided whatever I was, how I was being in that moment must be naughty and I shouldn’t do that. So I’ve felt uncomfortable and got all confused about it and so it can throw children out when we say something.

I must really let you know that **your children are so aware of what we do** and how we do it that they have their way of knowing what’s happening. So when they’re world starts to look like it’s changing, they know how to be with us as parents. So that is a survival technique of, “Yes Mum, we’re all right.

Yeah I know it’s going on?” They don’t really because you haven’t explained it and it’s not about treating your children like **little babies because the children of today are very alert**. If you see a brand new little baby that’s only a couple days old, you will notice that their eyes are moving around all the time. There’s so much awareness as a 2 year old baby than in past generations. All the women have told me that they don’t remember their children’s eyes moving like the babies eyes do these days.

**So they are listening to everything** and so are our children, so ask them questions, allow them to answer in a safe environment. Because you’re the only one that can give them this environment and you are their Mum and their Dad and if they can’t trust or allow you to look after them in every way, then there is this breakdown of that connection.

**And as parents**, I know myself how my children, I love being with my kids and I love now being with my grandchildren. It’s like I got a real insight to what my grannies are doing, and just how peaceful I was for my brand new little granddaughter, and just how beautiful and how peaceful they really are. **We can learn a lot by just watching them instead of telling.**

So, something to look forward to it’s really interesting when we start to watch our children and instead of thinking what they are, let yourself see what they are. So, I look forward to catching up with you soon in the next episode and I look forward to them.

Ok, thank you for now!

**You want to ask a question?** Go the Private Facebook page at [Helenbrougham.com.au](https://www.facebook.com/Helenbrougham.com.au)