



# Chiropractic Newsletter

## Well-Being

### Parenting with the Chiropractic Philosophy

As a parent, most of our stresses are centered on our children. We are bound to be afraid and stressed out as our children grow to stand on their own two, wobbly feet. From an early age, their fate is almost sealed for injuries to occur. Partly, we know this and accept it, but another part is inherently fearful for their safety.

Parental fears are easily interpreted as a sign of mistrust by the child. It's desirable not to show our children our fear for their safety and to instead teach them and model appropriate behavior with an underlying courage and trust. But when it comes down to it, there's much we are not able to know about our children's adventures in life, and this "not knowing" is the foundation from which fearful expressions emerge.

The beauty of chiropractic is in the recognition of the innate intelligence within each and every person. The value of chiropractic is in strengthening the connection we each have to our greater intelligence, so that the body and mind can work in alignment with it.



© Dreamstime

Whenever a child is under chiropractic care, parents can recognize that, because of this, their child will be more awake, adaptable and resilient than he or she was before. We can all learn to take heart in this fact and come to trust in our children, their physical abilities and well-being, instead of fearing for their safety all along the way.

Through the principles and practice of chiropractic we can come to know, once and for all, that our children have an innate intelligence that keeps them safe.

*By Pathways to Family Wellness Magazine*

*Continue on page 2*

