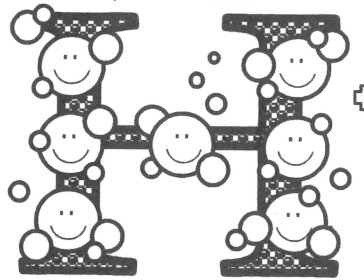


My precious inner



**CARING** - making time for the child to share, heal, teach, play...  
**CONNECTION** - filling the child's needs for touch, closeness and understanding



**COMFORT** - providing support and reassurance for fear, pain, and sadness

**CONSISTENCY** - reliable patterns of relating, communicating and being available

**HONESTY** - relating with honesty and reality to build trust

**HEALTHY** - taking care of your child's needs physically, emotionally, and spiritually

**humility** - holding yourself lovingly accountable for mistakes and shortcomings

**HAPPINESS** - happy, happy, joy, joy!

**INTEGRITY** - keeping promises, following through and being trustworthy

**INTIMACY** - coming to know the depth of your child's wounds, strengths, fears & dreams

**INCLUSIVE** - inviting your child into your everyday life, into your heart

**INSPIRED** - using your Higher Power's guidance to care for yourself

**LOVING** - caring behaviors that promote your child's highest well being

**LAISON** - being a guardian to shield your child from the world & protect his/her innocence

**"LISTENING"** - really hearing your child's truth, feelings and ideas

**LIGHTHEARTED** - spending time playing, exploring, being curious, having fun & resting

**DISCIPLINE** - a loving practice of positive reinforcement and appropriate consequences

**DELIGHTED** - allowing yourself to get carried away with your own 'specialness'

**DIRECTION** - providing what the child needs to nurture our personal development

**DELICATE** - being gentle with our child's wounds, vulnerability and innocence

