Parenting the Whole Child: Nurturing the Connections Between Emotion, Intellect, Body and Spirit

Written by Caron Goode, Ph.D. Tuesday, 01 September 2009 00:00 - Last Updated Wednesday, 06 November 2013 10:42

Our western worldview has given us a fragmented picture of the self. As a result, we have developed segmented disciplines in our society. Medicine treats the body's symptoms; psychology deals with the emotions; education trains the intellect; religion cares for the soul. Yet our mind, body and spirit together make up one network of connected systems of energy, biochemistry and behavioral responses.

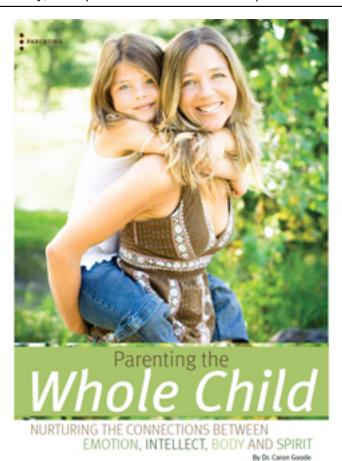
The Concept of Wholeness

Around the world, traditional medicines have always perceived the interconnection of the mind, body and soul, treating mental, physical, emotional and spiritual sickness as aspects of the same system. In some ways, western medical science also supports the concept of wholeness. This is evidenced by discoveries in cellular biology, immunology, neuropsychology and other fields, which now acknowledge how energy systems coordinate thoughts, feelings and biochemistry.

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wither load, exercise, breathing styles and skep patterns that headed by children of different temperaments. But can we see this knowledge to fulfill the heads of the ole-child? What are the building blacks for wholeness?

- e-consider our children's wholeness when we: Bear in mind the encolonal and mental factors that contribute to strep-throat.
- Jook to a biochemical problem associated with a child's temper tantours.

undation of whole-child parenting is understanding that sidden are bundles of energy in the form of thoughts, physi-tists, emotional expression and inner spirit. Rather than ny allock managing our children, think about managing mores.

The energy of the body needs food, touch, air and water. The energy of the emotions

inspiration and imagination, or it gets bared. The energy of the spirit needs connection, faith, compassion and quiet.

A Sout Using in a Child's North Thinking of a finite air * *reenge bundle* * helps us take our par-enting less personally when a child screams, "I hate you. "What we want to take in heart to that this soul is long with as in a fulfil's lond. We are responsible for helping this -hild is develop to the best, must fulfilling axis passible. Parenting in any any about plassible in the lond and body so our children are happe, soccerabil and healthy in body and root. Working with the must body connection is the foundation for parenting the whole child.





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♥ம் நடி<mark>ங்கள் நிக்க</mark> அத்துக்கு <u>பாள் சி நிக்கிய to Family Wellness</u> magazine, Issue #23.