

As parents we shape our children's world by describing it to them.

If we don't explain the body's Innate Intelligence to our child, how will they know it exists?

Healthy kids use healthy words and have an awareness of their own body's wisdom. The most important word you can teach your child is the one they use to *identify their body as self-healing*.



Creating this awareness is a simple conversation with **3 Steps:**

STEP one

NAME IT

Pick a word or phrase that resonates with you to identify the innate intelligence of the body. Use this word *consistently* throughout your child's development.

INNATE
INTELLIGENCE

CHI

BODY
WISDOM

ENERGY

INTUITION

POWER

LIFEFORCE

KNOWING

HEALING WISDOM

**STEP
TWO**

NOTICE IT

Take notice every day of your child's *innate intelligence*.

Note when they've grown, when a cut heals, after they've moved through a virus, or when they say "I'm tired" or "I'm thirsty."

Notice their hair growing, their face changing, their language evolving and natural body rhythms unique to them.



**STEP
THREE**

AFFIRM IT

Think of ways you can point out your child's bodily wisdom often. Try these as starting points:

"Your body's inner healer created a fever to burn out that bug!"

"Look! Your innate intelligence healed up that cut on your knee."

"I'm so glad your intuition guided you to eat power foods for breakfast so you could play as hard as you want."

"You're growing so fast! Clearly, your inner wisdom is working hard!!"

"It's great that you tell me when you are ready to go to sleep!"

"That cold is your body reorganizing and your chi is moving you through it."

That's all you have to do to begin to raise an aware, a healthful and empowered child!

**Teach Your Children Well... and
Be a Revolutionary, Evolutionary Mom!!**

Dr. Heidi Skye is a mom, scientist, and holistic healer. Her passion is helping parents become confident health decision makers for their family.

Find out more at www.drheidiskye.com

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