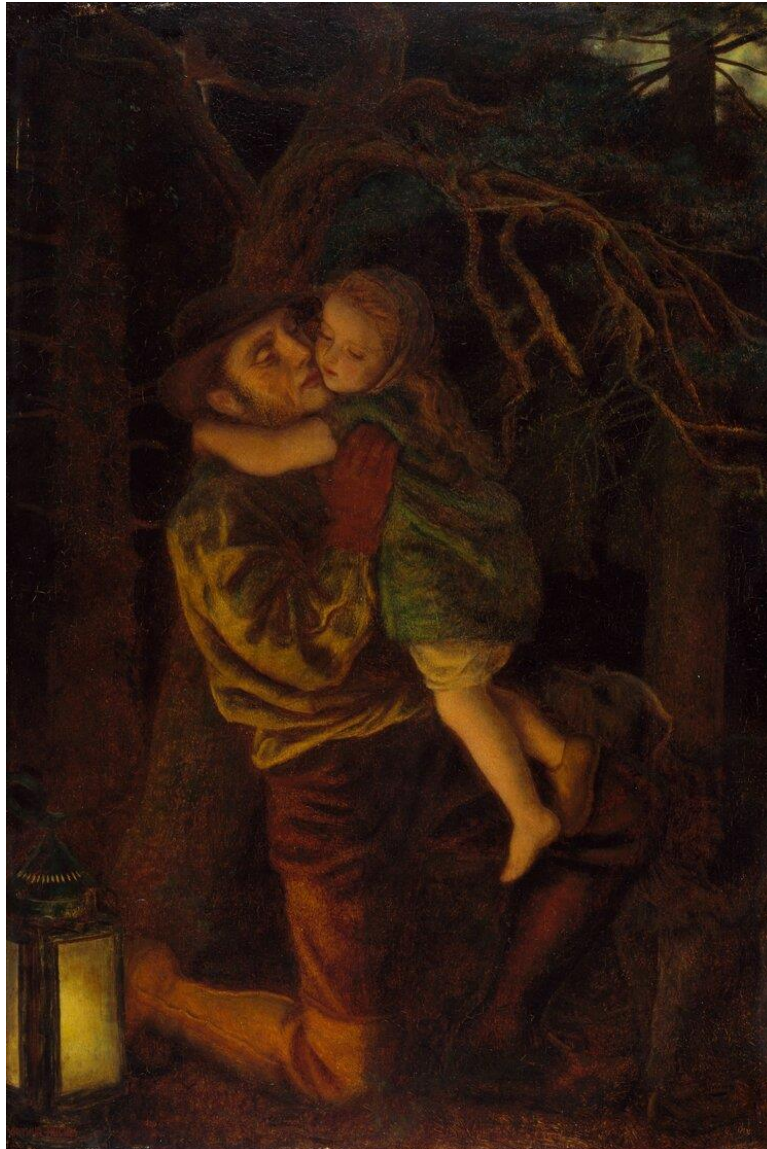


Try It Your Way



Each moment presents a unique opportunity.

Young children, as much as we love them, tend to require a lot of work. Their daily needs are so extensive that as caregivers, we are constantly meeting challenges. As parents, as we move through our days full of responsibilities, remembering



to find our joy and happiness can be a struggle.

**However, there is good news:
if what you are doing is not perfect, don't worry.
Children will do everything in their power to make it perfect.**

Children are designed to ensure that you know that they know, you love them. They want to be seen by you and for you to express your love.

Try your way of loving them, your way of being joyful and happy. It does not have to be perfect. They will be working just as hard on their end of things. They want and need a sense of permanency in your life, and they will work hard so that you will be happy to be with them.

You will notice this when:

- She has a happy expression on her face as she receives the gift of your understanding.
- He is excited to sit down at his place at the table for a warm meal.
- She reaches for a gentle hug and a good night kiss.
- You are totally stressed and look over to see him so happy to see you.
- He reviews with you for the tenth time what he plans to do when....
- She tries on most everything in her wardrobe and seeks the solution to being who she needs to be, today, appearing how she wants to appear, and searches for herself in your response.

When connected, you can be sure that they are happy. When they turn for our attention, all we must do is stop just long enough to engage them where they are. They will do the rest.

However, this level of connection, most often, requires an act of determination and even courage. As a parent, does one ever feel rested? How often do you feel free of other



concerns so that you can simply be with your children? Most often, we must put down or move to the side numerous distractions and competing demands so that we can simply be present. And this is never easy.

Shifting our attention to the needs and desires of our children can be painful. So, what do you do? You do it your way. Come to a place in your heart where you accept that parenting is challenging, for you and for everyone who is a parent.

Recently, I had a back injury and found myself painfully limping through part of the day. For years, I have seen people walking who appeared to have similar struggles. However, it never occurred to me how much discomfort they were facing. In a similar manner, every parent moves through some level of discomfort as they meet the dynamic challenges of mothering or fathering. Know that you have company; know that others next to you, across the room, are on the same path.

Parenting is challenging! But also, so rewarding, which goes without saying. Each moment presents a unique opportunity to deepen our ability to be the best parent possible. When faced with the sleepless nights, the crying infant, the terrible twos, or the worries of adolescence and you are not sure what to do next, try it your way. Because inevitably, you know best.

Image courtesy of: [Birmingham Museums Trust](#) [@birminghammuseumstrust](#)

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.