

Live Well Lifestyle Webinar Recap & Recording

July 23, 2015 - [Click Here for the Recording](#) (requires [Windows Media Player](#)) or [download mp3](#)



Topic: Allowing Others to Have Their Own Life Experiences.

If you have ever been a parent you realize how hard this is. You don't want your baby to ever fall, get burned or hurt themselves. You want to protect them from life's learning experiences. Well you might as well pickle them, and put them in a jar on the shelf to see and love, but to never have lived.

Every toddler has to experience 'hot' before they understand why mommy and daddy go ballistic when they get too close to something parents are pointing to and yelling HOT!! HOT!! NO!!! DON'T TOUCH!!!! HOT!! Eventually they will touch it, get a small burn experience and connect the dots. Oh that's what 'HOT' means.

Children instinctually learn by life experiences how far they can go. Yelling, 'be careful', at a child plants a seed of doubt and might cause them to hesitate before jumping down 3 steps. Which may very well cause the thing you are most fearing. Jumping short and actually hurting themselves.

When they get older, every time they leave the house we arm them with what they should NOT DO! Have you ever thought of reinforcing the values and principals you have taught them and trusting them to make value based decisions? Bye Johnny. Have fun at Blake's. You know how to make good choices and are such a polite young man, they are just going to love having you over. It takes the preaching out of teaching to come from a positive place than a fearful place. You can plant a positive expectation that they want to live up to.

How they behave and the choices they make will depend on the values, guidelines and politeness you taught them at home. That's your part.

Some of the strongest most self-sufficient people I know were allowed to experiment in a relatively safe environment as a child. Two boys I knew in college grew up on a farm in Texas. They wanted a horse. Their dad told them when they learned to ride the mule he would think about getting them a horse. Now this mule was pure mule and didn't like anyone on his back. They were not allow a saddle, just a bridle. That mule taught them they could ride anything. They got their horses and still no saddles, the reason being if they fell off or got knocked off they wouldn't hang up in a stirrup. That mule taught them so much about balance and staying in the middle of the animal's back that before long dad bought some mustangs and the boys spent the summer breaking mustangs and dad shared the profits with them. They went on to be championship bareback, saddle bronc, bull riders, calf ropers and bull doggers. The dad didn't stand around and coach them, he left them be with their project. If they got skint up they dusted themselves off, got up and got back on again.

How much free rein can you give your kids? Do you watch them strike out at bat and start coaching or do you say, "you are a good athlete, you'll figure it out, keep swinging." If they don't ask for your help step away and let them figure it out. If it is something they really want they will find a way.

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